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Monday **11** Tuesday **12** Wednesday **13**

6 PM-TBD

Come out for an evening of Self Defense with a Black Belt Champion. Please bring gym clothes and shoes. Participants must arrive on time if they want to participate.

12-3 PM

Get ready to work up a sweat. We will be leaving the Nexus Youth Centre at 12 PM sharp for a high intensity Boxing class as Huf's Gym. Don't forget your gym clothes & shoes.

4-6 PM

Learn the amazing art of Screen Printing. Make your own T-shirt, Canvas, or Tote Bag. Print off any image you would like to transfer or design your own. Please bring your own light coloured T-shirt.

Thursday **14** Friday **15**

3-6 PM

Nexus is hitting the lanes. Join us for a friendly Bowling competition. We will be leaving the Nexus Youth Centre at 3 PM sharp to make sure we have good playing time.

2-5 PM

Attention all you Gamers!!!
Come out for a full afternoon of Video Game Tournaments. This is your chance to claim your spot as 'Ultimate Gamer Champion'
Prizes to be won!

Youth under the age of 18 who are interested in our Tuesday & Thursday programs must have parents sign and return permission forms **prior** to the program day. Youth under the age of 18 that do not return permission forms will not be able to attend these events.