

# Winter Break Activities

*Celebrate Winter Break at the YMCA Day Camps!*

## Snowed In **December 27-30, 2011**

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 Wednesday and get ready to be snowed in!

Members: \$88/ Week \$26/ Day

Non-Members: \$100/ Week \$29/ Day

## Holiday Mash-up **January 2-6, 2012**

Fast track through 2012 by experiencing all your favorite Holidays in this fun filled week of camp. Holidays include St. Patrick's Day, Easter, Thanksgiving, Halloween and everyone's favorite Holiday, your very own Birthday Party!

Members: \$110/ Week \$26/ Day

Non-Members: \$125/ Week \$29/ Day

*Regular Camp Hours: 9:00am - 4:30pm*

*Before & After Camp Care, no cost: 7:30 - 9:00am & 4:30 - 5:30pm*

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



**Register online at [www.ymcaswo.ca](http://www.ymcaswo.ca)  
or contact Membership Services at 519-336-9622**

*The YMCA of Sarnia-Lambton Day Camp program accepts children on county subsidy with proper approval forms.*

## Preschool Programs

### Indoor Playground (Ages 3-12 yrs)

Drop in with the whole family and join your kids as they run, jump, climb and balance on a variety of age appropriate equipment.

\* Children under the age of 3 must be accompanied by an adult or youth over the age of 14 years.

Tuesday: 5:30-6:30 pm, Saturday 10:00-Noon

### Play Zone (Ages 3 mos. - 7 years)

Play Zone is a supervised drop in program that incorporates the YMCA's three guiding principles to create positive outcomes for children – Play, Relationships and Health.

Monday - Saturday: 9:00am - 11:30 am, Monday - Thursday: 5:30pm - 7:30 pm

## Youth Programs

### Basketball (Ages 6-8, 9-12 yrs)

Monday: 5:30-6:30 pm

### Ball Hockey (Ages 6-8, 9-12 yrs)

Tuesday & Thursday: 5:30-6:30 pm

## Group Fitness Class Schedule - December 26 - January 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bootcamp 6:15-7:00 am Only January 2, 2012	Cycle 6:15-7:00 am	Bootcamp 6:15-7:00 am	Cycle 6:15-7:00 am		Cycle 8:30 - 9:30am
Stretch 8:15-9:00 am	Stretch 8:15-9:00 am	Stretch 8:15-9:00 am	Stretch 8:15-9:00 am	Stretch 8:15-9:00 am	Step 9:00 - 10:15am
Step 9:15-10:15 am	Cardio Challenge 9:15-10:15 am	Cardio Challenge 9:15-10:15 am	Zumba 9:15-10:15 am	Step 9:10-10:15 am	Muscle Works 10:20-11:20 am
Cycle 9:30 - 10:15 am	Cycle 9:15-10:00 am	Cycle 9:30 - 10:15 am	Cycle 9:15-10:00 am	Cycle 9:30-10:15am	<b>SUNDAY</b>
Zumba 10:30-11:15 am		Pilates 10:30-11:30 am	Muscle Works 10:15 - 11:15am		Cycle 9:00-10:00am January 8 only
Aqua-fit 10:30-11:15 am	Aqua-fit 10:30-11:15 am	Aqua-fit 10:30-11:15 am	Aqua-fit 10:30-11:15 am	Aqua-fit 10:30-11:15 am	
Gentle Aqua 11:20-12:00 pm	Muscle Works 12:00-1:00 pm	Gentle Aqua 11:20-12:00 pm	Muscle Works 12:00-1:00 pm		
Pilates 4:30-5:30 pm	Step 5:30-6:30 pm		Step 5:30-6:30 pm		
Endurance Cycle 4:30 - 5:45 pm		Boot Camp 5:30-6:30 pm			
Muscle Works 5:30-6:45 pm	Pilates 6:30-7:30 pm	Youth Yoga 5:30-6:30 pm			
Yoga 7:00-8:00 pm	Aquafit 7:00-7:45 pm	Yoga 7:00-8:00 pm	Aquafit 7:00-7:45 pm		
Cycle 7:00-8:00 pm	Cycle 7:00-8:00 pm	Cycle 7:00-8:00 pm	Endurance Cycle 7:00-8:00 pm		

## Pool Schedule - December 24 to January 7

PROGRAM	MONDAY-FRIDAY	SATURDAY	SUNDAY
Parent & Tot Swim	11:00-1:00 pm		CLOSED December 25
Open Swim	1:00-4:30 pm 6:00-8:00 pm	2:00-5:00 pm	2:00-5:00 pm
Family Swim		5:00-7:00 pm	5:00-7:00 pm
Stat Holiday		1:00-3:30pm	1:00-3:30pm
During all pool hours there are two lanes open to adults.			

## Energy Zone

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

Under the age of 8 must be accompanied by an adult or youth over the age of 14 years.

Monday - Friday 9:00 am - 4:30 pm

Monday - Friday 5:00 pm - 8:00 pm Supervised

Saturday 10:00 am - Noon Supervised

Stat Holidays 10:00 am - 3:00 pm

## Open Gym

Monday, Wednesday Friday: 10:30-5:30 pm, 6:30-8:00 pm

Tuesday & Thursday 9:00-5:30pm, 6:30-8:00 pm

Saturday & Sunday 7:00-Noon, 4:00-8:00 pm

## Holiday Hours

Saturday December 24 7am - 4pm

Sunday December 25 CLOSED

Monday December 26 9am - 4pm

Saturday December 31 7am - 4pm

Sunday January 1 9am - 4pm

## 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.