

June is Recreation and Parks Month

Run, walk, jog, hike, cycle, swim, skate, lift, dunk...

Staying active is an important part of a healthy lifestyle, and we're here to make it easier for you.

Take advantage of **FREE** activities at our community centres all month long.



Caledon East Community Complex

Sunday, June 4

11 a.m. – 12:20 p.m.

Drop-In Youth Shinny Skating

Wednesday, June 7

10:30 a.m. – 11:50 a.m.

Drop-In Skating, ages 18+

Tuesday, June 13

10:30 a.m. – 11:50 a.m.

Drop-In Skating,
Parent & Child

Caledon Centre for Recreation and Wellness

Wednesday, June 14

1 p.m. – 1:55 p.m.

Drop-in Swimming,
Parent & Child

Tuesday, June 27

7:15 p.m. – 8:10 p.m.

Drop-In Volleyball, ages 10+

Southfields Community Centre

Tuesday, June 6

4:30 p.m. – 5:30 p.m.

Drop-in Kickboxing, ages 11+

Thursday, June 8

7 p.m. – 7:55 p.m.

Drop-In Aquafit, ages 11+

Thursday, June 15

7 p.m. – 7:55 p.m.

Drop-In Aquafit, ages 11+

Monday, June 19

9 a.m. – 9:55 a.m.

Drop-In Pickleball, ages 18+

Wednesday, June 21

5:15 p.m. – 6:15 p.m.

Drop-In Body Blast Fitness,
ages 11+

Mayfield Recreation Complex

Wednesday, June 28

5:15 p.m. – 7:25 p.m.

Drop-in Fitness Swim
ages 11+

For more free activities visit caledon.ca/JRPM
Get active and **#GoPlay** in Caledon.