

Revised: June 12, 2018

Date 2018	Event/Activity/Program NAME:	Event/Activity/Program Time:	Event/Activity/Program Location:	Event/Activity/ Program Cost:	Event/Activity/Program: Brief Description
2018/06/01	Adult / Older Adult Skate	10:00 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/01	Pat Saito's Annual Seniors Fair	10:00 AM - 12:00 PM	<u>Meadowvale Community</u> <u>Centre</u>	FREE	
2018/06/01	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/01	Older Adult Pickleball	1:00 - 2:30 PM	Malton Community Centre	FREE	
2018/06/01	Indoor Youth Soccer Drop- In	3:00 - 4:30 PM	Mississauga SportZone - Field House (A&B)	FREE	Bring your friends and meet us at the soccer pitch! End off your week with a fun soccer game with friends and other players in the community. All skill levels welcome. The drop-in is for ages 14-17 so bring your high school ID to be able to lace them up and burn off some energy! No pre-registration is required.

					Tired from a long school week? All work and no
2018/06/01	Indoor Youth Ultimate Frisbee	3:00 - 4:30 PM	Mississauga SportZone - Field House (C&D)	FREE	play is never a good way to end off a week. Come by the Mississauga SportZone and enjoy an extremely fun ultimate frisbee drop-in session. All skill levels are welcome. The drop-in is for ages 14-17 so bring your high school ID to be able to lace them up and burn off some energy! No preregistration is required.
2018/06/01	Movie Night	7:30 PM	South Common Community Centre	FREE	Join us for a FREE youth-friendly movie night with free pop corn & soft drinks!
2018/06/02	Family Stick & Puck	9:15 - 10:45 AM	Iceland Arena	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/02	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/02	Adult Stick & Puck	10:45 AM - 12:15 PM	Meadowvale 4 Rinks	\$3.83	For adults interested in being able to practice their shot and puck handling. A CSA approved hockey helmet is mandatory. Please note this program is unsupervised.
2018/06/02	Fun Skate	11:15 AM - 12:45 PM	Iceland Arena	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/02	Family Stick & Puck	12:30 - 2:00 PM	<u>Meadowvale 4 Rinks</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.

2018/06/03	Family Stick & Puck	9:15 - 10:45 AM	<u>lceland Arena</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/03	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/03	Fun Skate	11:15 AM - 12:45 PM	Iceland Arena	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/03	Family Stick & Puck	12:30 - 2:00 PM	Meadowvale 4 Rinks	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/03	Hockey Shinny (10-13)	1:15 - 2:45 PM	Iceland Arena	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/03	Hockey Shinny (14-17)	2:45 - 3:15 PM	Iceland Arena	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/04	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.

2018/06/04	Try It - Zumba Therapeutic	11:30 AM	Meadowvale Community Centre	FREE	
2018/06/04	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/04	Try-It Pickelball for Youth	3:30 - 5:00 PM	Mississsauga Valley CC	FREE	Youth ages 10-14 can drop in and try the amazing game of Pickleball.
2018/06/05	Stay and Play (for children 5 yrs and under)	9:00 - 11:00 AM	Burnhamthorpe Community Centre Community Centre - Forest Glen	FREE	Children of different ages can have fun using activity stations that incorporate physical development apparatus, arts and crafts materials and theme ideas. The focus of this program is on socializing and sharing in a relaxed and informal environment. Parents are responsible for the supervision of their child(ren) in all aspects of the program.
2018/06/05	Yoga Gentle	9:15 - 10:45 AM	Frank McKechnie Community  Centre CC	Drop in fee	
2018/06/05	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	FREE	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/05	Adult / Older Adult Skate	11:30 AM - 1:30 PM	<u>Iceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/06	Lesson Screening	5:00 - 5:30 PM	Meadowvale Community Centre Pool	FREE	Want to take lessons but don't know what level you should register for? Drop by for a free screening and an instructor will make recommendations for you!
2018/06/06	Step & Tone	9:15 AM	Huron Park Community Centre	Drop in fee	

