

June

2025

Participation Community Challenge in conjunction with Parks & Rec Month

Together we Move!

We are proud participants of the Community Challenge and encourage you to do the same! Getting active and Feeling Good is for everyone. So, whether you are enjoying your daily walk, run, bike ride, walking your pets or going for a swim, log your activity and help our community participate in the challenge!! June is also Parks & Rec month, we are encouraging our community to enjoy all of our Town's beautiful parks & attractions such as the walking trails, labyrinth, splash park & playgrounds. Grab your family & friends, go for a picnic, head out for a walk and soak up that outdoor air. Take the pledge & let's make June a great month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 JUNE 1st is National Health & Fitness Day	2 AquaFit at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	3	4 AquaFit at the pool 9am-9:45am Floor Yoga 11am – 12pm MPR Pickleball 7-9pm @ tennis courts	5 Seniors Expo at the Seniors Centre 10am-3pm	6 AquaYoga at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	7
8	9 AquaFit at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	10	11 AquaFit at the pool 9am-9:45am Floor Yoga 11am – 12pm MPR Pickleball 7-9pm @ tennis courts	12 FREE Full Body Burn Sample Class! <i>*Must Preregister b.class @7pm MPR</i>	13 AquaYoga at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	14 Street Festival 10am-4pm FREE BOWLING 5pm @ Blue Heron Bowl
15	16 AquaFit at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	17 Guided Evening Walk with the Walkie-Talkie Volkssport Group @ 6:30pm	18 AquaFit at the pool 9am-9:45am Floor Yoga 11am – 12pm Multi-Purpose Room Pickleball 7-9pm @ tennis courts	19	20 AquaYoga at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	21
22	23 AquaFit at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	24	25 AquaFit at the pool 9am-9:45am Floor Yoga 11am – 12pm MPR Pickleball 7-9pm @ tennis courts	26 FREE Aqua Line Dance at the pool! <i>*Must Preregister 7:30pm – 8:15pm</i>	27 AquaYoga at the pool 9am-9:45am Pickleball 7-9pm @ tennis courts	28 FREE BOWLING 1pm @ Blue Heron Bowl
29	30 AquaFit at the pool 9am-9:45am	Questions? Call 780-674-2532 barrhead.ca				

Questions? Call Parks & Rec at 780-674-2532 | Barrhead.ca | To register for the Free Bowling Events, please call 780-674-2828