



Shine On

Monday, March 11th to March 15th

# March Break Fun at the Y!

## Saturday, March 9th

Active Playtime (1-5yrs) 10:30am to 11:30am  
Active Y Kids (5-12yrs) 11:30am to 12:30pm  
Youth Zone 12:00pm - 3:00pm (12-18yrs)  
Family Swim 3:00pm - 4:15pm  
Family Swim 4:45pm - 6:15pm  
Youth Open Gym - 3:30pm-5:45pm

## Sunday, March 10th

Family Gym Time 9:00am -10:30am  
Family Open Swim 12:00pm - 1:15pm  
Family Open Swim 3:00pm – 4:15pm  
Family Open Swim – 4:45pm – 6:15pm

## Monday - March 11th

Childminding 9:00am-11:00 am  
Family Swim 1:05pm to 2:00pm  
Family Swim 5:30pm -6:45pm  
Youth Open Gym Time -3:30pm - 5:00pm  
Youth Zone 6:15-7:45pm (ages 12-18yrs)

## Tuesday -March 12th

Childminding 8:30am-10:00 am  
Family Play Pals 10:00am-10:45am (pool)  
Gym Playtime 10:30-am-11:30am  
Youth Open Gym 3:30pm-5:15pm  
Family Swim 4:30pm to 5:30pm  
Youth Zone -5:00pm -9:00pm (ages 12-18yrs)  
Family Swim 6:00pm to 7:00pm  
Family Swim 7:00pm to 8:00pm

## Wednesday-March 13th

Childminding 9:00am-11:00 am  
Open Gym time - 10:30-1:00pm  
Family Swim 1:05pm to 2:00pm  
Family Swim 5:30pm -6:45pm  
Open Gym Time -3:30pm - 5:00pm  
Learn to Play Squash - 4:00pm-4:40pm (ages 7-10yrs)  
Learn to Play Sqush -4:45pm-5:30pm (ages 11+yrs)

## Thursday- March 14th

Childminding 8:30am-10:00 am  
Family Play Pals 10:00am-10:45am (pool)  
Gym Playtime 10:30-am-11:30am  
Family Swim 4:30pm to 6:30pm  
Family Swim 5:30pm-6:30pm  
Youth Open Gym 3:30pm-7:00pm  
Youth Zone -5:00pm -9:00pm (ages 12-18yrs)

## Friday- March 15th

Childminding 9:00am-11:00 am  
Family Swim 1:05pm to 2:00pm  
Family Swim 5:30pm -6:45pm  
Family Swim 6:15pm-7:15pm  
Youth Open Gym Time -3:30pm - 5:00pm  
Youth Zone 5:00pm-7:00pm (ages 12-18yrs)

## Saturday, March 16th

Active Playtime (1-5yrs) 10:30am to 11:30am  
Active Y Kids (5-12yrs) 11:30am to 12:30pm  
Family Open Swim 11:00 am – 12:30pm  
Youth Zone 12:00pm - 3:00pm (12-18yrs)  
Family Open Swim 3:00 pm – 4:15pm  
Family Open Swim 4:45pm – 6:15pm  
Youth Open Gym - 2:00pm-6:00pm

All Program are **FREE** for Y Members.

Book your spot on line up to **Three Days in Advance:** [ymcaofcape.punchpass.com](http://ymcaofcape.punchpass.com) or  
call 902-562-9622 option #1 **Family Swims** please call the Membership Services Desk 902-562-9622 option 1  
Non-member day passes available! **\*One Week Passes available starting at \$26.25(plus hst)**