



FAMILY DAY 2019

MONDAY FEBRUARY 18

Join us for a variety of **FREE** and fun drop-in programs on Family Day!

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|---------------------|------------|---|----------------------|----------|
| 9:00 am - 9:45 am | MRLC | Family Drumming Workout | FREE | All Ages |
| 10:00 am - 10:45 am | MRLC | Family Yoga | FREE | All Ages |
| 11:00 am - 3:00 pm | The ACT | Lantern Workshop | FREE | All Ages |
| 11:00 pm - 3:00 pm | GMYC | Skate/Scooter & Bouldering (Parent/Child) | FREE | 6Y-12Y |
| 12:00 pm - 2:00 pm | MRLC | Play Gym (Parent/Child) | FREE | All Ages |
| 1:30 pm - 2:00 pm | Planet Ice | Hockey | FREE (+ Rental Fees) | All Ages |
| 2:00 pm - 2:30 pm | Planet Ice | Ringette | FREE (+ Rental Fees) | All Ages |
| 2:30 pm - 3:00 pm | Planet Ice | Figure Skating | FREE (+ Rental Fees) | All Ages |



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