2018/06/06	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/06	Zumba Gold	10:30 AM	Burnhamthorpe Community Centre Community Centre	Drop in fee	
2018/06/06	Sauga At Play Try It	3:30 - 5:30 PM	Carmen Corbasson Community Centre	FREE	Want to see what Pickleball is all about? Come out and try a new sport.
2018/06/06	Family Volleyball Drop In (Half Gym)	5:00 - 6:00 PM	Huron Park Community Centre	FREE	Enjoy playing pick-up volleyball with your kids in this open gym program. Children must be accompanied by a least one adult.
2018/06/06	Family Swim to Survive Fun Swim	7:35 - 9:00 PM	Huron Park Pool	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Participants are given the opportunity to try the Swim to Survive skills, fall into deep water, tread H2O for a minute, swim 50 meters, and get a free certificate
2018/06/07	20/20/20	10:10 AM	South Common Community  Centre	Drop in fee	
2018/06/07	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/07	Adult / Older Adult Skate	11:30 AM - 1:30 PM	<u>Iceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/08	Adult / Older Adult Skate	10:00 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.

2018/06/08	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/08	Indoor Youth Ultimate Frisbee	3:00 PM - 4:30 PM	Mississauga SportZone - Field House (C&D)	FREE	Tired from a long school week? All work and no play is never a good way to end off a week. Come by the Mississauga SportZone and enjoy an extremely fun ultimate frisbee drop-in session. All skill levels are welcome. The drop-in is for ages 14-17 so bring your high school ID to be able to lace them up and burn off some energy! No preregistration is required.
2018/06/08	Older Adult Movie Day	12:30 PM - 2:30 PM	Malton Community Centre	FREE	
2018/06/08	Indoor Youth Soccer Drop- In	3:00 PM - 4:30 PM	Mississauga SportZone - Field House (A&B)	FREE	Bring your friends and meet us at the soccer pitch! End off your week with a fun soccer game with friends and other players in the community. All skill levels welcome. The drop-in is for ages 14-17 so bring your high school ID to be able to lace them up and burn off some energy! No pre-registration is required.
2018/06/09	Springfest Event	9:00 AM - 4:30 PM	Malton Community Centre	FREE	Family badminton drop-in, fitness drop-in, basketball, chill zone drop-ins, fun swim
2018/06/09	Zumba	9:00 - 10:15 AM	River Grove Community Centre	Drop in fee	
2018/06/09	Family Stick & Puck	9:15 - 10:45 AM	Iceland Arena	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/09	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/09	Adult Stick & Puck	10:45 AM - 12:15 PM	Meadowvale 4 Rinks	\$3.83	For adults interested in being able to practice their shot and puck handling. A CSA approved hockey helmet is mandatory. Please note this program is unsupervised.

2018/06/09	TRX Circuit Class	11:00 AM	Malton Community Centre	FREE	
2018/06/09	Fun Skate	11:15 AM - 12:45 PM	<u>Iceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/09	Family Stick & Puck	12:30 - 2:00 PM	<u>Meadowvale 4 Rinks</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/09	Try It - Lifesaving Sport	5:00 - 6:30 PM	Mississauga Valley CC Pool	FREE	
2018/06/10	Family Stick & Puck	9:15 - 10:45 AM	Iceland Arena	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/10	Stay and Play	9:30 - 11:30 AM	Erin Meadows Community Centre	FREE	Children of different ages can have fun using activity stations that incorporate physical development apparatus, arts and crafts materials. The focus of this program is on socializing and sharing in a relaxed and informal environment. Parents are responsible for the supervision of their child(ren) in all aspects of the program. Ages 1 month-5 years
2018/06/10	Camp Try-It	10:00 AM - 2:00 PM	Carmen Corbasson Community Centre	FREE	Interested in seeing what Camp at Corbasson is like? Come out and join staff in a variety of camp activities.
2018/06/10	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	(4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/10	Fun Skate	11:15 AM - 12:45 PM	<u>Iceland Arena</u>	\$3.75	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.

