



Happy Holidays

Chilliwack Family YMCA

 <p>Make time for your health.</p>	<p>1 Bingo Volunteers Needed Please inquire at Member Services</p>	<p>2 Give the Gift of Health this Holiday Season YMCA, where Santa shops! See our gift idea flyer</p>	<p>3 Try a new class...Aquafit Thursdays 6:45-7:30 am Hocking Centre</p>	<p>4 Senior's Christmas Potluck Party Noon-2:30 pm Hocking Centre</p>	<p>5 Our Mission The YMCA is a charitable association dedicated to the development of people in spirit, mind & body as well as the improvement of local, national and international communities.</p>	
<p>6 Theme Swims 1-3 pm Cheam Centre</p>	<p>7 Registering for January courses now! Don't miss out!</p>	<p>8 Join Us for the Mega Class 6:30-8:00 pm Hocking Centre</p>	<p>9 Try a new class..Water Running Aquafit Wednesday 6:35-7:20 pm Cheam Centre</p>	<p>10 Need help getting started! Ask about our <i>Personalized Goal-setting</i></p>	<p>11 Drop-in for Freak out Friday 6-8 pm- Hocking & Cheam Youth 6-12 yrs</p>	<p>12 Try a new class..Cycle Fit Plus Saturday 9:00-10:00 am Hocking Centre</p>
<p>13 Make a difference. Volunteer your time and talent at the YMCA!</p>	<p>14 Try a new class..Abs 101 Monday 9:15-10:25 am Cheam Centre</p>	<p>15 Parent & Tot Fun Tumble Time 10:00-10:45 am Tuesday Hocking Centre 0-5 years</p>	<p>16 Try a new class..Water Running Aquafit Wednesday 6:35-7:20 pm Cheam Centre</p>	<p>17 Give the Gift of Health Gifts for the person who has everything...a healthy lifestyle</p>	<p>18 No one is ever turned away from the YMCA because of an inability to pay. Ask us about our financial assistance program.</p>	<p>19 Drop-in for Saturday Sizzler 2 pm-4 pm Hocking & Cheam Youth 6-12 yrs</p>
<p>20 Try a new class...Aquafit Sundays 11:00-11:45 am Hocking Centre</p>	<p>Winter Break Camp 21 Youth Zone Drop-in Bouncy Castle, sports & more Dec 21-22 1:30-4:30 pm Hocking Centre</p>	<p>Winter Break Camp 22 Youth Zone Drop-in Bouncy Castle, sports & more Dec 21-22 1:30-4:30 pm Hocking Centre</p>	<p>Winter Break Camp 23 Parent & Tot Fun Tumble Time 10:00-10:45 am Wednesday Cheam Centre 0-5 years</p>	<p>Winter Break Camp 24 Hocking Centre Gymnasium Closes at 12 noon for resurfacing. Will reopen on Mon. Dec 28th</p>	<p>25 Merry Christmas! Hocking Centre Cheam Centre Closed</p>	<p>26 Boxing Day Hocking Centre Closed Cheam Centre 10 am-6 pm</p>
<p>27 The YMCA teaches core values of Honesty, Respect, Responsibility and Caring.</p>	<p>Winter Break Camp 28 Youth Zone Drop-in Bouncy Castle, sports & more Dec 28-31 1:30-4:30 pm Hocking Centre</p>	<p>Winter Break Camp 29 Youth Zone Drop-in Bouncy Castle, sports & more Dec 28-31 1:30-4:30 pm Hocking Centre</p>	<p>Winter Break Camp 30 Join us at our Open House Jan 3, 2010 10 am-3 pm Hocking Centre</p>	<p>Winter Break Camp 31 YMCA New Year's Sleepover Party 6-12 years Gym games, bouncy castle, swimming & more</p>	<p>For more information and current schedules please visit our website www.vanymca.org</p>	
<p>Sunday</p>	<p>Monday</p>	<p>Tuesday</p>	<p>Wednesday</p>	<p>Thursday</p>	<p>Friday</p>	<p>Saturday</p>

December 2009

Give the Gift of Health this Holiday Season

Give a gift that keeps giving, the gift of health.

Good news!

We are waiving the joiner fee for December and January.

Memberships

Courses

- Zumba @ 3
- Swim Lessons
- Youth Sports
 - Yoga
- First Aid Courses
- Life Saving Courses
- Birthday Parties
- Fitness Instructor Courses

Pro

Shop Items

- Swim Goggles
- Swim Accessories
- YMCA Water Bottles
- YMCA Towels
- Gym bags and totes and much more

Gift Baskets for

- Youth or Adult Swimmers
- Couples
- Families
- Shower Baskets

Gift Certificates