

# MOVE BLUEWATER

FEATURING FREE TRY IT OUT PROGRAMS



Something for all ages

FREE



Help our community win the title of Canada's Most Active and \$100,000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVERY MOVE COUNTS Walk, crawl, run, dance, swim and participate!	1 <b>Pilates with Maria</b> BCC 6:30pm	2 Pick up your <b>Bluewater Playground Passport</b> at the Municipal Office	3 <b>Grow</b> at Good Neighbors for their weekly <b>Stoller Stroll</b> and drop-in session with Room 2 Grow 9:30am Wednesdays	4 <b>Chair Yoga</b> HCC 1pm	5 <b>P.A Day Park Party</b> Zurich Park 10am-12pm Clan Gregor Square 2-4pm	6 <b>Family Animal Flow Yoga</b> HCC 10am
7 <b>Walk in the BRVTA 4<sup>th</sup> annual Pride Walk</b> Clan Gregor Square 11am	8 <b>55+ Fitness</b> HCC 1pm	9 <b>Fitness for Life</b> HCC 9:30am <b>Tai Chi</b> BCC 1pm	10 <b>Yoga with MJ</b> BCC 7pm	11 <b>Youth 3x3 Ball Hockey</b> ZCC 4pm	<b>Move</b> at Bayfield's <b>FREE</b> fitness classes Mon, Wed. & Fri	13 <b>Homerun Derby</b> Zurich Lions Park 11am
<b>Throw</b> a hole in one at the Hensall Community Centre <b>Frisbee Golf Course</b>	15 <b>55+ Fitness</b> HCC 1pm <b>Yoga with Robert</b> HCC 7pm	16 <b>Fitness for Life</b> HCC 9:30AM <b>Youth Frisbee Golf</b> HCC 6pm	17 <b>Play &amp; Learn at the Park</b> Zurich Park 10am	18 <b>Pickleball Social Night</b> ZCC 6pm	<b>Stroll</b> around the <b>Bayfield Farmers Market</b> Every Friday 2-6 pm Clan Gregor Square	20 <b>Hike</b> with the BRVTA at the <b>Bannockburn Tract</b> 11am
Take a picnic to the Bayfield Pier and swim in Lake Huron	22 <b>55+ Fitness</b> HCC 1pm <b>OPEN Pickleball</b> ZCC 10am	23 <b>Fitness for Life</b> HCC 9:30AM <b>Beginners Pickleball</b> ZCC 1:30pm	24 <b>OPEN Pickleball</b> ZCC 10am <b>OPEN Pickleball</b> SC 7pm	25 <b>OPEN Pickleball</b> SC 7pm	26 <b>Pickleball Tournament</b> ZCC 1pm	27 <b>Sunrise to Sunset Day</b> Bayfield Beach
<b>Stretch</b> at Pioneer Park for weekly outdoor <b>yoga</b> all summer long	29 <b>55+ Fitness</b> HCC 1pm	Your movement matters! Every activity helps contribute to <b>Bluewater's Community Challenge total.</b>		BCC - Bayfield Community Centre ZCC - Zurich Community Centre HCC - Hensall Community Centre SC - Stanley Complex (Varna)		



## ADULT 18+

Pilates with Maria	A low-impact full-body workout focused on strength, flexibility, posture, and core stability – great for all fitness levels. Register with Maria at thewellnesspotion.com
Yoga with MJ	All experience levels - Bring your own yoga mat! Register on ActiveNet
Yoga with Robert	All experience levels - Bring your own yoga mat! Register on ActiveNet
Pickleball Social Night	A fun, casual evening of pickleball games. Some knowledge of the game recommended. Register as an individual or team on Activenet
OPEN Pickleball	Open session for players of all skill levels. Register on Activenet - Limit of 11 players

## SENIOR 55+

Chair Yoga	A gentle, accessible yoga class using a chair. No registration required.
55+ Fitness	Contact Julie at GBCHT to attend 519-238-2362 ext. 243
Fitness for Life	Level 2 (sit/stand) livestream of One Care. Equipment provided. No registration required
Tai Chi	A slow, flowing movement practice. Register at taoist.org
OPEN Pickleball	Open Paddle Sessions welcome players of all skill levels. No registration required
Beginners Pickleball	Beginner pickleball session is perfect for those who are new to the game. Register on Activenet - Limit of 11 players
Pickleball Tournament	Register as an individual or team on Activenet

## FAMILIES

Family Animal Flow Yoga	A playful yoga class for all ages that uses animal-inspired movements! No registration required
Play & Learn at the Park	Outdoor program for children and families, lawn games and crafts in the pavilion! No registration required

## CHILDREN 5-12

Home Run Derby	Participants try to hit the ball as far as they can within their age group! Contact Rec Coordinator to RSVP
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## YOUTH 8-14

3X3 Ball Hockey	Small-sided, non-contact floor hockey. Equipment provided. Register on ActiveNet
Youth Frisbee Golf	A guided outdoor disc golf meet-up for youth of all skill levels. Meet at the Hensall Pavilion—discs provided Register on ActiveNet

## ALL AGES

P.A Day Park Party	Come play some lawn games and dance to your favorite songs! No registration required
Sunrise to Sunset Day	More details to come! No registration required

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Let's Become Canada's Most Active Community!