2018/06/10	Family Stick & Puck	12:30 - 2:00 PM	<u>Meadowvale 4 Rinks</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/10	Hockey Shinny (10-13)	1:15 - 2:45 PM	<u>Iceland Arena</u>	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/10	Hockey Shinny (14-17)	2:45 - 3:15 PM	<u>Iceland Arena</u>	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/11	Total Body Toning	9:30 AM	<u>Mississauga SportZone</u>	Drop in fee	
2018/06/11	Adult / Older Adult Skate	10:00 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/11	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/11	Try It - Zumba Therapeutic	11:30 AM	Meadowvale Community Centre	FREE	
2018/06/11	Tabata	7:10 PM	Clarkson Community Centre	Drop in fee	
2018/06/12	Nordic Pole Walking	9:00 AM	Meadowvale Community <u>Centre</u>	FREE	
2018/06/12	Yoga Gentle	9:15 AM	Frank McKechnie Community Centre	Drop in fee	
2018/06/12	Drop In Older Adult Badminton	9:30 - 11:30 AM	Frank McKechnie CC Gymnasium	FREE	This is an un-organized, badminton drop-in that is open to older adults. Space is limited. This drop-in will be run at a first come first serve basis.

2018/06/12	Adult / Older Adult Skate  Try it Pencils Paints and	11:30 AM - 1:30 PM	Iceland Arena  Erin Meadows Community	\$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.  Get messy and have fun. Create fridge worthy
2018/06/12	Plasticine	5:00 - 7:00 PM	<u>Centre</u>	FREE	projects. For Ages 3-5 year olds.
2018/06/12	Total Body Toning	6:00 PM	Carmen Corbasson Community Centre	Drop in fee	
2018/06/13	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/13	Zumba Gold	10:30 AM	Burnhamthorpe Community Centre	Drop in fee	
2018/06/13	Accident Awareness Seminar	11:00 AM - 12:00 PM	Meadowvale Community Centre	FREE	
2018/06/13	Stronger & Steadier LV 2	2:15 PM	Carmen Corbasson Community Centre	Drop in fee	
2018/06/13	Family Pickleball Drop In (Half Gym)	5:00 - 6:00 PM	Huron Park Community Centre	FREE	Enjoy playing pick-up pickle ball with your kids in this open gym program. Children must be accompanied by a least one adult.
2018/06/13	Lesson Screening	5:00 - 5:30 PM	Meadowvale Community Centre Pool	FREE	Want to take lessons but don't know what level you should register for? Drop by for a free screening and an instructor will make recommendations for you!
2018/06/13	Try it Boot Camp	5:30 PM	Meadowvale Community <u>Centre</u>	FREE	
2018/06/13	Kettlebell	6:30 PM	<u>Mississauga SportZone</u>	Drop in fee	
2018/06/13	Zuma	7:15 PM	Huron Park Community Centre	Drop in fee	
2018/06/13	Family Swim to Survive Fun Swim	7:35 - 9:00 PM	<u>Huron Park Pool</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Participants are given the opportunity to try the Swim to Survive skills, fall into deep water, tread H2O for a minute, swim 50 meters, and get a free certificate
2018/06/13	Boot Camp	8:00 PM	Malton Community Centre	Drop in fee	
2018/06/13	Yoga	8:05 PM	Clarkson Community Centre	Drop in fee	
2018/06/14	Drop In Older Adult & Adult Basketball	10:00 AM - 11:30 AM	Carmen Corbasson Community Centre	FREE	Join your friends or meet new ones while having fun playing basketball. Pick up games will be arranged with those in attendance.
2018/06/14	Gentle Low	10:15 AM	Mississauga Valley CC	Drop in fee	

