



FERNWOOD NRG FALL PROGRAMS

<h2>MONDAY</h2>	<p>Life Ring (DI) Ongoing, 6:45pm – 8:00pm Nuu Chah Nulth Drumming (DI) Ongoing, 7:30pm – 10:00pm</p>
<h2>TUESDAY</h2>	<p>Parent and Tot Play Group (DI) Ongoing, 9:30am – 11:30pm Help I Have Kids Parenting Information Group (DI) Ongoing, 12:30pm – 2:30pm Iyengar Yoga (DI/Reg) Sept 13th – Oct 11th, 5:30pm – 6:30pm Guitar Star (Reg) Sept 6th – Oct 25th, 6:00pm – 7:00pm Floor Hockey (DI) Ongoing, 6:45pm – 9:45 pm Okinawan Karate (Reg) Sept 6th – Dec 20th, 7:00pm – 9:00pm Guitar for Adults (Reg) Sept 6th – Oct 25th, 7:15pm – 8:15pm</p>
<h2>WEDNESDAY</h2>	<p>Parent and Baby Play Group (DI) Ongoing, 9:30am – 11:30pm Best Babies (Reg) Ongoing, 12:00pm – 3:00pm Good Food Box Pickup, every third Wednesday, 1:00pm – 5:30pm Floorball (Closed Group) Sept – Dec, 5:30pm – 6:30pm</p>
<h2>THURSDAY</h2>	<p>Mother Goose (Reg) Sep 1st – Oct 20th, 9:30am – 10:30am Parent and Tot Playgroup (DI) Ongoing, 9:30am – 11:30pm Best Babies (Reg) Ongoing, 12:00pm – 3:00pm Crafty Kids (Closed Group) Sept – Dec, 3:45pm – 5:00pm Art & Tots Gym (Reg) Sept 8th – Oct 27th, 3:45pm – 4:30pm Laughter Yoga (DI/Reg) Sept 6th – Dec 22nd, 7:00pm – 8:00pm Okinawan Karate (Reg) Sept 1st – Dec 22rd, 7:00pm – 9:00pm Victoria Sport & Social Club (Closed Group) Aug 4th – Sept 1st, 7:30pm – 9:30pm</p>
<h2>FRIDAY</h2>	<p>Autumn Glow Seniors Group (DI) Ongoing, 12:00pm – 3:00pm Youth Drop-In (DI) Ongoing, 6:30pm – 9:00pm</p>
<h2>SUNDAY</h2>	<p>Art Buffet Munch & Learn (Reg) Sept 18 – Oct 23rd, 3:45pm – 4:30pm Fit Kids (Reg) Sept 18th – Oct 23rd, 4:40pm – 5:40pm Cartooning/Illustration/Claymation (Reg) Sept 18th – Oct 23rd, 5:45pm – 6:30pm Canine Freestyle Dance (Reg) Sept 11th – Oct 23rd, 7:00pm – 8:00pm Canine Dressage & Freestyle Dance (Closed Group) Sept 11th – Dec 18th, 8:00pm – 9:00pm</p>
<p>Reg: Registration Required DI: Drop In No classes will be held on August 1st (BC Day), September 5th (Labour Day), October 10th (Thanksgiving Day), & November 11th (Remembrance Day)</p> <p>Special Events: Book Fair Sept 10th & 11th Fall Fox Fair Sept 30th & Oct 1st Owl Designer Fair Dec 2nd & 3rd</p>	<p>For More Information Contact: Fernwood NRG 1240 Gladstone Avenue, Victoria, BC, V8T 1G6 (250) 381-1552 info@fernwoodnrg.ca www.fernwoodnrg.ca</p> <p>Room rental opportunities also available.</p>

Sept- Dec 2011