



Try something new this June!

From tournaments, to workshops, and new ways to stay fit – everyone in your family will have fun at the Y trying loads of new special programs!

Taggart Family Y Community Events

- June 2** Yang Yin Yoga Experience
- June 3** Family Zumba
- June 16** Dance Party
- June 18** Zumba Encanto
- June 23** Outdoor Yang Yin Yoga

Learn more about these exciting events at ymcaottawa.ca!

Registration:



ymcaottawa.ca



613-237-1320



In person

All participants must register **at least 24 hours** in advance.