



Kamloops
Community
YMCA-YWCA

Free YMCA membership



Gain Confidence and have fun!

YMCA-YWCA GLOW program, Ages 8-14

During GLOW young women and non-binary youth will participate in activities and discussions that help support them in all five Dimensions of Wellness: physical, social, emotional, spiritual and environmental.

Contact us to register today

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kamloopsy.ca

Building healthy communities