2018/06/14	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/14	Adult / Older Adult Skate	11:30 AM - 1:30 PM	lceland Arena	\$3.75 OA (65+), Youth (4-17); Persons	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/14	Total Body Toning	12:15 PM	Mississauga SportZone	Drop in fee	
2018/06/14	Try it Therapeutic Chair Yoga	1:00 PM	<u>Meadowvale Community</u> <u>Centre</u>	FREE	
2018/06/14	Boot Camp	6:05 PM	Erin Meadows Community Centre	Drop in fee	
2018/06/14	Walk-Fit Circuit	6:45 PM	Carmen Corbasson Community Centre	Drop in fee	
2018/06/15	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	\$3.75 OA (65+), Youth (4-17); Persons	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/15	Older Adult Badminton	1:00 PM - 2:30 PM	Malton Community Centre	FREE	
2018/06/15	Stronger & Steadier LV 1	10:15 AM	Malton Community Centre	Drop in fee	
2018/06/15	Osteoporosis	10:30 AM	Carmen Corbasson Community Centre	Drop in fee	
2018/06/15	Try it -Yoga Tai-lates Water Combo	2:00 PM	Frank McKechnie Community Centre	FREE	A whole new aqua experience! Combining moves from tai chi, yoga and pilates makes this warm water workout an ideal class for improving range of motion, balance, strength and mobility.
2018/06/15	Try it Hi/Low Tone	6:30 PM	Meadowvale Community Centre	FREE	
2018/06/15	Movie Night	7:30 PM	South Common Community Centre	FREE	Join us for a FREE youth-friendly movie night with free pop corn & soft drinks!

2018/06/16	Family Stick & Puck	9:15 - 10:45 AM	<u>Iceland Arena</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/16	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/16	Adult Stick & Puck	10:45 AM - 12:15 PM	Meadowvale 4 Rinks	\$3.83	For adults interested in being able to practice their shot and puck handling. A CSA approved hockey helmet is mandatory. Please note this program is unsupervised.
2018/06/16	Butt Legs and Core	11:00 AM	Erin Meadows Community  Centre	Drop in fee	
2018/06/16	Fun Skate	11:15 AM - 12:45 PM	Iceland Arena	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/16	Family Stick & Puck	12:30 - 2:00 PM	Meadowvale 4 Rinks	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/16	Drop In Family Basketball	1:00 - 3:00 PM	Burnhamthorpe CC Gymnasium	FREE	Time to lace up your sneakers and burn off some energy! Have fun participating in lots of unorganized basketball activities. Parents are responsible for the supervision of their child(ren) during all aspects of the program. Children 15 years of age and younger must be accompanied by an adult. No pre-registration is required.

2018/06/16	Family Swim to Survive Fun Swim	1:35 - 3:00 PM	Erin Meadows Community Centre	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Participants are given the opportunity to try the Swim to Survive skills, fall into deep water, tread H2O for a minute, swim 50 meters, and get a free certificate
2018/06/16	Try It - Swim To Survive	2:30 - 3:30 PM	Mississauga Valley CC Pool	FREE	
2018/06/16	Try It - Swim To Survive	3:30 - 4:30 PM	Mississauga Valley CC Pool	FREE	
2018/06/16	Drop In Family Sport	3:30 - 4:30 PM	River Grove CC Gymnasium	FREE	Enjoy playing pick up floor hockey,basketball or dodgeball with your kids in this open gym program. Children must be accompanied by a least one adult.
2018/06/16	Drop in Youth Basketball	3:30 - 5:00 PM	Frank McKechnie CC Gymnasium	FREE	This is an un-organized, basketball drop-in that is open to youth. Space is limited. This drop-in will be run at a first come first serve basis.
2018/06/16	Drop In Badminton 14+	5:00 - 6:30 PM	River Grove CC Gymnasium	FREE	This is an un-organized, badminton drop-in that is open to youth and adults. Space is limited. This drop-in will be run at a first come first serve basis.
2018/06/17	Family Stick & Puck	9:15 - 10:45 AM	Iceland Arena	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/17	Fun Skate	10:30 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/17	Total Body Workout	10:30 AM	Erin Meadows Community  Centre	Drop in fee	
2018/06/17	Fun Skate	11:15 AM - 12:45 PM	Iceland Arena	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.

