



# Sport, Splash & Celebrate

## Prince Rupert Community Better Challenge ParticipACTION Month (June 2025)



Presented by



<p><b>June 1 Sunday</b></p> <p>Co-ed Soccer at the Auditorium 6 pm to 7:30 pm</p>	<p><b>June 2 Monday</b></p> <p>1) Casual Hours at Auditorium 5pm to 7pm</p> <p>2) Lax Süülda Container Market (Fit &amp; Flavor) At Cruise Terminal in Cow Bay Marina from 9 am to 4pm</p>	<p><b>June 3 Tuesday</b></p> <p>1) Carpet Bowling at Auditorium 1 pm to 3 pm</p> <p>2) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p>	<p><b>June 4 Wednesday</b></p> <p>1) Casual Tai Chi -24 Form Style at Auditorium 10:30 am to 11:30 am</p> <p>2) Healthy Minds, Creative Hearts – Free Artist Meet up Prince Rupert Public Library 6:30 pm to 9 pm</p>	<p><b>June 5 Thursday</b></p> <p>1) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p> <p>2) Free Junior Golf Instruction sessions at Prince Rupert Golf Club 5 pm to 6 pm</p> <p>3) Knit &amp; Crochet Social Prince Rupert Library 1 pm</p>	<p><b>June 6 Friday</b></p> <p>1) Trail Kickoff Butze Rapids 5 pm to 6:30 pm</p> <p>2) Free Casual at Auditorium 5pm to 7 pm</p>	<p><b>June 7 Saturday</b></p> <p>1) Kitkatla Jr. Basketball at the Auditorium 11:30 am to 1pm</p> <p>2) Port Ed Community BBQ - Food Games &amp; Entertainment 10 am to 2pm</p> <p>3) <i>Let's see What's Happening:</i> Rupert Runners - Skeena River Relay 7 am Start Point - Lester Center of Arts</p> <p>4) "Intro to Cricket" - Rupert Raptors-PR Cricket Club at the Arena, 5 pm to 8 pm</p>	
<p><b>June 8 Sunday</b></p> <p>1) Volleyball in half of the Gymnasium 5pm - 7pm</p> <p>2) Floor Hockey at Arena 2 pm to 3 pm</p>	<p><b>June 09 Monday</b></p> <p>"Pop up Bike Park in the Arena" (Scooters, rollerblades, skateboards - No prior skill set is required) at the Aren 3:30 pm to 6:30 pm</p>	<p><b>June 10 Tuesday</b></p> <p>1) Healthy Harbour Day: Cruise Ship in Town - Lax Süülda Container Market will be open &amp; feature local artisans and food vendors. Cruise Terminal at Cow Bay Marina 9 am to 5 pm</p> <p>2) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p>	<p><b>June 11 Wednesday</b></p> <p>Casual Gym at Auditorium 5 pm to 7 pm</p>	<p><b>June 12 Thursday</b></p> <p>1) Chair Yoga 7 pm to 8 pm (Multipurpose Room)</p> <p>2) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club At Patullo Field 6:30 pm to 8 pm</p> <p>3) Free Junior Golf Instructions sessions at Prince Rupert Golf Club 5 pm to 6 pm</p> <p>4) Knit &amp; Crochet Social: Prince Rupert Library 1:00pm</p> <p>5) Create &amp; Make Drop in Grade 1 &amp; Up at Prince Rupert Library 3:15 pm to 4:30 pm</p>	<p><b>June 13 Friday</b></p> <p>Wellness Walk Rushbrook Trail 5 pm to 6:30 pm</p>	<p><b>June 14 Saturday</b></p> <p>Let's Enjoy the Rugby Tournament at Patullo Field 11 am to 5 pm</p>	
<p><b>June 15 Sunday</b></p> <p>1) Zumba in the Judo Room 11 pm to 12 pm</p> <p>2) <i>Let's see What's Happening:</i> In Their Wake I Ultra Marathon Paddle for Hospice Time: 6 AM to 6 PM – 1 loop every hour from Cow Bay Marina to Fairview Terminal</p> <p>3) Seafest Clash of the Canvas (24 free spots) Icehouse Gallery 1 pm to 2:30 pm</p> <p>4) Floor Hockey at Arena 2pm to 3 pm</p>	<p><b>June 16 Monday</b></p> <p>"Pop up Bike Park in the Arena" (Scooters, rollerblades, skateboards - No prior skill set is required) at the Arena 3:30 pm to 6:30</p>	<p><b>June 17 Tuesday</b></p> <p>1) Sweat Rabel Fitness First Reps: Conditioning Kickstart your strength journey with our beginner-friendly, 60-minute full-body conditioning class (beginner level) ⌚ 60 min   All Levels (Time will be