

Young Adult (YA)

For Young Adults 18-39ish.

Email: youngadult@wellspringcalgary.ca

Facebook: [YA Wellspring Calgary](#)

Also check out Young Adult Cancer Canada

Email: localifecalgary@youngadultcancer.ca

and Survive & Thrive

Email: danielle@survivethrive.org

Carma House (1404 Home Rd NW)

YA Skating *(PAR-Q+ required)*

Sunday, Jan. 20 from 1:00 - 3:00 pm

Meet at Carma House at 12:45 pm

then carpool to Bowness Park.

YA Ski Day Mt. Norquay *(PAR-Q+ required)*

Ski for fun. Equipment
and transportation provided.

Sunday, Mar. 24

Meet at Carma House at 7:15 am.

YA Yin Yoga *(Drop In)*

Thursdays, Jan. 10 - Feb. 21

7:15 - 8:15 pm

YA Yoga Flow *(Drop In)*

Thursdays, Feb. 28 - Apr. 18

7:15 - 8:15 pm

Fountain Court (#120, 703 - 64 Ave SE)

YA Bootcamp *(Drop In)* *(PAR-Q+ required)*

Wednesdays, Jan. 9 - Apr. 17

7:15 - 8:00 pm

YA Ceramics

Saturdays, Feb. 2, 9, 16 *(No class Feb. 23)*
from 12:00 - 3:00 pm

Saturday, Mar. 2 from 12:00 - 4:00 pm

Saturday, Mar. 9 from 12:00 - 2:00 pm

YA Game Night *(Drop In)*

Saturdays, Jan. 12, Feb. 9, Mar. 9, Apr. 13

6:00 - 10:00 pm

Cookbook Co. (722 - 11 Ave SW)

YA Kitchen Social: 20 Minute Meals

Friday, Jan. 11 from 6:00 - 9:00 pm

*"Given me a sense of calm, peace and ability
to bring some order to my life."*

Wellspring Member