2018/06/17	Family Stick & Puck	12:30 - 2:00 PM	<u>Meadowvale 4 Rinks</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/17	Hockey Shinny (10-13)	1:15 PM - 2:45 PM	<u>Iceland Arena</u>	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/17	Drop In Open Gym Family	2:50 PM - 4:20 PM	Frank McKechnie Community Centre Gymnasium	FREE	This program is set up for parents and children to interact together. Parents are responsible for the supervision of their child(ren) in all aspects of the program.
2018/06/17	Hockey Shinny (14-17)	2:45 - 3:15 PM	<u>Iceland Arena</u>	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/18	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	\$3.75	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/18	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/18	Seniors Walk	11:00 AM - 12:00 PM	Mississauga Valley CC Lobby	FREE	Come join us on a lovely walk on our beautiful trails. Water will be provided.
2018/06/18	Chair-ercise	11:30 AM	Mississauga Valley CC	Drop in fee	
2018/06/18	Water Running Class	1:00 - 2:00 PM	Clarkson Community Centre	FREE	
2018/06/18	Try-It Pickelball for Youth	3:30 - 5:00 PM	Mississsauga Valley CC	FREE	Youth ages 10-14 can drop in and try the amazing game of Pickleball.

2018/06/19	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	FREE	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/19	Adult / Older Adult Skate	11:30 AM - 1:30 PM	<u>lceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/19	Drop In Older Adult Pickleball	12:30 - 2:30 PM	Frank McKechnie Community Centre Gymnasium	FREE	A racquet sport that combines elements of badminton, tennis and table tennis. Pickleball is played on a court with the same dimensions as a doubles badminton court. The net is similar to a tennis net but is mounted lower. This game is played with a hard paddle and a whiffle ball. Beginners welcome.
2018/06/19	Drop In Older Adult Volleyball	1:00 - 3:30 PM	Carmen Corbasson Community Centre	FREE	Join your friends or meet new ones while having fun playing volleyball. Pick up games will be arranged with those in attendance.
2018/06/19	Welcome to Mississauga Roadshow	6:00 - 8:00 PM	South Common Community Centre	FREE	A neighbourhood event designed to facilitate awareness and involvement of recent newcomers in City programs and services (all community services and MiWay).
2018/06/19	Yoga	7:30 PM	Mississauga Valley CC	Drop in fee	
2018/06/19	Zumba	8:30 PM	Malton Community Centre	Drop in fee	
2018/06/20	Older Adult Try it Day	9:30 AM	South Common Community Centre	FREE	Activities include pickleball, chair-ercise, Hindi dancing, therapeutic body movement class, aquafit class & more!
2018/06/20	Adult / Older Adult Skate	10:00 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/20	Older Adult Aquafit (shallow end)	10:30 - 11:15 AM	South Common Community Centre	FREE	
2018/06/20	Yoga	11:30 AM	<u>Mississauga Valley CC</u>	Drop in fee	
2018/06/20	Therapeutic Body Movement	1:15 PM	South Common Community <u>Centre</u>	Drop in fee	
2018/06/20	3 on 3 Basketball Tournament for Youth	3:00 - 5:00 PM	<u>Meadowvale Community</u> <u>Centre</u>	FREE	

2018/06/20	Youth Dodgeball Tournament	3:00 - 7:00 PM	South Common Community Centre	FREE	Open for Youth Ages 10-18, stop in for a friendly dodgeball tournament. Prizes for the winners!
2018/06/20	Lesson Screening	5:00 - 5:30 PM	Meadowvale Community Centre Pool	FREE	Want to take lessons but don't know what level you should register for? Drop by for a free screening and an instructor will make recommendations for you!
2018/06/20	Family Basketball Drop In (Half Gym)	5:00 - 6:00 PM	Huron Park Community Centre	FREE	Enjoy playing pick-up basketball with your kids in this open gym program. Children must be accompanied by a least one adult.
2018/06/20	Yoga	6:00 PM	Huron Park Community Centre	Drop in fee	
2018/06/20	Family Swim to Survive Fun Swim	7:35 - 9:00 PM	Huron Park Community Centre	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Participants are given the opportunity to try the Swim to Survive skills, fall into deep water, tread H2O for a minute, swim 50 meters, and get a free certificate
2018/06/21	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/21	Adult / Older Adult Skate	11:30 AM - 1:30 PM	<u>Iceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/21	Basketball Dunk Challenge for Youth	3:00 - 5:00 PM	<u>Meadowvale Community</u> <u>Centre</u>	FREE	
2018/06/21	Drop In Family Table Tennis	6:30 - 8:30 PM	Burnhamthorpe CC - Applewood Hills	FREE	This pay - as -you-go table tennis is open for family's in a recreational setting. Parents are responsible for supervision of their child(ren) during all aspects of the program. Children 15 yrs of age and younger must be accompanied by an adult. No pre-registration required.

