



Chilliwack Family YMCA

Cheam Centre

Schedules

January 4- March 31, 2010

Cheam Centre Facilities include:

- 25 m Swimming pool
- 1 m & 3m diving boards
- pool slide & rope swing
- Sauna
- 2 squash courts
- Fitness studio
- Gymnasium (triple size for tournaments)
- Cardio rooms
- Keiser circuit room
- Cardio Theatre
- Weight Room
- Meeting rooms
- Child Minding
- Change rooms beside the gymnasium
- Change rooms beside the pool

Building Hours:

Monday-Thursday	5:45 am-10:00 pm
Friday	5:45 am-8:00 pm
Saturday	7:00 am-6:00 pm
Sunday	10:00 am-6:00 pm

Child Minding Hours:

Monday- Friday	8:45-12:00 am
Monday - Thursday	5:00 -8:30 pm

YMCA Cheam Centre:
 1060 Garrison Boulevard, Vedder Crossing
Phone: (604) 824-5250
 Email: chilliwack@vanymca.org

<p>Teen Weight Trainer</p> <p>Jan. 12- Feb. 16 Thursdays 3:30-5:30 pm</p> <p>Feb. 18- Mar. 25 Thursdays 3:30-5:30 pm</p>
<p>Women and Weights</p> <p>Jan. 14- Feb. 18 Thursdays 9:30- 10:45 am</p>
<p>Individual Conditioning level 2 Course Theory and practicum Learn the basics of training principles, program design, equipment use and exercise selection. BCRPA recognized, required for Weight Training Certification. Pre-requisites: YMCA basis theory or equivalent Location: Hocking Centre YMCA</p>
<p>Chilliwack Bruins Hockey Game Join the YMCA for an evening of fun and cheer on your local hockey Team. Chilliwack Bruins vs. Kamloops Blazers Tickets available at the YMCA Adults \$14.00, Youth \$10.00</p> <p>January 23, 2010 7:00 pm</p> <p>Bruins/YMCA game day-lots of prizes Partial proceeds will be donated to the YMCA strong kids campaign.</p>
<p style="text-align: center;">Lifesaving Programs</p> <p>Bronze Star Jan. 8- Feb 12 Fridays 3:30-5:30 pm</p> <p>Bronze Medallion Jan. 9- Feb 13 Saturdays 2:00-5:00 pm</p> <p>Bronze Cross Feb. 20- Mar 27 Saturdays 2:00-5:00 pm</p> <p>See membership services for pre-requisites and more information</p>

Fax: (604) 824-5258
 Web site: www.vanymca.org