



## Winter 2018 FREE Programs

### **Functional Fitness Boot Camp** Family

St. Mary's Wellness & Education Centre

Mondays, Jan. 8—Apr. 9

6:00 - 7:00 PM

(Cancelled Feb. 19 & Apr. 2)

### **Drop-in Volleyball** 16yrs. +

Saskatoon Indian & Metis Friendship Centre

Thursdays, Jan. 15—Mar. 26

6:30 - 8:30 PM

### **Drop-in Basketball** 14-30 yrs.

White Buffalo Youth Lodge

Wednesdays, Jan. —Jun.

8:00 - 11:00 PM

### **Running Club** Family

St. Mary's Wellness & Education Centre

Thursdays, Jan. 11—Apr. 26

6:00 - 7:00 PM

(Cancelled Feb. 22 & Apr. 5)

### **Pow-wow Song & Dance** Family

Saskatoon Indian & Metis Friendship Centre

Wednesdays, Jan. 10—Mar. 28

6:30 - 8:30 PM

### **Yoga Women & Girls** Any age, Under 14 must be accompanied by an adult.

White Buffalo Youth Lodge

Fridays, Jan.

7:00 - 8:00 PM

### **Indigenous Traditional Games** 10-16 yrs, parents welcome.

Sutherland School

Mondays, Jan. 15—Apr. 26

7:00 - 8:00 PM

(Cancelled Jan. 29, Feb. 19 & Mar 12)

### **Kokums' Sharing Circle** All Grandmothers welcomed.

White Buffalo Youth Lodge

Jan. 19, Feb. 16, Mar. 16, Apr. 20, May 18

10:00 AM - 1:30 PM

Every third Friday from Jan - May

Drop-in programs. Register with the instructor on your first day. Everyone is welcome.