



Help Arnprior win \$150,000 by tracking your movement from **May 31st - June 16th!**



**ARNPRIOR**  
• WHERE THE RIVERS MEET •

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join us for these FREE events from May 31st - June 16th and make sure to track all Movement Minutes in the ParticipACTION App to help Arnprior be named Canada's Most Active Community! All events are held at the Nick Smith Centre, 77 James Street, unless noted otherwise.</p>					<p><b>31</b> Public Swim 7:00 - 8:00 pm</p>	<p><b>1</b> Priorpalooza 11:00 am - 11:00 pm Robert Simpson Park</p>
<p><b>2</b> Family Swim 3:00 - 4:00 pm</p>	<p><b>3</b> Group Aquafit - Members Bring a Friend for Free 9:00 - 10:00 am Parent and Tot &amp; Senior Skate 1:00 - 3:00 pm</p>	<p><b>4</b> Pickle Ball Drop-In 6:00 - 8:00 pm Parent and Tot &amp; Senior Skate 11:30 am - 1:00 pm</p>	<p><b>5</b> Seniors Swim 2:00 - 3:00 pm Pickleball 1:00 - 4:00 pm Parent and Tot &amp; Senior Skate 1:00 - 3:00 pm Junior Shinny 3:00 - 4:30 pm</p>	<p><b>6</b> Parent and Tot &amp; Senior Skate 11:30 am - 1:00 pm</p>	<p><b>7</b> Little Movers 11:30 am - 1:00 pm Parent and Tot &amp; Senior Skate 1:00 - 3:00 pm Public Swim 7:00 - 8:00 pm</p>	<p><b>8</b> Family Swim 3:00 - 4:00 pm</p>
<p><b>9</b> Public Skate 12:00-2:00 pm</p>	<p><b>10</b> Parent and Tot &amp; Senior Skate 1:00 - 3:00 pm</p>	<p><b>11</b> Functional Fitness 8:30am - 9:30 am Parent and Tot &amp; Senior Skate 11:30 am-1:00 pm Pickle Ball 6:00 - 8:00 pm</p>	<p><b>12</b> Pickle Ball 1:00 - 4:00 pm Parent and Tot &amp; Senior Skate 1:00 - 3:00 pm Seniors Swim 2:00 - 3:00 pm Junior Shinny 3:00 - 4:30 pm</p>	<p><b>13</b> Parent and Tot &amp; Senior Skate 11:30am-1:00pm</p>	<p><b>14</b> Public Swim 7:00 - 8:00 pm Parent and Tot &amp; Senior Skate 1:00 - 3:00 pm Junior Shinny 3:00 - 4:30 pm</p>	<p><b>15</b> Family Swim 3:00 - 4:00 pm Drop-in at the Skate Park (Bring your Scooter, Bike, Skateboard, Rollerblades) 4:00 - 6:00 pm</p>
<p><b>16</b> Public Skate 12:00pm-2:00 pm</p>	<p><b>Step 1:</b> Download the ParticipACTION App</p> <p><b>Step 2:</b> MOVE EVERYDAY</p> <p><b>Step 3:</b> Enjoy any of the above FREE programming</p> <p><b>Step 4:</b> Track all Movement Minutes in the App</p>					

Learn more at [www.arnprior.ca/move](http://www.arnprior.ca/move) or call 613-623-7301