

TONG LOUIE FAMILY YMCA

Free Open House



In partnership with the **PARTICIPACTION**
Community Challenge

June 1st - 9:00am - 1:00pm

Join us June 1st and help your community win the title of Canada's Most Active Community and \$100,000 towards local physical activity initiatives!

Ways to participate

- Come to our open house June 1st - it's free for everyone!
- We will have different vendors like Jr Country, Vertex Performance, Cotton Candy kids and many more in the facility
- Come in and take a class, or drop in for your daily workout
- Invite your friends to join you at the Y for your workout - we're giving out a free one-week pass to guests during the month of June
- Visit ymcahome.ca and take part in our free online fitness challenge!

June 01 Open House - Join us for a day of fun!

**Drop-In Group Fitness
classes**

8:00am - 11:45am

Limbo Dance workshop

11:00am - 12:00pm

**Indoor Family Playground
(Ages 0-12)**

11:00am - 1:30pm

Drop-In Family Swim

1:30pm - 6:45pm

