

Program Hosted by:

Community Member Doug Gray & Victoria Trudeau (CARA)

Where: Alderville Community Center

When: On Mondays, starting January 14th 2019

Ending Monday March 25th 2019

Youth-Ages 7-14

5:30pm - 7:00 pm

Ages 15 years and older

7:00pm - 8:30pm

*All equipment is provided, please bring indoor running shoes and comfortable clothing. **REGISTRATION IS REQUIRED!!!** Please visit the Alderville Health & Social Services building to register or email

vtrudeau@alderville.ca for an electronic copy to fill out and send back to me.

Any questions feel free to contact me at 905-352-2140 ext. 207

Meegwech!!!