

International Women's Day Events

Version 5

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Celebrate International Women's Day with special programming from Athletics & Recreation from Monday, Mar. 3 to Thursday, Mar. 6. Bring fitness attire and athletic footwear to sessions. These programs are for women students and employees, led by women instructors. **Reserve a spot** or drop in to attend.

King Campus

- Yoga: Tuesday, Mar. 4, 11:30 a.m. to 12:30 p.m. | Fitness Centre Studio #2, King Campus
- Intro to Fitness: Wednesday, Mar. 5, 11:30 a.m. to 12:30 p.m. | Fitness Centre #2, King Campus
- Women's Purple Mitten Event, March 6th

Time: 3:00-4:30PM

Let's come together to celebrate our achievements. Join us to bedazzle a pair of purple mittens, Nordic pole walk in the beautiful outdoors of King Campus and take some selfies at our "Accelerate Action" photo booth to share on your social media.

Newnham Campus

- Flex Flow: Tuesday, Mar. 4, 5 to 6 p.m. | Fitness Centre #3, Newnham Campus
- Women's Crew "Net Day" with Varsity Athletics with special prize raffle: Wednesday, Mar. 5, 3 to 5 p.m. | Dome, Newnham Campus
- Women's Fitness: Thursday, Mar. 6, 3:30 to 4:30 p.m. | Fitness Centre #3, Newnham Campus

Seneca@York Campus

Seneca @ York Campus

- Women's Fitness: Monday, Mar. 3, 3:30 to 4:30 p.m. | Fitness Centre Studio, Seneca@York Campus
- Women's Yoga: Thursday, Mar. 6, 3:30 to 4:30 p.m. | Fitness Centre Studio, Seneca@York Campus
- Women's Basketball Learn to Play Clinic - Monday March 3rd 3pm-3:45pm

Improve your basketball skills in this women's only clinic, lead and coached by Ehi (member of the Women's Varsity Basketball team).

- Women's Rec Games - Tuesday March 4th 3pm-3:45pm

Enjoy fun recreational games and activities and meet new friends in this active program. Lead by all female staff.

- Women's Volleyball Learn to Play Clinic - Wednesday March 5th 3pm-3:45pm

Improve your volleyball skills in this women's only clinic, lead and coached by female staff.

- Women's Soccer Learn to Play Clinic - Thursday March 6th 3pm-3:45pm

Improve your indoor soccer skills in this women's only program, lead and coached by female staff.

- Champion of the Court - Special Edition:

Monday March 3rd, Wednesday March 5th and Thursday March 6th

All female participants will accumulate 2 points for each win, and 1 point for each game played during our basketball, volleyball and indoor soccer COTCs.

