

Monday, June 1	Tuesday, June 2	Wednesday, June 3	Thursday, June 4	Friday, June 5	Saturday, June 6	Sunday, June 7
<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Explore Port Interpretive Centre Get a Free Youth Rec Pass sponsored by PRPA 8:00 AM – 4:30 PM 200-215 Cow Bay Rd. Go By Bike (May 30 to June 5): Register yourself at Provincial Prizes – Goby Bike BC to log your bike trips to win prizes! 	<ul style="list-style-type: none"> Explore Port Interpretive Centre Get a Free Youth Rec Pass sponsored by PRPA 8:00 AM – 4:30 PM 200-215 Cow Bay Rd. Cruise Ship Waterfront Fitness Walk: Take a walk, snap a photo with a cruise ship, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Free Teen D&D (Dungeons & Dragon) Drop-in 3:15 PM–5:00 PM PR Library Explore Port Interpretive Centre Get a Free Youth Rec Pass sponsored by PRPA 8:00 AM – 4:30 PM Early Dismissal Fun Zone Youth Free Drop-in 2:00 PM - 3:00 PM Civic Centre 	<ul style="list-style-type: none"> Free Noon Hour Badminton & Pickleball 11:30 AM – 01:00 PM Civic Centre Explore Port Interpretive Centre Get a Free Youth Rec Pass sponsored by PRPA 8:00 AM – 4:30 PM 200-215 Cow Bay Rd. 	<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Explore Port Interpretive Centre Get a Free Youth Rec Pass sponsored by PRPA 8:00 AM – 4:30 PM 200-215 Cow Bay Rd. Cruise Ship Waterfront Fitness Walk: Take a walk, snap a photo with a cruise ship, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> Free Family Gym Time 9:00 AM–11:00 AM Civic Centre Free Youth Drop In - Saturday Evening Come play, move, relax, and meet people 5:45 PM - 9:45 PM Civic Centre BC Trails Day - Community Hike on Future Cloudberry Trail with Kaien Trails. Details <i>will be available on Kaien Trail Website.</i> 	<ul style="list-style-type: none"> Community Free Swim 4:30 PM - 6:00 PM Earl Mah Aquatic Centre SNAG Golf Mini Putt -Fun for all ages (Free Drop -In) - Swing, Putt, and Play 2:00 PM - 4:00 PM Civic Centre
Monday, June 8	Tuesday, June 9	Wednesday, June 10	Thursday, June 11	Friday, June 12	Saturday, June 13	Sunday, June 14
<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Pickleball (Free Drop -In) 7:30 PM–10:00 PM Civic Centre Kaien Hiking Trail Bingo - June 8- 14 Details will be available on Kaien Trail Website 	<ul style="list-style-type: none"> Carpet Bowling (Free Drop -In) 11:00 PM - 3:00 PM Civic Centre Jr. Badminton (Free Drop In) 6:15 PM - 7:45 PM Civic Centre Cruise Ship Waterfront Fitness Walk: Take a walk, snap a photo with a cruise ship, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> Free Teen D&D (Dungeons & Dragon) Drop-in 3:15 PM–5:00 PM PR Library Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Early Dismissal Fun Zone Youth Free Drop-in 2:00 PM - 3:00 PM Civic Centre Free Artist Meet up 6:30 pm-9:00 pm PR Library 	<ul style="list-style-type: none"> Body Sculpt Class 6:00 AM Zikhara Studio (Book A Class Join Classes Today – SWEAT REBEL ZIKHARA) International Day of Play Free Drop-In Play Evening! 3:30 PM–10:00 PM Civic Centre Sunset Photo Walk: Take an evening walk, capture a sunset photo, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> TRX Circuit Class 9:30 AM Barlates and Strength 11:00 AM Rebel Balance 5:30 PM Sweat Rebel Fitness Studio (Book A Class Join Classes Today – SWEAT REBEL ZIKHARA) Aquafit Class (Free Drop In) 9:15 AM - 10:00 AM Earl Mah Aquatic Centre Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Seafest Seniors Tea 1:30 PM - 3:30 PM Highliner 	<ul style="list-style-type: none"> *Whale Tails and Ocean Trails Seafest, Parade/Shows, events, games 11:00 AM On 3rd Ave *Quick and the Daring – Vessel Building 9:00 AM – 5:00 PM Behind City Hall *PR Lions Club Show & Shine Pancake Breakfast and BBQ 8:00 AM to 3:30 PM Safeway Parking *3 on 3 Basketball Tournament 3rd Ave & Cow Bay June 13 & 14 Check *Seafest events details on PR special event website/ or on Facebook page 	<ul style="list-style-type: none"> Pickleball Free Play 1:30 PM–4:30 PM Civic Centre Gymnasium *3 on 3 Basketball Tournament 3rd Ave & Cow Bay June 13 & 14 *Quick and the Daring RACE TIME! 2:00 pm, Launch from Cow Bay's walking wharf Kayak Tug-O-Wars Cow Bay Check *Seafest events details on PR special event website/ or on Facebook page
Monday, June 15	Tuesday, June 16	Wednesday, June 17	Thursday, June 18	Friday, June 19	Saturday, June 20	Sunday, June 21
