



Bringing people together

# Chilliwack Family YMCA Hocking Centre

## Schedules January 2 - February 26, 2012

### Family Membership NOW includes:

- Preferred rates on registered programs
- Reduced rates on Child Minding fees
- One FREE youth instructional course of your choice per session- 6 per year

#### Free program choices:

- Swim lessons
- Gymnastics, Basketball, Soccer, Floor Hockey, Eco Explorers, Lil' Sneakers, Lil' Dancers

#### Memberships include Free access to the following drop-in programs:

- Freak out Friday
- Saturday Sizzler
- Tumble Time
- Open Swim and Open Gym
- Family Night
- Adult Land & Water Non-registered programs
- Mom, Dad, & Me (outreach programs)

Guest privileges at YMCAs across Canada and the USA

#### \*Please NOTE:

**In the POOL** – Children under 7yrs must be accompanied (within arms reach) by a responsible person of at least 16yrs of age. One responsible person may supervise up to 3 children under 7yrs.

**In the Cardio/Weight Rooms** – Youth 12-16 MUST successfully complete the YMCA Teen Weight Trainer course to use weight/resistance training equipment. Use of Cardio Equipment ONLY permitted to those 10-15yrs of age with responsible person of at least 16yrs after completion of YMCA CARDIO orientation.

#### Building Hours:

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

#### YMCA Hocking Centre:

45844 Hocking Avenue, Chilliwack, BC  
V2P 1B4

Phone: (604) 792-3371

Fax: (604) 792-7298

Email: chilliwack@vanymca.org

Website: www.vanymca.org

### Open House

January 7, 2012

9:00-4:00 pm

Join us for free fitness classes, open swim, Saturday Sizzler

### First Aid and CPR courses: Train to save lives

- CPR levels A and C
- Emergency First Aid
- Standard First Aid
- Child Care Emergency First Aid
- Recertification courses as well

### Exciting New Health & Fitness Programs:

- Relaxation, Sport & Fitness Massage
- Senior Learning & Brain Fitness

### Family & Friends 90-Day Health & Fitness Challenge

Jan.15 – Apr.15, 2012 (join ANY time)

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New Year's Resolutions or not, it's often more motivating to have something to work for. Participate on your own, with your family or with friends to compete for prizes in the Individual or Family Category. It's simple: participate in physical activity & exercise, gain points on your way to great prizes! We've even got some incentives for you to make it even easier! See our Membership Service team for more information.

### Aqua Zumba

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.