

Active Yarmouth Week

Get moving!!

ACTIVE
yarmouth

May 23rd



Group 2km or 4km walk/run

9:00am at Runner's Active, **free!**

Intro to Cheer

10:00—3:30 YMRHS. For interested coaches & participants, \$5. Call 749 5160 to register

Pick up ball hockey

12:00noon—2:00 at Collins St parking lot
Ages 10 –17, **free!**

Tennis Lessons

3:00 at the Hebron courts, ages 9 and up. **Free!**

May 24th

Golf lessons

2: 00 at the Golf Course, all ages & **free!**

Open house at Milo

Kayak, canoe or dragon boat for **free**, 10:00—3:00

May 25th

Tumblebugs in the Park & Mom's walking group

Gateway track, ages 3-5, **free!**

Ultimate frisbee

Meadowfields Field , ages 15+ . **Free !**



May 26th

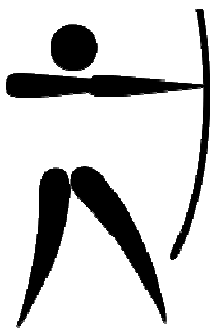
Try Taekwondo!

Hebron Rotary Center, from 5:30-6:30 ages 8+
Free!

Community Soccer Baseball Game

Milton Ball field, 6:00—8:00 all ages & **free!**

May 27th



Fitness Classes at Marion Hall

Various classes from 10:30—12:20, by donation

Ladies bike ride

6:00 start from Milo Boat house, **free!**

Noon-Walk

All ages, 12:00 start from Milton Bellfield , **free!**

Archery

Hebron Rotary center, from 6:00—8:00 & **free!** Call to register 742 8868

May 28th

Try Taekwondo

Hebron Rotary Center, from 5:30-6:30 ages 8+
Free!

Ultimate frisbee

Meadowfields Field , ages 15+ **Free!**

May 29th

Yoga Flo (3:30) & Boot Camp (4:00) at NSCC—\$5 Happy hour Yoga

\$5 at Supernova Power Yoga 5:45-6:45