



February 16, 2009 is
Family
in motion
Day

www.swontarioinmotion.ca



Get *in motion* on Family Day and participate in healthy physical activities in your community.

Family Day - Monday, February 16, 2009

YMCA will be open 8:00 a.m. - 4:00 p.m.
 Programs will run from 10:00 a.m. - 3:00 p.m.
 and will be open to the public at no cost.

