

Winter Break Activities

Celebrate Winter Break at the YMCA Day Camps!
December 27, 29, 2011 and January 3, 5, 2012

Snowed In

Ages 6 - 12 yrs

WEATHER FORECAST: BLIZZARDS, TONS OF SNOW AND MORE SNOW EXPECTED!!
Campers are advised to stay in for a week of hilarious games, special events and some very warm surprises. Dress in your favorite PJ's on Thursday and get ready to be snowed in!

Members: \$15/day

Non-Members: \$20/day

Regular Camp Hours: 12:30 - 5:00pm



**Register online at www.ymcaswo.ca under Camps
or contact Membership Services at 519-459-9622**

*The YMCA of North-Middlesex Day Camp program accepts children on
YMCA subsidy with proper approval forms.*

**December 24, 2011 -
January 7, 2012**



Tim Hortons®

Free Public Skating

Saturday, December 24 - 1:00 - 3:00pm
 Friday, December 30 - 1:00 - 2:00pm
 Monday, January 2 - 1:00 - 3:00pm
 Tuesday, January 3 - 6:00 - 8:00pm
 Wednesday, January 4 - 1:00 - 3:00pm
 Thursday, January 5 - 6:00 - 8:00pm
 Friday, January 6 - 1:00 - 3:00pm

Family Holiday Craft

Friday, December 30, 2011
Fitness Room 6:30-7:30pm

Join the YMCA for a jolly good time; enjoy crafts and activities for your family in the Fitness Room

Holiday Hours

Saturday December 24
 9am - 1pm
 Sunday December 25
 CLOSED
 Monday December 26
 CLOSED
 Saturday December 31
 9am - 1pm
 Sunday January 1
 CLOSED

Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bootcamp 6:00-6:45 am	Muscle Works 6:00 - 6:45 am	Cycling 6:00 - 6:45 am	Muscle Works 6:00 - 6:45 am	Bootcamp 6:00 - 6:45 am	No Classes Open 9:00-1:00 pm
Cardio Challenge 9:15-10:00 am	Y-Stretch 9:15-10:00		Y-Stretch 9:15-10:00	Cardio Challenge 9:15-10:00 am	
Muscle Works 12:00 - 1:00 pm	Boot Camp 12:00 - 1:00pm	Muscle Works 12:00 - 1:00pm	Boot Camp 12:00 - 1:00pm	Muscle Works 12:00 - 1:00pm	SUNDAY
CLOSED December 26, 2011	Cycling 6:15 - 7:00pm	Youth Circuit 6:15 - 7:00pm	Cardio Challenge 6:15 - 7:00pm		CLOSED December 25, 2011 January 1, 2012
	Boot Camp 7:00 - 7:45pm	Muscle Works 7:15 - 8:15 pm	Zumba 7:00 - 8:00 pm		