

Spring into

= WELLNESS =

Get Active Together

Recreational Activity at Memorial Park

The City of La Cañada Flintridge Parks and Recreation Commission will host a multi-week recreational activity to promote active living. The programs will take place on Saturdays, from 8AM to 9AM (check in begins at 7:45AM). The City has partnered with the Community Center and YMCA to put together high energy and low impact fun for all ages.

The activities will begin April 21st and conclude on May 19th. There is no cost to participate.

BRING YOUR OWN MAT AND WATER!

Registration and Signed Waivers required.

Please register here:

WWW.LCF.CA.GOV/PARKS/ACTIVITY

Schedule of Events

April 21st

Dance

Led by the
YMCA

April 28th

Yoga

Led by the
YMCA

May 5th

Hula Dance

Led by the
Community Center
(Aloha Allure)

May 19th

Yoga

Led by the
Community Center
(Sama Tree)



Questions? Contact:

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