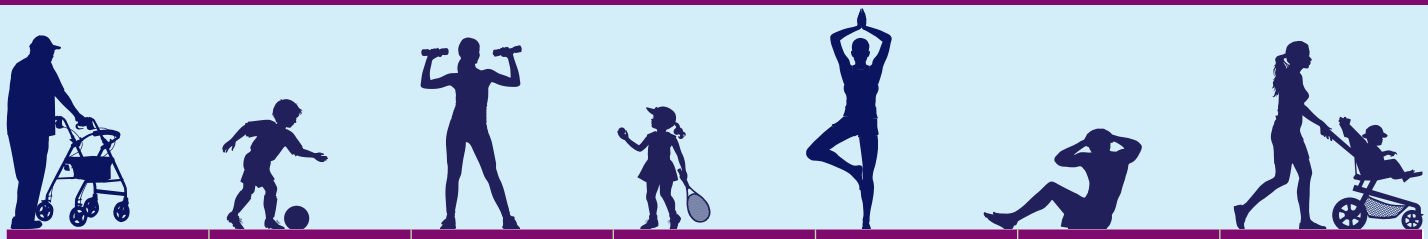
June is Recreation and Parks Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Discover the benefits of recreation and parks in everyday life		**Join us for free drop-in activities and get to know what Guelph has to offer!**		**1** **Aquafit** West End Community Centre 1–1:45 p.m.	**2** **Preschool Drop in** (0–6 years) West End Community Centre 9:30–11:30 a.m.	**3** **National Trails Day** Explore our trails and enjoy the calming effects of nature.
4 **Spark imagination, creativity and fun on the play structures at your local park.**	**5** **Movement Enhancement** West End Community Centre 6–6:45 p.m.	**6** **Guelph Hydro Seminar** Evergreen Seniors Community Centre 10–11:45 a.m.	**7** **Try it Tai Chi** Evergreen Seniors Community Centre 2:30–3:30 p.m.	**8** **Check out our seniors programs at Evergreen Seniors Community Centre**	**9** **PA Day Swim** West End Community Centre 2–3:30 p.m.	**10** **Energize Guelph Children's Quidditch** (7–12 years) Riverside Park 1–2 p.m. **Guelph & District Multicultural Festival**
11 **Youth Services Quidditch** (13–17 years) Riverside Park 1–2 p.m. **Guelph & District Multicultural Festival**	**12** **Yoga class** (16+ years) West End Community Centre 6:30–7:30 p.m.	**13** **Aquafit** Centennial Pool 9–9:45 a.m.	**14** **Archery** (16+ years) West End Community Centre 8–9 p.m.	**15** **Zumba** (16+ years) West End Community Centre 8:15–9:15 p.m. **Seniors' Month** walk 10 a.m. and flag raising 11:15 a.m.	**16** **Fitness swim** West End Community Centre 6:15–8 a.m.	**17** **Get out and enjoy one of our leash free areas!**
18 **Public swim** Centennial Pool 6:30–8 p.m.	**19** **Try it Celtic dance** Evergreen Seniors Community Centre 2:15–3:15 p.m.	**20** **Grab your gear and check out the Silvercreek Skatepark!**	**21** **Aquafit** West End Community Centre 8:15–9 p.m.	**22** **Fitness swim** Centennial Pool 8–9:30 p.m.	**23** **Buy your Summer Swim Pass at your local recreation centre**	**24** **Grand re-opening Victoria Road Recreation Centre**
25 **Don't forget to purchase your 2017 Amusement Ride Pass—your ticket to summer fun!**	**26** **Splash pads now opens daily**	**27** **Get involved with recreation programs by volunteering with summer camps**	**28** **Get outdoors and visit one of our many tennis courts!**	**29** **Lyon Leisure Pool now open daily**	**30** **Wading pools now open daily**	**June is Seniors' Month** For more information visit **guelph.ca/seniors**.

guelph.ca/recreation

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