

CALENDAR OF ACTIVITIES 2019/2020

MONTH	ACTIVITY	VENUE
June 2019	Get Moving for IOIG 2019	Salle de Fete, Belle Rose
July 2019	IOIG 2019	
August 2019	Aqua-Gym Fitness	Serge Alfred Swimming Pool
September 2019	Fitness and Wellness	Salle de Fete Plaza
October 2019	International World Walking Day	Bras D`Eau National Park
November 2019	Swimming Fun Day	Le Pavillion Swimming Pool
December 2019	Activity for needy children	To be confirmed
January 2020	Workshop for CNSF Regional Committees / coaches	Lecture Theatre , Citadelle Mall
February 2020	Training for Trainers Catch Ball	Phoenix Gymnasium
March 2020	International Women`s Day	To be confirmed
April 2019	Initiation / Festival Catch Ball Inter Region	Flic en Flac Public Beach
May 2020	Fitness Activity	Mahebourg
June 2020	Outdoor Fitness and Wellness Activity	To be confirmed

**Activities at regional level
2019 / 2020**

SN	Regional Committees	Activity	Venue
1.	Black River	<ul style="list-style-type: none"> • Stretching on the beach • Walking Club • Initiation Aqua-Gym • Fun Walk / Hiking 	<ul style="list-style-type: none"> • Albion Public Beach • Petite-Riviere • Serge Alfred Swimming Pool • Flic en Flac
2.	Flacq	<ul style="list-style-type: none"> • Walking Club • Mega Fitness Activity • Aqua-Gym 	<ul style="list-style-type: none"> • Bel Air & Argy • Flacq • Riv du Rempart
3.	Riviere du Rempart / Triolet	<ul style="list-style-type: none"> • Walking Clubs • Hiking • Fitness Activity 	<ul style="list-style-type: none"> • Triolet • To be confirm • Riv du Rempart
4.	Beau-Bassin / R-Hill	<ul style="list-style-type: none"> • Walking Clubs • Tai-Chi • Family Beach Games 	<ul style="list-style-type: none"> • Cavalot & Balfour • Le Plaza • Flic en Flac
5.	Vacoas / Phoenix	<ul style="list-style-type: none"> • Medical Check up & Indoor Games • Hiking • Walking Club 	<ul style="list-style-type: none"> • Holyrood Community Centre • Nature Park • Holyrood
6.	Curepipe	<ul style="list-style-type: none"> • Fitness Activities • Beach Games • Hiking • Walking Clubs 	<ul style="list-style-type: none"> • Floreal YC • Blue Bay • To be confirmed • Trou aux Cerfs
7.	Grand Port / Savanne	<ul style="list-style-type: none"> • Walking Clubs • Hiking • Beach Games 	<ul style="list-style-type: none"> • Rose-Belle & Trois Boutiques • Vallee D`Osterlog • Blue Bay Public Beach
8.	Port-Louis	<ul style="list-style-type: none"> • Walking Club • Beach Games • Sports Day / Jeux D`Antan 	<ul style="list-style-type: none"> • Ste Croix, & Roches Bois • Choisy Public Beach • Ste Croix
9.	Moka	<ul style="list-style-type: none"> • Walking Clubs • Sports Day • Hiking 	<ul style="list-style-type: none"> • Helvetia and Dagotiere • L`Agrement • Roches Noires

10.	Quatre Bornes	<ul style="list-style-type: none"> • Multi Activity Day • Walking Clubs • Beach Games 	<ul style="list-style-type: none"> • Daniel Humbert Sport Complex • Kennedy Football Pitch & La Source • Flic en Flac Public Beach
11.	Pamplemousses	<ul style="list-style-type: none"> • Walking Clubs • Initiation Aqua-Gym 	<ul style="list-style-type: none"> • Le Hochet & Baie du Tombeau • Souvenir Swimming Pool