

# Free Community Physical Programs

## January 2015

### Aqua Fit

Wednesdays 7, 14, 21, 28  
**10:00am - 11:00am**  
(Iroquois Falls Pool Complex)

### Laughter Yoga

Saturday 10 & 24  
**10:30am - 11:30am**  
(St. Anne's Church Hall)

### Aqua Yoga

Thursdays 8, 15, 22, 29  
**11:00am - 12:00pm**  
(Iroquois Falls Pool Complex)

### Power Up Your Lunch Break

Thursdays 8, 15, 22, 29  
**12:15pm - 12:45pm**  
(Iroquois Falls Pool Complex Hall)

## Other Activities

**Free Senior Bowling**  
Every Thursday starting  
January 8, 2015 until  
March 26<sup>th</sup>, 2015  
@1:30pm

**Free Youth &  
Adult Hockey**  
Every Monday starting  
January 5<sup>th</sup>, 2015 until  
March 23<sup>rd</sup>, 2015  
(Except Family Day)

## February 2015

### Aqua Yoga

Thursdays 5, 12, 19, 26  
**11:00am - 12:00pm**  
(Iroquois Falls Pool Complex)

### Power Up Your Lunch Break

Thursdays 8, 15, 22, 29  
**12:15pm - 12:45pm**  
(Iroquois Falls Pool Complex Hall)

### Laughter Yoga

Saturday 14 & 28  
**10:30am - 11:30am**  
(St. Anne's Church Hall)

### Family Day

Monday 16  
Free Cross Country Skiing  
(Iroquois Falls  
Cross Country Ski Club)

For more information on any of these programs, please do not hesitate to call  
The Iroquois Falls Preschool Centre Préscolaire at 705-232-6777.