



BLACKFALDS YOUTH CREW

CULTURE DAYS

YOUTH YOGA

Wednesday, September 8 | 4:45 - 5:45pm | Blackfalds Community Centre

Yoga is a great way to connect to your mind and body while cultivating positive self-esteem and confidence. Learn breathing techniques, build strength and flexibility, and develop skills for focus and relaxation all while having fun in a positive, encouraging and supportive environment.

Youth are encouraged to bring their own yoga mat, if needed one will be provided.

YOUTH HULA HOOP FITNESS CLASS

Wednesday, September 15 | 5:00 - 5:45pm | Abbey Centre Fitness Studio

Learn the basics of hula hooping along with a few tricks and drills to build endurance. Hoops provided.

YOUTH DRUMMING

Wednesday September 22 | 6:00 - 7:30pm | Blackfalds Community Centre

Experience an introduction to the djembe drum, its origin, sound, and appropriate techniques while participating in drum games and relaxation exercises.

YOUTH ART

Wednesday September 29 | 5:00 - 7:00pm | Blackfalds Community Centre

Participants will be provided all instructions and materials to create their very own art project.

Grades 4 - 12 | All sessions are FREE

Registration is required in-person at the Abbey Centre or [online here](#)