<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Cruise Ship Waterfront Fitness Walk: Take a walk, snap a photo with a cruise ship, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> ParticipACTION -Fun for Everyone: Inclusive Play Time Free Drop-In 3:30 PM - 5:30 PM Civic Centre Rushbrook Trail Challenge – June 16th! Snap a pic at the Rainbow Bench & get a Free Rec Centre Pass 	<ul style="list-style-type: none"> Free Teen D&D (Dungeons & Dragon) Drop-in 3:15 PM–5:00 PM PR Library Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Early Dismissal Fun Zone Youth Free Drop-in 2:00 PM - 3:00 PM Civic Centre 	<ul style="list-style-type: none"> ParticipACTION Group Challenge: Register your group activity on the ParticipACTION website, show your registration at the Civic Centre, and earn a FREE Rec Centre Pass. Bring a friend who is new to the country (arrived in 2026) and visit Rec Centre together and get Free Rec Passes 	<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Tai Chi Fitness Session (<i>Self-paced</i>) Free Drop- In 10:00 AM -11:00 AM Civic Centre Fitness Studio 	<ul style="list-style-type: none"> C-Ed Indoor Floor Hockey Free Drop-In 4:00 PM–5:30 PM Civic Centre Free Youth Drop In - Saturday Evening Come play, move, relax, and meet people 5:00 PM - 9:00 PM Civic Centre 	<ul style="list-style-type: none"> Community Free Swim 4:30 PM - 6:00 PM Earl Mah Aquatic Centre Volleyball Night Free Drop -In 5:00–7:00 PM Civic Centre
Monday, June 22	Tuesday, June 23	Wednesday, June 24	Thursday, June 25	Friday, June 26	Saturday, June 27	Sunday, June 28
<ul style="list-style-type: none"> Free Spin Class 6:15 PM - 7:00 PM Sweat Rebel Fitness Studio (Book A Class Join Classes Today – SWEAT REBEL ZIKHARA) Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre International Yoga Day Balance & Belonging Yoga Free Session with Mandy Lawson 6:00 PM–7:00 PM Civic Centre 	<ul style="list-style-type: none"> ParticipACTION -Fun for Everyone: Inclusive Play Time Free Drop-In 3:30 PM - 5:30 PM Civic Centre Cruise Ship Waterfront Fitness Walk: Take a walk, snap a photo with a cruise ship, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> Free Teen D&D (Dungeons & Dragon) Drop-in 3:15 PM–5:00 PM PR Library Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Early Dismissal Fun Zone Youth Free Drop-in 2:00 PM - 3:00 PM Civic Centre Free Artist Meet up 6:30 pm-9:00 pm PR Library 	<ul style="list-style-type: none"> Hike • Snap • Pass - Hike a Trail, Butze Rapids, Rushbrook, Tall Trees, Moresby, McClymont Park, Seal Cove etc. Take a photo on the trail, show it to the Civic Centre Clerk and earn a FREE Recreation Centre Pass Pride Month Celebration–Celebrate diversity together and enjoy a Free slice of PIZZA. 6:30 PM Earl Mah Aquatic Centre from 	<ul style="list-style-type: none"> Free Community Aquafit Class 9:15 AM - 10:00 AM Earl Mah Aquatic Centre Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre 	<ul style="list-style-type: none"> Free Youth Drop In - Saturday Evening Come play, move, relax, and meet people 5:00 PM - 9:00 PM Civic Centre Visit a senior's center or Museum with family or friends, take a photo, and show it to the Civic Centre Clerk and earn a FREE Recreation Centre Pass. 	<ul style="list-style-type: none"> Inclusive Sensory Free Swim Session 12:00 PM–2:00 PM Earl Mah Aquatic Centre Co-ed Indoor Soccer Night Free Drop -In 6:00 PM -7:30 PM Civic Centre
Monday, June 29	Tuesday, June 30	Monthly/Weekly Free Activities				
<ul style="list-style-type: none"> Youth Empowering Youth (Free Drop-In) <i>sponsored by Friendship House</i> 3:00 PM- 5:00 PM Civic Centre Wheels in the Arena Free Drop-in 5:30 PM to 7:30 PM Cruise Ship Waterfront Fitness Walk: Take a walk, snap a photo with a cruise ship, show it at the Civic Centre, and earn a FREE Rec Centre Pass. 	<ul style="list-style-type: none"> ParticipACTION -Fun for Everyone: Inclusive Play Time Free Drop-In 3:30 PM - 5:30 PM Civic Centre Visit Sunken Garden – Walk and Find Your Favorite Flower! Take a picture at the garden and show it to Civic Centre Clerk and earn a FREE Rec Centre Pass 	<ul style="list-style-type: none"> Fitness Centre: Free Access to Fitness Centre June 1 to 30th at Earl Mah Aquatic Centre from 6:30 PM to 8:30 PM (Monday to Friday) and free drop in on weekends from 4:00 PM to 6:00 PM. Free Indoor Walk: Rainy day? No worries – enjoy a ParticipACTION Free Indoor Walk at the Civic Centre! 8:00 AM – 10:00 AM (<i>Except June 2</i>). Amazing Swim June 1st to 30th: Participants will receive a complimentary locker token for each day if they engage in this program. Every Body Moves – Library Wellness Display: Library – Visit to explore Enhanced Mobility Kits, Cognitive Kits, Sensory Kits, books, and wellness resources that support physical literacy and active living for all ages and abilities. Enter a prize draw and discover simple ways to stay active and win a prize. Cruise Ship Waterfront Fitness Walk: Enjoy a walk or run along the scenic cruise ship area at Cow Bay, take pictures with Cruise Shop and get a Free Rec pass (<i>Pass Pick up from Civic Centre Reception</i>). Free Youth Drop In - Saturday Evening -5:00 PM - 9:00 PM Civic Centre Trail Maintenance Volunteer Days - Tall Trees Trail (Dates in June TBD, <i>details will be available on Kaien Trail Website.</i>) 				