



Canadian Fitness Connection Course

YMCA Connections Programs for New Immigrants

Learn how to stay fit and healthy, while practicing English, meeting new friends and exploring Canadian life and culture. FREE for Permanent Residents, but you must REGISTER for this 12 week course.

When

Saturday afternoons for 12 weeks
1-4 PM
September – December 2015

Where

Chilliwack Family YMCA
45844 Hocking Ave, &
Chilliwack Neighbourhood Learning
Centre
46361 Yale Rd, Chilliwack

Contact us

YMCA Connections
connections@gv.ymca.ca
OR
tara.cummings@gv.ymca.ca or call
Tara Cummings at 604-316-3576

*Building healthy
communities*



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