



# Spring CARA Programs

Martial Arts – All Ages  
Wednesdays @ 5 to 7 pm  
CLFN School



Walking/Running Group  
Monday & Wednesday @ 6:30 am & 5 pm  
Fridays @ 6:30 am & 12 pm  
Community Centre

Couch to 5 K program – All Ages  
Monday & Wednesday @ 6:30 am & 5 pm  
Fridays @ 6:30 am & 12 pm  
Cenotaph



Theatre Club  
Tuesdays @ 6 pm  
Health Centre

Archery - All Ages  
Tuesdays & Thursday Alternating  
5 pm to 7 pm  
Lance Wood Park  
*Weather permitting*



For more info, contact Mindy 705-657-3432