

# LANGARA FAMILY YMCA CHILD, YOUTH & FAMILY SCHEDULE

## JULY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							Setup	Setup
							Indoor Family Playground 10:00am - 12:00pm 0 - 12 yrs <i>Gymnasium</i>	Family Play Time 10:00am - 12:00pm 6 wks - 5 yrs <i>Multi-Purpose Room</i>
AFTERNOON							Takedown	Takedown
EVENING		Karate 6:30pm - 8:30pm 7+ yrs <i>Gymnasium</i>		Karate 6:30pm - 8:30pm 7+ yrs <i>Gymnasium</i>				
Parents/Caregivers must provide C.Y.F. staff with all medical and allergy information for Children and Youth								
More CYF programs coming soon! Please check out: <a href="http://gv.ymca.ca">gv.ymca.ca</a>						LFY - CYF Revised and Updated: 6/27/2022 * Schedule is subject to change. *		
\$5.00 day pass fee for non-members 12 yrs old & under		Drop-in programs: included in membership				Registered programs: fee applies		
DESCRIPTIONS	Family Play Time 6 weeks - 5 Years	Our MPR is filled with toys and soft play equipment, perfect for developing essential growth-motor skills and learning to play and share with friends. *Parental supervision is required.*						
	Indoor Family Playground 6 Weeks - 12 Years	The Gymnasium will be open for families with children to have a place to play and bond with one another. We will supply our Bouncy Castle and some pieces of equipment (i.e: sport equipment, balls, frisbees, etc.) for families to enjoy! *Parental Supervision and pre-registration Required*						
	Karate	Karate is taught by trained instructors of Downtown Shotokan Karate. Please go to <a href="http://dskdojo.com">dskdojo.com</a> for more information. For registration go to <a href="http://gv.ymca.ca">gv.ymca.ca</a> and register through Community Portal.						