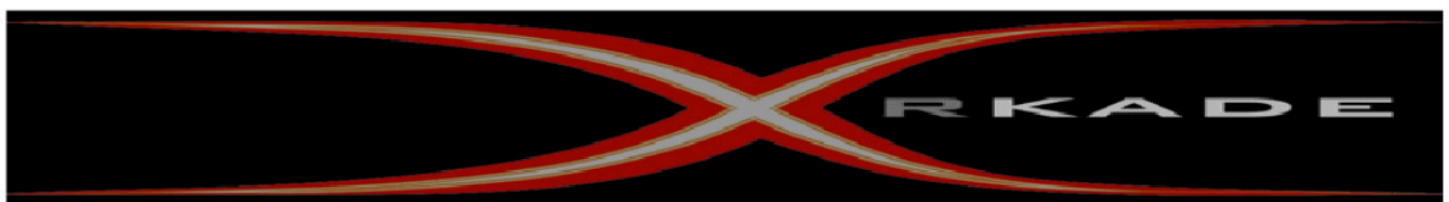


THE YMCA OF SARNIA-LAMBTON

# ENERGY ZONE

January 9 - June 17, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	HOLIDAYS
Open Play 9:00am - 5:00pm	Open Play 9:00am - 5:00pm	Open Play 9:00am - 5:00pm	Open Play 9:00am - 5:00pm	Open Play 9:00am - 5:00pm	Open Play 10:00am - 12:30pm		<b>Family Day</b> Alternative activities scheduled  <b>March Break</b> Day camp all week  <b>No classes:</b> Christmas Eve December 24, 2011 Christmas Day December 25, 2011 New Year's Eve December 31, 2011 New Year's Day January 1, 2012 Family Day February 20, 2012 Good Friday April 6, 2012 Victoria Day May 21, 2012
					<b>Birthday Party Packages</b> 12:30 - 3:30pm	<b>Birthday Party Packages</b> 12:30 - 3:30pm	
Supervised Open Play 5:00 - 8:00pm	Supervised Open Play 5:00 - 8:00pm	Supervised Open Play 5:00 - 8:00pm	Supervised Open Play 5:00 - 8:00pm	Supervised Open Play 5:00 - 8:00pm	Supervised Play 3:30 - 5:00pm	Open Play 3:30 - 5:00pm	
DDR Dance Routine 5:30 - 6:30pm 6-8, 9-12 yrs	Dynamic Duo 5:30 - 6:30pm 6-8, 9-12 yrs	Lightning Round 5:30 - 6:30pm 6-8, 9-12 yrs	Lightning Round 5:30 - 6:30pm 6-8, 9-12 yrs	Gamer's Night 5:30 - 6:30pm 6-8, 9-12 yrs			



## Hours of Operation

### Regular Hours - Effective Sept 5 - June 29, 2012

Monday - Friday 5:00am - 10:00pm  
 Saturday 7:00am - 8:00pm  
 Sunday 7:00am - 8:00pm  
 Holidays 9:00am - 4:00pm

All program areas will close 15 minutes prior to facility closing.

## Safety of Children

To ensure the safety and appropriate supervision of children while at the YMCA, children under the age of 10, must be either attending a supervised YMCA program or be under the direct supervision and within arm's reach of an adult guardian at least 14 years of age. This policy includes Open Swim and Open Gym. Children have access to a courtesy telephone at the Membership Desk.

## Energy Zone Programs

### DDR Dance Routine

Master the dance routine you want, and hear the music you want to hear!

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### Dynamic Duo

Work in partners to reach your goal.

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### Gamer's Night

Partner or team up to complete in a variety of games and challenges like Scavenger Hunt, Xingo, XrKade Survivor, Rock Band, Harry Potter. A different game each Friday night.

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### Lightning Round

Everyone gets a chance to beat the high score. It's a 1 player game with multiple players.

### Open Play (All ages!)

The Energy Zone is open for all members to try a new game or master a favourite.

(Children under the age of 10 must be accompanied by a parent or guardian over the age of 14 years.)

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### Supervised Open Play

Come one! Come all! Play one! Play all!

(Children under the age of 10 must be accompanied by a parent or guardian over the age of 14 years.)

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## Birthday Parties

### Extreme Party-3 Hour Party (6-14 years)

Brand new to the the YMCA! XRKade® is a video gaming centre that uses video gaming equipment to help you exercise and have fun!

1. One hour Energy Zone
2. 45 minutes in the party room
3. One hour swim (parental supervision required)

### Energy Zone-2 Hour Party (6-14 years)

1. One hour Energy Zone
2. 45 minutes in the party room

### Ultimate Party-3-Hour (3-12 years)

1. One hour of gym activities
  - Inflatable Jungle Bungle and large Inflatable Slide
  - Staff supervision for inflatables
2. 45 minutes in the party room
3. One hour swim (parental supervision required)

### Gym & Party Room-2-Hour (3-12 years)

1. One hour of gym activities
  - Inflatable Jungle Bungle and "New" Inflatable Slide
  - Staff supervision for inflatables
2. 45 minutes in the party room

### Big Splash Party-2 Hour (3-12 years)

1. 45 minutes in the party room
2. One hour swim (parental supervision required)

Friday: Room 5:30-6:15 pm Swim 6:30-7:30 pm

Saturday and Sunday:

Room 1:30-2:15 pm Swim 2:30-3:30 pm  
Room 2:30-3:30 pm Swim 3:30-4:30 pm

#### 2 Hour Party Times Available:

Saturday, 12:30-2:30 pm, 1:30-3:30 pm, 2:30-4:30 pm  
Sunday 12:30-2:30 pm, 1:30-3:30 pm, 2:30-4:30 pm

#### 3 Hour Party Times Available:

Saturday 12:30-3:30 pm, 1:30-4:30 pm, 2:30-5:30 pm  
Sunday 12:30-3:30 pm, 1:30-4:30 pm, 2:30-5:30 pm

Party Packages	1-8 participants	9-16 participants	17-24 participants
Extreme Party (3 hours)	\$140	\$160	\$180
Energy Zone (2 hours)	\$120	\$140	\$160
Ultimate Party (3 hours)	\$100	\$120	\$140
Gym & Party Room (2 hours)	\$80	\$100	\$120
Big Splash ((2 hours)	\$60	\$80	\$100

Full payment required to book party. There will be a \$25 non-refundable cancellation fee for all Birthday Parties.



**YMCA of Sarnia-Lambton**  
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519-336-9622  
www.ymcaswo.ca

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make it possible. To make a personal contribution to the growth, strength and impact of the YMCA in your community today, please contact your local YMCA.

If your current financial circumstances are limiting your ability to participate, financial assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.