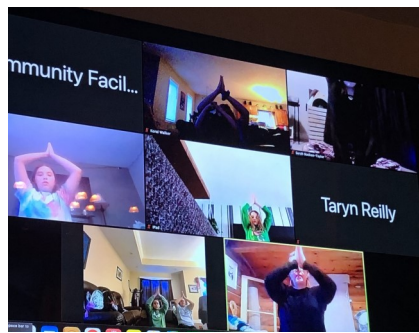


## Girls Wellness Afterschool Club

The Girls Wellness Afterschool Program is offered every Monday, Wednesday and Friday from 3:30pm – 6:30pm. Programming is currently being held online through zoom following Covid 19 restrictions. Mondays are cooking/baking workshops, Wednesdays we have Zumba classes and Fridays we host yoga classes. We also provide the youth with the opportunity to showcase their talents as well as teach their peers different skills. The girls have the opportunity to interact through different games and activities daily.



## Virtual Activities

Starting December 1st, we will be offering weekly Activities online for families with children under the age of 5 to participate in. The activities will include crafts, games, workshops, baking and more; we will provide instruction and basic supplies. Some of the activities may require internet, as they will be hosted through zoom. Most activities will require parental assistance.



## Hop Skip Saturdays

Hop, Skip Saturdays is a physical literacy program that provides parents and children with scheduled activities on the weekend through the winter months. The program is offered Saturday mornings starting in October. As per covid 19 restrictions we have had to hold off on our programming until restrictions lift.

