



# 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!

## Clarence-Rockland Y Community Events

**June 3** Outdoor Boot Camp

**June 7** Chair Yoga

**June 14** Chair Yoga

**June 16** Dance Party

Learn more about these exciting events at [ymcaottawa.ca](http://ymcaottawa.ca)!

**Registration:**



[ymcaottawa.ca](http://ymcaottawa.ca)



613-446-7679



In person

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