2018/06/22	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/22	Nordic Pole Walking	10:30 AM	Frank McKechnie Community  Centre	FREE	
2018/06/22	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/22	Nordic Pole Walking	12:00 PM	Burnhamthorpe Community  Centre	FREE	
2018/06/22	Older Adult Movie Day	12:30 - 2:30 PM	Malton Community Centre	FREE	
2018/06/22	Indoor Youth Soccer Drop- In	3:00 - 4:30 PM	Mississauga SportZone - Field House (A&B)	FREE	Bring your friends and meet us at the soccer pitch! End off your week with a fun soccer game with friends and other players in the community. All skill levels welcome. The drop-in is for ages 14-17 so bring your high school ID to be able to lace them up and burn off some energy! No pre-registration is required.
2018/06/22	Indoor Youth Ultimate Frisbee	3:00 - 4:30 PM	Mississauga SportZone - Field House (C&D)	FREE	Tired from a long school week? All work and no play is never a good way to end off a week. Come by the Mississauga SportZone and enjoy an extremely fun ultimate frisbee drop-in session. All skill levels are welcome. The drop-in is for ages 14-17 so bring your high school ID to be able to lace them up and burn off some energy! No preregistration is required.
2018/06/22	Table Tennis Tournament for Youth	3:00 - 5:00 PM	<u>Meadowvale Community</u> <u>Centre</u>	FREE	
2018/06/23	Zumba	9:00 - 10:15 AM	River Grove Community Centre	Drop in fee	
2018/06/23	Family Stick & Puck	9:15 - 10:45 AM	<u>Iceland Arena</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.

2018/06/23	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/23	Adult Stick & Puck	10:45 AM - 12:15 PM	Meadowvale 4 Rinks	\$3.83	For adults interested in being able to practice their shot and puck handling. A CSA approved hockey helmet is mandatory. Please note this program is unsupervised.
2018/06/23	Fun Skate	11:15 AM - 12:45 PM	<u>lceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/23	Family Stick & Puck	12:30 - 2:00 PM	Meadowvale 4 Rinks	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/24	Family Stick & Puck	9:15 - 10:45 AM	<u>lceland Arena</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/24	Fun Skate	10:30 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.
2018/06/24	Fun Skate	11:15 AM - 12:45 PM	lceland Arena	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	Evening/weekend skates are fully supervised. It is recommended that a CSA approved hockey helmet be worn. During weekday daytime skates, skating aids may be allowed on the ice. Contact the arena for more information. No sticks and pucks allowed.

