

Make 'em Smile

Family Day is February 21



Join the fun! All welcome, FREE of charge!

Tours • Activities for ALL ages (adults and children!) • Youth Drop-In

Visitors may enter to win a FREE 3 MONTH MEMBERSHIP!

Get to know your local YMCA!

For more information, visit your local YMCA
or www.ymcaswo.ca under Program Schedules
or contact Membership Services at **519-336-9622**.

Family Day Schedule of Events

FEBRUARY 21, 2011



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FOYER

Facility tours every half hour from 10:00-2:00pm

POOL

Parent and Tot Swim (6yrs and under) 10-11
Family Swim 11-3:30

STUDIO

Family Boot Camp 10-10:30, 11:00-11:30am

GYM

Inflatables and Family Olympics 10-12

ROOM $\frac{3}{4}$

Preschool crafts (ages 3-5) 10-12

YOUTH DROP IN ROOM

Family Body Builder 10-12

ENERGY ZONE

Family Competitions 10-12

EDUCATION ROOM

Family Food Forum 10:30am

YMCA of Sarnia-Lambton

1015 Finch Dr., Sarnia, ON N7S 6G5 519-336-9622

www.ymcaswo.ca