



National Health & Fitness Day

Join us and be active during this FREE EVENT!

Saturday June 3rd

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|-----------------|---|-----------------|--|
| 9:00am-11:00am | Pickleball all ages
Charles Jago Northern Sport Centre
3333 University Way | 10:30am-11:30am | Zumba in the Park all ages
Lheidli T'enneh Memorial Park Bandshell |
| 9:00am-11:00am | Wheelchair Basketball ages 15+
Charles Jago Northern Sport Centre
3333 University Way | 11:00am-12:00pm | Family Hike all ages
Caledonia Ramblers Hiking Club Society
The Exploration Place
333 Becott Place |
| 9:30am-10:30am | Tai Chi in the Park all ages
Lheidli T'enneh Memorial Park Bandshell | 11:30am-12:30pm | Yoga in the Park all ages
Lheidli T'enneh Memorial Park Bandshell |
| 10:00am-11:00am | FIT Camp ages 12+
Charles Jago Northern Sport Centre
3333 University Way | 12:00pm-3:00pm | Bowling all ages
Prince George Lawn Bowling Club
3rd Avenue and Wainwright Street |
| 10:00am-11:00am | Rugby ages 6-12
Rookie Rugby
Duchess Park Secondary School
747 Winnipeg Street | 1:00pm-2:00pm | Mixed Martial Arts ages 10+
Kaiten Mixed Martial Arts Academy
185 Dominion Street |
| 10:00am-12:30pm | Physical Literacy Games & Discovery ages 3-12
Engage Sport North & YMCA of Northern BC
Lheidli T'enneh Memorial Park Bandshell | 4:00pm-6:00pm | Soccer all ages
PGYSA
Rotary Soccer Fields
4120 18th Avenue |

➤ For more information please visit www.EngageSportNorth.com or call 250-960-5344

➤ ENGAGE
SPORT
NORTH



Strive to Thrive.