

Upcoming Events

Health and Safety Fair (pg. 17)

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Entry by food donation.

Saturday,
May 27, 2017
11am - 2 pm

@ Kitimat Fire Hall

Mother's Day Pancake Breakfast (pg. 22)

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Saturday,
May 13, 2017
9 - 11 am

@ Seniors Center

\$7 per person/\$20 for family of four

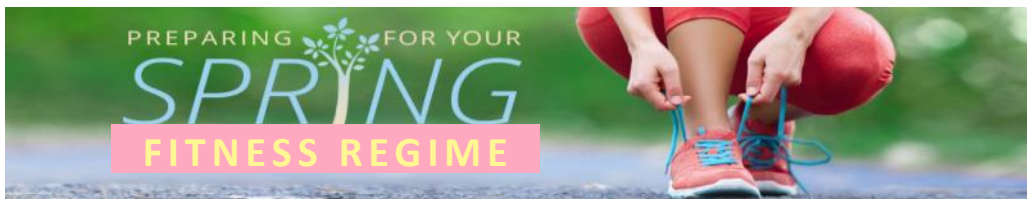


Trailrider

Did you know that Riverlodge rents the Trailrider. This is a unique single-tire wheelchair, designed to allow individuals with physical limitations (with the help of two to three able-bodied persons) to enjoy Kitimat's outdoors.



Spring and
Summer 2017
Leisure Guide



BOOT CAMP (pg. 26)

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Thurs., Apr. 13 – Jun. 15
6:45 – 7:45 pm

YOGA FUSION FLOW (pg. 28)

Mon., Apr. 10 – June 19
(no class Apr. 17 & May 22)
9:30 – 10:30 am
\$63/ 9 sessions

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MOTHERS DAY YOGA (pg. 28)

Sun., May 14
1:30 – 2:30 pm
\$5 / 1 Session

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WOMEN ON WEIGHTS (pg. 27)

Mon., Wed., & Fri.,
Apr. 19 – May 19 6:45 – 7:45 pm
\$189/14 sessions
Mon., Wed., & Fri.,
May 24 – Jun. 23 6:45 – 7:45 pm
\$189/14 sessions

Mother's Day Tea Party (pg. 5)

Mon., May 8 2 1/2 – 6 yrs.
10:15 – 11:30 am
\$14 (for both parent and child)

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Click on swimmer for
Spring Swim Lessons Set 2

For Pool Schedule Mar 27th
to June 29, click on link.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Keiser Spin Class Schedule		10:45 - 11:30 am *Senior Cycle Tony
	12:15 - 12:45 pm Cycle Express Alia		
6:15 - 7 pm Rhythm Ride Tony	5:45 - 6:45 pm Spin Yoga Fusion Cori	6:15 - 7 pm Rhythm Ride Angela	5:45 - 6:30 pm Group Cycle Angela

Canada's 150th Celebrations

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Youth Video Contest

Youth Writing Contest

(pg. 1)

Deadline May 31st

Deadline May 31

Victoria Day Weekend Hours

	Riverlodge	Tamitik
Saturday - May 20	8:30 am - 9:30 pm	1:30 - 6:30 pm
Sunday - May 21	8:30 am - 9:30 pm	1:30 - 6:30 pm
Victoria Day - May 22	CLOSED	CLOSED

For more information please call Riverlodge at 250-632-8970 or visit www.kitimat.ca



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