NORTH VANCOUVER Recreation & Culture

June Outdoor Programs

June 14-20, 2020

Sunday June 14	Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	Friday June 19	Saturday June 20
Cardio Vista 1 William Griffin Field 11-12pm **Tai Chi** Delbrook Plaza 11:30-12:30pm **Family Hip Hop** William Griffin Field 1-2pm **Plein Air Art Walks** John Braithwaite 2-3:30pm **Breathe Yoga Family** Norgate, 4-5pm	**Backyard H.I.I.T 3** Parkgate Plaza 6:15-7:15am **Cardio Kick'n It** Cates (Central lawn) 9-10 am **Cardio Vista 1** Ray Perrault 10-11am **Family Dance & Fun on a Picnic Blanket** Cates 10:30-11:15am **Backyard Bootcamp 2** Ray Perrault 11:30am -12:30pm **Breathe Yoga** Cates 1-2pm **Family Play in the Park Series: Cartooning** (8-12yrs) Ray Perrault 2-3pm **Tennis U10** Delbrook Courts 3:30-5:25pm **Backyard L.I.I.T 2** Cates Park 6-7pm **Tennis Adult 2.0** Delbrook Courts 6-7:25pm **Tennis Adult 1.5** Delbrook Courts 7:30-8:55pm	**Backyard Rope L.I.I.T 2** Kirkstone Park 7:30-8:30am **Backyard L.I.I.T 1** Ray Perrault 7:30-8:30am **Backyard L.I.I.T 1** William Griffin Field 1-2pm **Tennis U9** Delbrook Crts, 3:30-5:25pm **Sketching in Nature** Delbrook Plaza, 4-5pm **Backyard L.I.I.T 2** Ray Perrault, 4-5pm **Cardio Vista 2** William Griffin Field 5:30-6:30pm **Breathe Yoga** Ray Perrault 5-6pm **Family Dance Sampler** Delbrook Plaza, 6-7pm **Tennis Adult 2.5** Delbrook Courts 6-7:25pm **Tennis Adult 3.0** Delbrook Courts 7:30-8:55pm	**Backyard H.I.I.T 3** Parkgate Plaza 6:15-7:15am **Cardio Vista 3** Ray Perrault 9-10am **Cardio Vista 1** Ray Perrault 10:30-11:30am **Breathe, Flow, Stretch** Ray Perrault 12-1pm **Sing, Dance, Act** Delbrook Plaza 11-12:30pm **Sing, Dance, Act** Delbrook Plaza 1-2:30pm **Tennis U10** Delbrook Crts 3:30-5:25pm **Backyard L.I.I.T 2** Ray Perrault, 6-7pm **Tennis Adult 2.5 &3.0** Delbrook Courts 6-7:25pm **Tennis Adult 1.5&2.0** Delbrook Courts 7:30-8:55pm	**Backyard Rope L.I.I.T 2** Kirkstone Park 7:30-8:30am **Backyard L.I.I.T 1** William Griffin Field 1-2pm **Tennis U9** Delbrook Crts 3:30-5:25pm **Hip Hop 9-14yrs** Kirkstone Lacrosse Box 4:30-5:30pm **Backyard L.I.I.T 2** Norgate 4-5pm **Trails and Entrails 3** William Griffin Field 5:30-6:30pm **Tai Chi** Delbrook Plaza 6-7pm **Breathe Yoga** Kirkstone 6-7pm **Family Play in the Park Series: Game Night** (all ages) Kirkstone, 5-6pm **Tennis Adult 3.5** Delbrook Courts 6-7:25pm **Tennis Adult 4.0** Delbrook Courts 7:30-8:55pm	**Backyard L.I.I.T 2** Parkgate Park 7:30-8:30am **Cardio Kick'n It** Waterfront Park 10-11am **Breathe Yoga** Waterfront Park 12-1pm **Sing, Dance, Act** Cates 1-2:30pm **Tennis U12** Delbrook Crts 3:30-5:25pm	**Cardio Vista 1** Parkgate Park Parking lot 9-10am **Cardio Vista 3** Ray Perrault 9:30-10:30am **Family Dance Sampler** Ray Perrault 10:45-11:45am **Family Dance & Fun on a Picnic Blanket** Parkgate Park 10:30-11:15am **Home Alone Training 10-14yrs** Parkgate Park 12-2:30pm **Family Play in the Park Series: Music in the Park (Family 8yrs+)** Ray Perrault 2-3pm