



Connect in your community!

**Join us indoors at Northside Community Centre YMCA for
Community Saturdays:**

Cardio & Strength group fitness (14+)	10–10:50 am
Youth Centre	11 am–1 pm
Family games	11 am–1 pm
Open gym	11 am–1 pm

Saturday programming has been made available at no cost to our community thanks to The City of Red Deer Family and Community Support Services (FCSS), Kentwood Community Association and YMCA of Northern Alberta.

Please note, the Government of Alberta's Restrictions Exemptions Program is in effect. Children under 8 must be accompanied by a parent/guardian.

Learn more at
northernalberta.ymca.ca/ncc

