

**CALENDAR OF ACTIVITIES 2023 / 2024**

<b>Months</b>	<b>Activities</b>
July 2023	Hiking Walking Challenge)
September 2023	Initiation Aqua Gym
October 2023	World Walking Day
	Celebrating 31st CNSF Anniversary
	Fitness & Wellness (Breast Cancer Awareness Month)
	Mass Aqua Zumba
November 2023	Swimming Gala
January 2024	« Journée Mondiale du Sport Féminin »
February 2024	Fitness & Wellness Activity Plaine Wilhems
March 2024	International Women`s Day
April 2024	Fitness & Wellness Activity Moka
May 2024	Initiation Aqua Gym
June 2024	International Music and Yoga Day
<b>CNSF Regional activities July 2023 to June 2024 (ongoing)</b>	
<p>( 4 – 6 activities will be organised per month through each of the 11 Regional Committees) Port-Louis, Flacq, Riviere du Rempart, B-Bassin / R-Hill, Black River, Mahebourg, Grand Port / Savanne, Quatre-Bornes, Vacoas / Phoenix, Curepipe and Rodrigues.</p> <p>Regional activities : Zumba, Aerobics, Volley Ball, Petanque Fitness &amp; Wellness, Team Building, , Yoga , Tai Chi , Walk for Health, Hiking, Anou Pedaler, Catch Ball , Beach Games, Learn to Swim</p>	
<b>Training for Trainers</b>	
<b>August 2023</b>	First Aiders Course
<b>September 2023</b>	Training for Trainers in Aqua Fitness (8 weeks course)
<b>January 2024</b>	Residential Workshop for coaches / members
<b>March 2024</b>	International Women`s Day Catch Ball training followed by a festival.Pandit Sahadeo Gymnasium
<b>September 2024</b>	Annual Meeting and activities