



Spring CARA Programs

Starting week of April 24th, to April 28th



Martial Arts – All Ages

5 to 7 pm

CLFN School



Walking/Running Group

Monday, Wednesday & Fridays @ 12 pm

Community Centre



Couch to 5 K program – All Ages

Monday, Wednesday & Friday (12 pm)

5 pm @ Cenotaph



Theatre Club

6 pm @ Health Centre



Archery - All Ages

Tuesdays & Thursday Alternating

5 pm to 8 pm

Lance Wood Park

Weather permitting



For more info, contact Mindy 705-657-3432