June 2026

Help Salisbury win $100,000 by being named Canada's Most Active Community!
Here are many FREE activities to get active this June.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	8:30-9:30 Indoor Walking at SBC **9:30-10:30** Fitness Trio at SBC **10:45-11:45** Bend and Balance at Highland Park Amphitheatre **10:45-12:15** Pickleball at SBC **6:30-7:30** Beginner Ballet at Amp it Up	**8:30-9:30** Indoor Walking at SBC **2:00-4:00** Pickleball at SBC **3:30-4:30** Try It Basketball at Outdoor Courts **6:30-7:30** Yoga at Fire Hall	**8:30-9:30** Indoor Walking at SBC **9:00-10:30** Senior's Walking Group with Nursing Homes without Walls **9:30-10:30** Hatha Yoga with Andrew at Fire Hall **11:00** Wednesday Walkers at Highland Park **10:45-12:15** Try it Pickleball at Outdoor Courts	**8:30-9:30** Indoor Walking at SBC **10:00-11:00** Zumba at SBC **11:15-12:15** Chair Exercise with Denise at SBC **12:30-2** Intermediate Pickleball at SBC **2:00-4:00** Pickleball at SBC	**8:30-9:30** Indoor Walking at SBC **9:15-10:15** Flow Yoga Andrew at Fire Hall **10:30-11:30** Strength Training with Denise at SBC **11:45-1:15** Pickleball at SBC	**1:00-3:00** ParticipACTION Kick off at Highland Park **2:00-3:00** Move & Groove in the Park (Amphitheatre)
7	8	9	10	11	12	13
10:00 Bike Train at Highland Park (MacDonald Entrance)	**8:30-9:30** Indoor Walking at SBC **9:30-10:30** Fitness Trio at SBC **10:45-11:45** Bend and Balance at Highland Park Amphitheatre **10:45-12:15** Pickleball at SBC **6:30-7:30** Beginner Ballet at Amp it Up	**8:30-9:30** Indoor Walking at SBC **2:00-4:00** Pickleball at SBC **3:30-4:30** Try It Basketball at Outdoor Courts **6:30-7:30** Yoga at Fire Hall	**8:30-9:30** Indoor Walking at SBC **9:00-10:30** Senior's Walking Group with Nursing Homes without Walls **9:30-10:30** Hatha Yoga with Andrew at Fire Hall **11:00** Wednesday Walkers at Highland Park **10:45-12:15** Try it Pickleball at Outdoor Courts	**8:30-9:30** Indoor Walking at SBC **10:00-11:00** Zumba at SBC **11:15-12:15** Chair Exercise with Denise at SBC **12:30-2** Intermediate Pickleball at SBC **2:00-4:00** Pickleball at SBC **7:00-8:00** Beginner Ballet at Amp it Up	**9:00-12:00** Rec Pickleball Tournament **9:15-10:15** Flow Yoga Andrew at Fire Hall	**10:00-12:00** Try It Baseball at Baseball Field **9:00-12:00** Competitive Pickleball Tournament
14	15	16	17	18	19	20
3:00-4:00 Move & Grove at Highland Park Amphitheatre	**8:30-9:30** Indoor Walking at SBC **9:30-10:30** Fitness Trio at SBC **10:45-11:45** Bend and Balance at Highland Park Amphitheatre **10:45-12:15** Pickleball at SBC **6:30-7:30** Beginner Ballet at Amp it Up	**8:30-9:30** Indoor Walking at SBC **2:00-4:00** Pickleball at SBC **3:30-4:30** Try It Basketball at Outdoor Courts **6:30-7:30** Yoga at Fire Hall	**8:30-9:30** Indoor Walking at SBC **9:00-10:30** Senior's Walking Group with Nursing Homes without Walls **9:30-10:30** Hatha Yoga with Andrew at Fire Hall **11:00** Wednesday Walkers at Highland Park **10:45-12:15** Try it Pickleball at Outdoor Courts	**8:30-9:30** Indoor Walking at SBC **10:00-11:00** Zumba at SBC **11:15-12:15** Chair Exercise with Denise at SBC **12:30-2** Intermediate Pickleball at SBC **2:00-4:00** Pickleball at SBC **7:00-8:00** Beginner Ballet at Amp it Up	**8:30-9:30** Indoor Walking at SBC **9:15-10:15** Flow Yoga Andrew at Fire Hall **10:30-11:30** Strength Training with Denise at SBC **11:45-1:15** Pickleball at SBC	**12:30-6:00** Semi-Competitive 3 on 3 Outdoor Basketball
21	22	23	24	25	26	27
	8:30-9:30 Indoor Walking at SBC **9:30-10:30** Fitness Trio at SBC **10:45-11:45** Bend and Balance at Highland Park Amphitheatre **10:45-12:15** Pickleball at SBC	**8:30-9:30** Indoor Walking at SBC **2:00-4:00** Pickleball at SBC **3:30-4:30** Try It Basketball at Outdoor Courts **6:30-7:30** Yoga at Fire Hall	**8:30-9:30** Indoor Walking at SBC **9:00-10:30** Senior's Walking Group with Nursing Homes without Walls **9:30-10:30** Hatha Yoga with Andrew at Fire Hall **11:00** Wednesday Walkers at Highland Park **10:45-12:15** Try it Pickleball at Outdoor Courts	**8:30-9:30** Indoor Walking at SBC **10:00-11:00** Zumba at SBC **11:15-12:15** Chair Exercise with Denise at SBC **12:30-2** Intermediate Pickleball at SBC **2:00-4:00** Pickleball at SBC **7:00-8:00** Beginner Ballet at Amp it Up	**8:30-9:30** Indoor Walking at SBC **10:30-11:30** Strength Training with Denise at SBC **11:45-1:15** Pickleball at SBC **3:00-7:00** Lion's Club Pool Grand Opening	**2:00-3:00** Move & Groove in the Park (Amphitheatre)
28	29	30	1	2	3	4
3:00-4:00 Country Line Dance at Amphitheatre	**8:30-9:30** Indoor Walking at SBC **9:30-10:30** Fitness Trio at SBC **10:45-11:45** Bend and Balance at Highland Park Amphitheatre **10:45-12:15** Pickleball at SBC **6:30-7:30** Beginner Ballet at Amp it Up	**8:30-9:30** Indoor Walking at SBC **2:00-4:00** Pickleball at SBC **3:30-4:30** Try It Basketball at Outdoor Courts **6:30-7:30** Yoga at Fire Hall				

Visit the ParticipACTION website!

Questions? Phone: 506-372-3230 or Email: recreation@salisburynb.ca