

2022 WINTER PROGRAMS: MILL-COURTLAND NEIGHBOURHOOD ASSOCIATION & HIGHLAND STIRLING COMMUNITY GROUP

PROGRAM	DAY	LOCATION	TIME	AGE	STARTS	FEE	GROUP
<u>PRESCHOOL-AGE PROGRAMS</u>							
Creative Kids	Mon/Wed/Fri	MCCC	9:30-11:30am	2-5 yrs	Mar 28	\$96/12 Weeks	MCNA
<u>PARENT/CAREGIVER & CHILD</u>							
Family Time	Wednesday	MCCC	10:00am-11:30am	0-6 yrs	Ongoing	FREE/Ongoing	HSCG
<u>CHILDREN & YOUTH</u>							
Youth Basketball	Monday	MCCC	5:30-7:30pm	12-15 yrs	Apr 4	\$60/4 Weeks	MCNA
Basketball & Black History	Tuesday	MCCC	6:00-8:00pm	13-16 yrs	Apr 5	FREE/8 Weeks	HSCG
BOTS Creative Travels	Tuesday	MCCC	6:00-7:30pm	8+ yrs	Apr 5	FREE/Ongoing	HSCG
Just4Me	Tuesday	MCCC	5:00-6:00pm	13-18 yrs	Apr 14	FREE/6 Weeks	MCNA
Easy Eats	Tuesday	MCCC	4:00-5:00pm	11-14 yrs	Apr 5	\$30/6 Weeks	MCNA
Guitar Club	Wednesday	MCCC	4:00pm-5:30pm	Gr. 6+	Ongoing	FREE/Ongoing	MCNA
Basketball Skills & Drills	Wednesday	MCCC	4:30pm-5:30pm	7-11 yrs	Apr 6	\$40/8 Weeks	MCNA
Cedar Hill Soccer	Wednesday	Courtland	6:00-7:30pm	4-11 yrs	May 25	FREE/6 Weeks	CHCC
Girl Empowerment/Running Group	Thursday	MCCC	4:00-5:30pm	13-18 yrs	May 5	FREE/4 Weeks	HSCG
Mixed Mediums Art Club	Saturday	MCCC	10:00am-12:00pm	9-13 yrs	Apr 9	\$50/4 Weeks	MCNA
Soccer	Saturday	MCCC	10:30-11:30am	8-12 yrs	Apr 9	\$30/5 Weeks	HSCG
Homework Hub – Tutoring	Mon-Fri	ONLINE	ONLINE	Gr 1-7	Ongoing	FREE/8 Weeks	MCNA
<u>ADULT</u>							
Restorative Yoga	Monday	MCCC	10:30-11:30am	18+	Apr 11	\$50/8 Weeks	MCNA
Pilates	Tuesday	MCCC	2:00-3:00pm	Adult	Apr 12	\$50/8 Weeks	MCNA
Neighbourhood in Your Pocket	Tuesday	MCCC	1:00-2:00pm	Adult	May 3	\$50/6 Weeks	HSCG
Conversation Circle	Wednesday	MCCC	10:30am-12:00pm	Family	Apr 6	FREE/Ongoing	HSCG
Small Business Course/Workshop	Wednesday	MCCC	6:00-7:30pm	18+	March 23	\$50/6 Weeks	MCNA
Yoga	Wednesday	MCCC	6:30-7:30pm	18+	Apr 13	\$50/8 Weeks	MCNA
Book Club	Thursday	MCCC	10:00-11:30am	18+	Apr 21	FREE	MCNA
Zumba	Thursday	MCCC	6:30-7:30pm	18+	Apr 14	\$50/8 Weeks	MCNA
Pound	Thursday	MCCC	7:45-8:30pm	18+	Apr 14	\$50/8 Weeks	MCNA
<u>SPECIAL EVENTS</u>							
Clothing Giveaway	Tuesdays	MCCC-Gym	10:30am-12:30pm	All	Ongoing	FREE	HSCG
Food Hut	Tuesdays	MCCC-Gym	10:30-11:30am	All	Ongoing	FREE	MCNA
Snack Shack	Wednesday	MCCC	3:30-4:30pm	All	Ongoing	FREE	MCNA
Crafts & Collections Sale & BBQ	Saturday	MCCC	8:30am-12:30pm	All	June 18	FREE to browse	MCNA

Check out our website at www.mcna-hscg.com

Connect with us on Facebook and Instagram @millcourtlandassociations

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