2018/06/24	Family Stick & Puck	12:30 - 2:00 PM	<u>Meadowvale 4 Rinks</u>	\$5.33	This program offers guardians and children the opportunity to work on basic stick/puck handling and skating skills together. Skates and CSA approved helmets are mandatory equipment for all program participants. Maximum 3 children per adult. All children must be accompanied by an adult on the ice. This programs is for family participation.
2018/06/24	Hockey Shinny (10-13)	1:15 - 2:45 PM	<u>Iceland Arena</u>	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/24	Try It - Family Swim To Survive	2:30 - 4:00 PM	River Grove Community Centre Pool	FREE	Participants are given the opportunity to try the Swim to Survive skills, roll into deep water, tread water for one minute, swim 50 meters, and get a free certificate.
2018/06/24	Hockey Shinny (14-17)	3:15 PM - 2:45 PM	<u>Iceland Arena</u>	\$4.26	This program is for kids already participating in organized hockey. This supervised 2 hour program allows the ability to play pick-up hockey with kids their own age. Staff will organize warm-up & pick up games. Full equipment & CSA approved helmet required.
2018/06/25	Adult / Older Adult Skate	10:00 AM - 12:00 PM	Meadowvale 4 Rinks	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/25	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/25	Try it Citi Swim	6:30 - 8:00 PM	Malton Pool	FREE	Introduction to competitive swimming for youth ages 6-16
2018/06/25	Kickbox Cardio	7:30 PM	Malton Community Centre	Drop in fee	
2018/06/25	Step	7:30 PM	South Common Community <u>Centre</u>	Drop in fee	

2018/06/26	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	FREE	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/26	Adult / Older Adult Skate	11:30 AM - 1:30 PM	Iceland Arena	\$3.75	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/26	Try It - Aqua Cycle	6:15 - 7:00 PM	Mississauga Valley CC Pool	FREE	
2018/06/26	Try It - Aquafitness	7:30 - 8:15 PM	Mississauga Valley CC Pool	FREE	
2018/06/27	Adult / Older Adult Skate	10:00 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/28	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/28	Adult / Older Adult Skate	11:30 AM - 1:30 PM	<u>Iceland Arena</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.
2018/06/28	Try-It Citi Swim	5:00 - 6:00 PM	Streetsville Outdoor Pool	FREE	Introduction to competitive swimming for youth ages 6-16.
2018/06/29	Adult / Older Adult Skate	10:00 AM - 12:00 PM	<u>Meadowvale 4 Rinks</u>	single admission: \$3.75 OA (65+), Youth (4-17); Persons with Disability; Student with ID: \$3.00	For adults interested in a quieter environment. This program allows individuals greater flexibility in choosing when to participate. Not supervised by Patrols. It is recommended that a CSA approved hockey helmet be worn.

2018/06/29	Adult Soccer Drop-In	11:00 AM - 1:00 PM	Mississauga SportZone - Field House (A&B)	\$6.20	For adults who are looking for a fun place to shed some calories while playing the most popular sport in the world. Enjoy a game of pick up soccer. Registration will be at a first come first serve basis and the capacities will be 24 players per field. Upon your arrival you will make teams of 6. A continuous rotation will happen to ensure that everyone gets lots of playing time.
2018/06/29	Family Swim to Survive Fun Swim	1:00 - 4:00 PM	Don McLean West Acres Outdoor Pool	FREE	Learn the minimum skills needed to survive an unexpected fall into deep water. The Canadian Swim to Survive standard includes roll into deep water, tread water for one minute and swim 50 metres. Fun to learn and could be a real life saver! Takes place during the fun swim.
2018/06/29	Indoor 6 on 6 Youth Soccer Tournament	3:00 - 6:00 PM	Mississauga SportZone - Field House (A&B)	FREE	Arrive early and register yourself to participate in our FIRST EVER 6 on 6 youth soccer tournament. Teams will play a series of matches versus all of the teams in the tournament. Everyone who participates is a winner and the team with the best record will receive a fun surprise. Dont miss out! The tournament is for ages 14-17 so bring your high school ID to participate!
2018/06/29	Indoor Youth Ultimate Frisbee Tournament	3:00 - 6:00 PM	Mississauga SportZone - Field House (C&D)	FREE	Compete in our first ever ultimate frisbee tournament! It will surely be an event you will not want to miss. Bring your friends and see how your frisbee skills match up against kids in the community. The tournament is for ages 14-17 so bring your high school ID to particpate!
2018/06/30	Zumba	9:00 - 10:15 AM	River Grove Community Centre	Drop in fee	
2018/06/30	Therapeutic Body Movement	9:30 AM	Malton Community Centre	Drop in fee	