

CARRVILLE MILLS P.S. ONLINE WELLNESS WEEK SCHEDULE

Monday, March 1

4:00 - 4:45 p.m. Family Mindful Movement with Jimena of the Schwartz/Reisman Centre

Enjoy a gentle movement and stretching practice that helps you restore, release and relax. All ages welcome.

[Click here to add to Calendar](#)

[Click here to view the livestream video](#)

5:00 - 5:45 p.m. Kickboxing with Jamie Dan

Kickboxing with Jamie is a quick-paced, high energy class based on technique, power and mental agility. You will learn the 6 basic kickboxing moves (4 punches, 2 kicks) and have a blast doing it!

[Click here to add to Calendar](#)

[Click here to join the Zoom meeting](#)

Tuesday, March 2

4:00 - 4:45 p.m. Family Bootcamp with Hailey of the Schwartz/Reisman Centre

Try a variety of different exercises focusing on muscular strength and cardiovascular endurance. Parents and kids work together in a series of fast-paced rounds to help you reach your peak performance!

[Click here to add to Calendar](#)

[Click here to view the livestream video](#)

5:00 - 5:45 p.m. Kids Talk: Coping with Anxiety with Tina Gandhi, M.S.W.

Tina Gandhi, B.A., M.S.W., is a registered social worker at Surrey Place with over 20 years of experience working with families, children and youth in children's mental health and disabilities. Join Tina for an honest talk about understanding feelings of anxiety and coping strategies.

[Click here to add to Calendar](#)

[Click here to join the Zoom meeting](#)

Wednesday, March 3

4:00 - 4:30 p.m. Basketball Skills & Drills with Phil Goldberg of Thornhill Basketball Association

Dribble, pass and play! Join Coach Phil for a virtual basketball training session that will go over some strength/conditioning and dribbling skills right from your home! A basketball or any ball that can bounce is required for this session.

[Click here to add to Calendar](#)

[Click here to join the Zoom meeting](#)

5:00 - 6:00 p.m. Synergy Small Group Training For Adults with Stephen of the Schwartz/Reisman Centre

*****Sign-up required - only 15 spots available***** This small group training for adults 16+ is fun, dynamic and interactive workouts that will help you get and stay in great shape! Program focus is overall strength, power, cardiovascular conditioning, core stability and mobility. [Click here](#) to sign up and secure your spot.

[Click here to add to Calendar](#)

The Zoom link will be emailed to those that have signed up.

Thursday, March 4

4:00 - 5:30 p.m. Live Cooking Demo Making a Healthy Dinner with Jackie Zarkower

Join Cooking Coach, Jackie Zarkower as we make a healthy dinner together of popcorn chicken, braised carrots & irresistible chocolate pudding. [Click here](#) for your shopping list so that we can get our dinners ready together!

[Click here to add to Calendar](#)

[Click here to join the Zoom meeting](#)

Friday, March 5

4:00 - 4:30 p.m. Family Zumba Party with Alla Belova

Make your workout a party! Kids and parents get together and celebrate the end of a healthy week by dancing while staying fit!

[Click here to add to Calendar](#)

[Click here to join the Zoom meeting](#)

Mark your calendars and follow the links to join these live online Wellness Week events!