

OPEN GYM

@ Digby Regional High School

Fridays 6 pm 8 pm

Free play for families & students of all ages

Saturdays 10 am 12 pm

Free play for families, students & toddlers, all ages

Saturdays 12 pm 2 pm

Teen & Adult Basketball



Please note: - indoor shoes must be worn -
- youth under the age of 12 must be accompanied by an adult -



Thrive!
A place for a healthier Nova Scotia