announced soon)</p> <p>2) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p>	<p><b>June 18 Wednesday</b></p> <p>Free Art Meetup Artist Meet up Prince Rupert Public Library 6:30 pm to 9 pm</p>	<p><b>June 19 Thursday</b></p> <p>1) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p> <p>2) Free Junior Golf Instructions Sessions at Prince Rupert Golf Club 5 pm to 6 pm</p> <p>3)Knit &amp; Crochet Social Prince Rupert Library 1pm</p> <p>4) Create &amp; Make Drop in Grade 1 &amp; Up at Prince Rupert Library 3:15 to 4:30</p>	<p><b>June 20 Friday</b></p> <p>1) Let's Learn Lacrosse at Arena 7 pm to 9 pm</p> <p>2) "Blooms &amp; Bay: A Day at the Gardens and Waterfront 5 pm to 6:30 pm</p>	<p><b>June 21 Saturday</b></p> <p>Senior Fitness at the Judo Room - Civic Centre 10:30 am to 11:30 am</p>	
<p><b>June 22 Sunday</b></p> <p>1) Zumba at the Judo Room - Civic Centre 11 pm to 12 pm</p> <p>2) Floor Hockey at Arena 2pm to 3 pm</p>	<p><b>June 23 Monday</b></p> <p>"Pop up Bike Park in the Arena" (Scooters, rollerblades, skateboards - No prior skill set is required) at the Arena 3:30 pm to 6:30 pm</p>	<p><b>June 24 Tuesday</b></p> <p>1) Sweat Rabel Fitness: Lunch Spin: Rhythm Ride Middy boost? Yes, please! Ride the beat in this energizing 40-minute rhythm-based spin session. ⌚ 12:10 PM High Vibe Cardio</p> <p>2) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p> <p>3) Sweat Rabel Fitness: Glute, Core &amp; Glow Sculpt and strengthen in this signature class designed to fire up your glutes, core, and confidence. Moderate Pace and variation movements ⌚ 6 pm 60 min Glow-Up</p>	<p><b>June 25 Wednesday</b></p> <p>Casual Gym at the back half of the Gymnasium 05 pm to 6 pm</p>	<p><b>June 26 Thursday</b></p> <p>1) Let's Learn &amp; Play Rugby - Prince Rupert Rugby Club at Patullo Field 6:30 pm to 8 pm</p> <p>2) Free Junior Golf Instructions Sessions at Prince Rupert Golf Club 5 pm to 6 pm</p> <p>3) Knit &amp; Crochet Social Prince Rupert Library 1 pm</p> <p>4) Create &amp; Make Drop in Grade 1 &amp; Up at Prince Rupert Library 3:15 pm to 4:30 pm</p>	<p><b>June 27 Friday</b></p> <p>School's Out Bash: Family Fun Weekend</p>	<p><b>June 28 Saturday</b></p> <p>Pickleball Full Gym 1:30 pm to 4:30 pm</p>	
<p><b>June 29 Sunday</b></p> <p>1)Free Participaction Swim at the Earl Mah Aquatic Centre 2 pm to 4 pm</p> <p>2) Group Social Hike/ Ride up Mount Hays Meeting point "Bomb Shack" at the Wantage Road/base of the mountain (Snacks &amp; Refreshment on the top) 3:00pm</p> <p>3) Floor Hockey at Arena 2pm to 3 pm</p>	<p><b>June 30 Monday</b></p> <p>"Pop up Bike Park in the Arena" (Scooters, rollerblades, skateboards - No prior skill set is required) at the Arena 3:30 pm to 6:30 pm</p>	<p><b>June Month Activities:</b></p> <p>Amazing Swim June 1st to 30<sup>th</sup>: <i>Participants will receive a complimentary locker token for each day they engage in this program. As participants swim, we will track their time, contributing to the total hours logged towards the Community Better Challenge.</i></p>	<p><b>Community Better Challenge Partners</b></p> <p><i>North Coast Mountain Bike Association Prince Rupert Port Authority District of Port Ed Silversides McLean &amp; Grewal (Law Firm) Prince Rupert Gymnastics Association Prince Rupert Youth Soccer Association Costa Yoga School Kitkatla Jr. Basketball</i></p>			<p><i>Special Olympics, Rupert Runners Tourism Prince Rupert Prince Rupert Public Library Icehouse Gallery Sweat Rabel Fitness Prince Rupert Cricket Club Prince Rupert Rugby Club Prince Rupert Golf Club &amp; Prince Rupert Lacrosse Players</i></p>	