



Youth Winter Recreation

Programs begin the week of January 15

Cooking - 30 Minute Meals & Dinners, Drive-ins and BBQ's		Chess
Floor Hockey	Pickleball	Table Tennis
Volleyball	Yoga	Standard First Aid & CPR-C/AED

For youth in grades 6-12

Pro-D Day - Babysitter's Training

Youth Weight Room Small Group Training

For ages 13-17 years

Visit portmoody.ca/signmeup to register