



The **Canadian Congenital Heart Alliance** is proud to present:

Fearless Physical Activity



Fun-filled activities designed for children, youth and adults living with congenital heart disease

Ottawa Events

	Event Type	Date & Time	Location
Spring	Adult	Saturday, April 22 nd 9am -12pm	Bonnenfant YMCA-YWCA Outdoor Recreation Centre 1620 Sixth Line Road Dunrobin, Ontario
	Youth	Saturday, April 22 nd 1pm-4pm	
	Child	Sunday, April 23 rd 1pm-4pm	
Summer	Adult	Saturday, July 15 th 11am -2pm	Ruddy Family YMCA-YWCA 265 Centrum Blvd Orleans, Ontario
	Youth	Saturday, July 15 th 2:30pm -5:30pm	
	Child	Sunday, July 16 th 12pm-3pm	
Fall	Adult	Saturday, October 28 th 9am-12pm	Bonnenfant YMCA -YWCA Outdoor Recreation Centre 1620 Sixth Line Road Dunrobin, Ontario
	Youth	Saturday, October 28 th 1pm-4pm	
	Child	Sunday, October 29 th 1pm-4pm	
Winter	*Dates & Times To Be Determined		

Schedule will be updated as soon as dates and times are determined

For More Information visit www.cchaforlife.org
Questions? Contact Jenna at jennayaraskavitch@cchaforlife.org

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