



# Spring CARA Programs

Martial Arts – All Ages

Wednesdays @ 5 to 7 pm  
CLFN School



Walking/Running Group

Monday & Wednesday @ 5 pm

Fridays @ 6:30 am & 12 pm

Community Centre

Couch to 5 K program – All Ages

Monday & Wednesday – 5 pm

Friday – 6:30 am & 12 pm

Cenotaph



Theatre Club

Tuesdays @ 6 pm  
Health Centre

Archery - All Ages

Tuesdays & Thursday Alternating  
5 pm to 7 pm  
Lance Wood Park

*Weather permitting*



For more info, contact Mindy 705-657-3432