






















NOVEMBER 2020

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1  NORTH RIVER MIDSTREAM FREE SWIM PETRONAS Free Skate	2 Aquafit After School Bootcamp Yin & Yang Yoga Barre Fitness	3  Full Body Fitness	4 Aquafit Full Body Fitness Latin Dance Lessons	5 Full Body Fitness Country Dance Lessons	6 Aquafit 	7  STORYWALK at Garrison Landing
8  Skating Lessons Begin NorthRiver Midstream Free Swim PETRONAS Free Skate	9 Aquafit First Aid Courses After School Bootcamp Yin & Yang Yoga Barre Fitness	10 Stay Safe! course begins  YAC Meeting Youth Advisory Council Full Body Fitness	11  Remembrance Day Recreation Facilities Closed	12 Full Body Fitness  Country Dance	13 Aquafit 	14  Random Acts of Recreation Day Free Activities at the PSC and Pool
15  PETRONAS FREE SKATE NorthRiver Midstream Free Swim	16 Aquafit Swim lessons Begin Bootcamp Yin & Yang Yoga Barre Fitness	17  Full Body Fitness	18 Aquafit Full Body Fitness Latin Dance	19 Full Body Fitness Country Dance	20 Aquafit Fall Walking Challenge Ends GLOWvember Glow Skate and Swim	21  Emergency and Standard First Aid Course
22  NORTH RIVER MIDSTREAM FREE SWIM PETRONAS Free Skate	23 Adoption Awareness Day Aquafit Bootcamp Yin & Yang Yoga Barre Fitness	24 Babysitters course begins  Full Body Fitness	25 Aquafit Full Body Fitness Latin Dance 	26  Youth Night at Amazing Escapes Full Body Fitness Country Dance	27 Aquafit  Pro-D Camp	28  Adult Snowshoe Tour at Beaton Prov. Park
29  PETRONAS FREE SKATE NorthRiver Midstream Free Swim	30 Aquafit  After School Bootcamp Yin & Yang Yoga Barre Fitness	Aquafit classes return Monday, Wednesday and Friday at the pool. November 14 is Random Acts of Recreation Day! For more information visit fortstjohn.ca/recreation-programs Questions? Contact recreation@fortstjohn.ca or call 250-785-4592				

