



# GRADE 6 YMCA PROGRAM ACTIVITY CALENDAR

GET ACTIVE  
BE INDEPENDENT  
BECOME A LEADER  
BE SOCIALLY RESPONSIBLE  
MAKE CONNECTIONS

Remington  
November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	<b>2 Flames Friday</b> Drop in Multisport 5pm-6pm Sport Night! Soccer 6pm-8:00pm in the gym	3
<b>4 Family Programs</b> Family Open Gym 2pm-3pm Family Yoga 3pm-4pm MP Room	<b>5 Game Nights</b> Pictionary Night 6pm-7pm MP Room	6	<b>7 Fitness Nights</b> Zumba 7pm-7:45pm MP Room	8	<b>9 Flames Friday</b> Drop in Multisport 5pm-6pm Lounge Night 6pm-7:30pm MP Room Wibit 7:30pm-9pm	10
<b>11 Family Programs</b> Family Open Gym 2pm-3pm	<b>12 Game Nights</b> Board game Night 6pm-7pm MP Room	13	<b>14 Fitness Nights</b> Yoga MP Room 6pm-7pm	15	<b>16 Flames Friday</b> Drop in Multisport 5pm-6pm Minute to Win it 6pm-8pm MP Room	17
<b>18 Family Programs</b> Family Open Gym 2pm-3pm Family Yoga 3pm-4pm MP Room	<b>19 Game Nights</b> Charades Night 6pm-7pm MP Room	20	<b>21 Fitness Nights</b> Yoga Studio B 6pm-7pm	22	<b>23 Flames Friday</b> Drop in Multisport 5pm-6pm Dodgeball in the Gym 6pm-8pm	24
<b>25 Family Programs</b> Family Open Gym 2pm-3pm Family Yoga 3pm-4pm MP Room	<b>26 Game Nights</b> Life size Battleship Gym 5:30pm-6:30pm	27	<b>28 Fitness Nights</b> Zumba Studio B 6pm-6:45pm	29	<b>30 GOALBALL</b> We will be heading to Shawnessy YMCA to take part in the Goalball tournament! See notes below. 6:30pm-8:30pm	

## NOTES:

### Goalball

Come join us at Shawnessy YMCA on Friday November 30th. We will be taking a bus from Remington to Shawnessy!  
The barcode is **141062**.  
Don't forget to sign up at member services today!

### Fitness Nights

Our fitness nights have been going great and a lot of the grade 6's have been really enjoying them! We would love to see even more of you guys come out for them!

### Orientations

If you were wanting an Orientation please email me to set up a time and day!