



# Chilliwack Family YMCA

Celebrating **40** years in  
our community

1969-2009



## September 8-12, 2009

Tuesday-Thursday: 9 am-8 pm

Saturday: 10 am-4pm

### 40th Anniversary Celebration Week and Open House

Yes, it's true. Your Chilliwack Family YMCA has been in your community for 40 years. To celebrate we will be having a 5 day celebration, and everyone is invited.

- Try a Free Class:
- Coffee and Cookie get-togethers
- Reminiscent walk through the decades
- **Cake cutting Ceremony** on Saturday-12 noon
- Door Prizes - generously donated from *Cottonwood Mall, The Bookman, Ricardo's Pizza, Minter Country Gardens, Undines Retreat and Trixies Car Wash, YMCA* and more.



Join old and new friends and come celebrate with us!

### Open House at our Child Care Centres

#### DAYCARE

#### Elm Drive Child Care Centre

8855B Elm Drive  
Wed, Sept. 9  
10:00 am-4:00 pm

#### CGH YMCA Child Care Centre

45600 Menholm Rd  
Wed, Sept. 9  
10:00 am-4:00 pm



#### PRESCHOOL

#### Southside YMCA Child Care Centre - Tyson Elementary

45170 South Sumas Rd  
Thurs, Sept. 10 and  
Fri, Sept. 11  
10:00 am-2:00 pm

#### Northside YMCA Child Care Centre - Bernard Elementary

45465 Bernard Ave.  
Fri, Sept. 11  
9:00 am-12:00 pm

### Try something New for **FREE!**

#### Cheam Centre

Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 8	Sept 9	Sept 10	Sept 11	Sept 12
	CycleFit 9:15-10:00	Tumble Time 10:00-10:45 am 11:00-11:45 am	Total Body Conditioning 9:15-10:15 am	Step 10:00-11:00 am
Coffee and Cookies 10:00-12:00 pm	ABS 101 10:05-10:25 am	Coffee and Cookies 10:00-12:00 pm	Coffee and Cookies 10:00-12:00 pm	Cake Cutting Ceremony 12:00-1:00 pm
Fusion 5:10-5:55 pm <small>Pilates &amp; Yoga</small>	Deep Water Aquafit 1:00-1:45 pm	Step 5:30-6:30 pm		Open Swim 1:00-3:00 pm
Open Swim 6:30-8:00 pm	Total Body Conditioning 5:30-6:30 pm	Open Swim 6:30-8:00 pm	Freak out Friday 6:00-8:00 pm <small>Swim, gym, crafts for 6-12 year olds</small>	Saturday Sizzler 2:00-4:00 pm <small>Swim, gym, crafts for 6-12 year olds</small>

#### Hocking Centre

Please check class levels for appropriateness to own fitness level.

Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 8	Sept 9	Sept 10	Sept 11	Sept 12
Tumble Time <small>Gym time for 3-5 year olds</small> 8:45-9:30 am	Fit & Beyond 9:15-10:15 am <small>Cardio, agility, balance &amp; core training</small>	Better Bones 9:30-10:30 am <small>Maintain bone mass &amp; increase balance</small>	Stretch Class 11:20-12:00 pm <small>Improve range of motion, flexibility and promote relaxation</small>	Tumble Time 11:05-11:50 am
Coffee and Cookies 9:00-11:00 pm	Coffee and Cookies 10:00-12:00 pm	Coffee and Cookies 10:00-12:00 pm		Cake Cutting Ceremony 12:00-1:00 pm
				Child Minding 8:45-11:00 am
				Open Swim 1:00-3:00 pm
Open Swim 6:15-8:15 pm	Aquafit 7:30-8:15 pm	Open Swim 6:15-8:15 pm	Freak out Friday 6:00-8:00 pm	Saturday Sizzler 2:00-4:00 pm