

Garnish Wellness Program

Schedule

Over 50's	
Monday, Wednesday, Friday	1:30 – 3:30 PM
Coordinator – Sandy Mason (smason60@eastlink.ca)	

After - School Kids Program

Day	Age	Time
Monday	9 - 15	4:30 – 5:30 PM
Tuesday	5 – 8	3:30 – 4:30 PM
	9 - 15	6 – 7 PM
Wednesday	5 – 8	3:30 – 4:30 PM
Thursday	5 – 8	3:30 – 4:30 PM
	9 - 15	4:30 – 5:30 PM
Friday	9 - 15	To Be Announced
Saturday	9 - 15	2 – 4 PM
Coordinator	5 - 8	Melissa Grandy (melissagrandy@msn.com)
Coordinator	9 - 15	Natasha Parsons (natasha.parsons@hotmail.com)

Kids should bring water and indoor running shoes.

Parents / guardians are reminded the doors will open a few minutes before the start of any session, and kids must leave the building when their session is over.

Parents / guardians are Welcome to Stay to Help or Observe!

Rules will be posted and must be obeyed.

