

River Oaks Community Centre

Events subject to change
Capacity restrictions apply

Time	Activity	Location
9 - 9:30 a.m.	Yoga Kids (4+ yrs)	Fitness Gym
9 - 9:45 a.m.	Yoga	Room A
9 - 9:45 a.m.	Family Indoor Cycling Class	Cycling Studio
9:30 - 11:30 a.m. Drop In every 15 min	Family Fitness Scavenger Hunt	Squash/Racquet Courts/ Room C
9:30 - 11:30 a.m.	Discovering Your Family Tree. What Are Your Roots? Museum Program	Room B
9:45 - 10:15 a.m.	Mother Daughter Dance Fit	Fitness Gym
10 a.m. - 2 p.m.	Face Painting and Kids Crafts - Olympic Theme	Sports Hall Of Fame Room
10 - 11:45 a.m.	Sportball	Room A
10 - 10:45 a.m.	Family Indoor Cycling Class (10+ yrs)	Cycling Studio
10 - 11:30 a.m.	Family Skate	Rink A
10 - 11:30 a.m.	Shooter Practice*	Shooter Pads
10 a.m. - noon	Bodywise Nutritional Consultant	Main Lobby
10 a.m. - 1 p.m.	Gym Orientations	Weight Room
10:30 - 11 a.m.	Family Bellydance Class	Fitness Gym
11 a.m. - 2 p.m.	Panago Pizza Lunch	Concession Stand/ Lobby
11:30 a.m. - 12:15 p.m.	Jump & Play (1-3 yrs)	Fitness Gym
11:45 a.m. - 4 p.m.	We Got Game Wii Olympic Sport Video Gaming	Room C
11:45 a.m. - 12:15 p.m.	Family Stretch	Room B
noon - 2 p.m.	Family Golf Swing Analysis & Mini Putt	Room A
noon - 2:30 p.m.	Speed Skating	Rink B
12:30 - 1 p.m.	Family Kickboxing (10+ yrs)	Room B
12:45 - 1:30 p.m.	Family Bootcamp	Fitness Gym
1 - 3 p.m.	Squash Clinic	Squash and Racquet Ball Rooms
1:15 - 1:45 p.m.	Family Yoga	Room B
1:45 - 2:15 p.m.	Father & Son Partner Challenge (8+ yrs)	Fitness Gym
2 - 4 p.m.	Carpet Bowling	Room A
2 - 2:30 p.m.	Family Bootcamp	Room B
2:30 - 3 p.m.	Mother & Daughter Dance Jazz (8+ yrs)	Fitness Gym
2:45 - 3:15 p.m.	Family Bootcamp	Room B
3:15 - 3:45 p.m.	Zumba Dance	Fitness Gym
3:30 - 4:45 p.m.	Family Skate	Rink B
3:30 - 4:45 p.m.	Shooter Practice*	Shooter Pad
4 - 4:30 p.m.	Zumba Dance	Fitness Gym

*Must bring own helmet, gloves, stick and skates



Pizza lunch

\$1 per slice 11 a.m. – 2 p.m.

**Available at Glen Abbey, Iroquois Ridge and
River Oaks Community Centres**

Proceeds to the Town of Oakville RecConnect Fund which helps children in need participate in recreation programs.

