

June is Recreation & Parks Month 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Registration required for recreation programs. Pre-registration and pre-payment for drop-in activities available 7 days in advance. View ages, locations and times for all programming and register online at vaughan.perfectmind.com</p>				<p>Single Session Supportive Counselling 1</p> <p>Ramp Up Mindfulness: Living in the Present Moment</p>	<p>Badminton 2</p> <p>Aquafitness</p>	<p>Lifeguard Fitness Challenge 3</p> <p>Family Mindfulness</p>
<p>Nature Tales 4</p> <p>See the Sea: Ocean Wonders Craft Workshop</p> <p>Recreational swimming</p>	<p>Yoga 5</p> <p>PC & Xbox 360 Game Creation Workshop</p> <p>Aquafitness</p> <p>iPad Video Game Creation Workshop</p>	<p>Zumba 6</p> <p>Single Session Supportive Counselling</p> <p>Gentle Yoga</p> <p>Aquafitness</p>	<p>Workout Wednesdays 7</p> <p>Volleyball</p> <p>3-on-3 Basketball</p> <p>Ramp Up Coping Strategies: Managing Stress & Hardships</p> <p>Striving for Family Wellbeing to help Autistic Youth to Flourish</p> <p>Recreational swimming</p>	<p>Quick Spin 8</p> <p>Single Session Supportive Counselling</p> <p>Length Swim</p> <p>Canvas & Coffee: Acrylic Painting Workshop</p>	<p>Taekwondo 9</p> <p>Archery</p> <p>Rollerblading</p> <p>Aquafitness</p>	<p>Outdoor Zumbathon 10</p> <p>STEM Coding</p> <p>STEM Learners</p> <p>STEM Builders</p> <p>Basketball</p> <p>See the Sea: Ocean Wonders Craft Workshop</p> <p>Recreational swimming</p>
<p>Great Walks of Vaughan Father's Day Scavenger Nature Hike 11</p> <p>Lifeguard Fitness Challenge</p> <p>Badminton</p> <p>Outdoor Tennis</p>	<p>Ramp Up Gratitude & Positive Thinking 12</p> <p>Queenax</p> <p>Recreational swimming</p> <p>Yoga & Meditation</p>	<p>CIRC-HIIT Queenax 13</p> <p>Single Session Supportive Counselling Yoga & Meditation</p> <p>DanceFIT</p>	<p>Flag Raising Ceremony (Vaughan City Hall) 14</p> <p>Total Body Conditioning</p> <p>Bulling & Cyber Bullying for Parents</p> <p>Archery</p> <p>Concerts in the Park</p>	<p>Tabata 15</p> <p>Single Session Supportive Counselling</p> <p>Zumba</p>	<p>Nature Bingo 16</p> <p>Taekwondo</p> <p>Aquafitness</p>	<p>Bootcamp 17</p> <p>See the Sea: Ocean Wonders Craft Workshop</p> <p>Hands-on Robotics: LEGO® SPIKE™ Essentials Workshop</p> <p>Roblox Game Design: Mario Galaxy Workshop</p> <p>Computer Programming: Python Beginner Workshop</p> <p>Thornhill Outdoor Pool Opening</p>
<p>Zumba 18</p> <p>QiGong</p> <p>Badminton</p> <p>Do It Yourself Birdfeeder</p>	<p>Spin 19</p> <p>Length swim</p> <p>3-on-3 Basketball</p>	<p>Single Session Supportive Counselling 20</p> <p>Mental Health Housing & Navigation</p> <p>Total Body Conditioning</p> <p>Summer Drawing Fun!</p>	<p>Workout Wednesdays 21</p> <p>Ramp Up Relationships: Investing in Social Connections</p> <p>Yoga</p> <p>Recreational swimming</p>	<p>Single Session Supportive Counselling 22</p> <p>Summer Drawing Fun!</p>	<p>Yoga 23</p> <p>Queenax</p> <p>Badminton</p>	<p>Do-It-Yourself Kite 24</p> <p>Basketball</p>
<p>Hands-on Robotics: LEGO® SPIKE™ Essentials Workshop 25</p> <p>Roblox Game Design: Mario Galaxy Workshop</p> <p>Computer Programming: Python Beginner Workshop</p>	<p>Muscle Conditioning 26</p> <p>Aquafitness</p> <p>Learn to Play Pickleball</p>	<p>Single Session Supportive Counselling 27</p> <p>Length swim</p> <p>Badminton</p>	<p>Concert in the Park: Elvis Lives – Tribute to Elvis 28</p>	<p>Total Body Conditioning 29</p> <p>Single Session Supportive Counselling</p>	<p>Ramp up Self-Care: Taking Care of the Body & Soul 30</p>	<p>Facebook @VaughanRecreation</p> <p>Instagram @recvaughan</p> <p>YouTube @recvaughan</p>

- LEGEND**
- Recreation programs (\$5)
 - ◆ Drop-in sports (\$5)
 - ♣ Parent/guardian participation required
 - ▶ Fitness classes (\$5)
 - York Support Services Network & Workshops (Free) Register online at yssn.ca/events
 - ★ FREE access to Vaughan Fitness centres (ages 13+)
 - ♫ Recreational swim & aquafitness (Free)
 - ★ Concerts in the Park (Free)
 - 📄 FREE downloadable activity at vaughan.ca/greatwalks