



NOTICE – UPDATE 10 MARCH, 2010

Our landlord, Killick Capital/City Stars, will be installing safety belts on all basketball nets and completing maintenance on the net cranks March 10-14th inclusive. To ensure the convenience and safety of Y members, staff, guests, volunteers and participants we have revised the current program guide schedule as indicated below. Please note that should the repairs be delayed this schedule is subject to change.

HFR Programs March 10-14th, 2010

Day	0-5 yrs	Time/ Room	6-8 yrs	Time/ Room	9-12 yrs	Time/ Room	13-14 yrs	Time/ Room	15+	Time/ Room
Wed	Cardio Kids Indoor Playground	9:15- 10:30am C Gym Closed	Core Kids	3-4pm C	Core Kids	3-4pm C	Core Kids	3-4pm C	Mixed Impact	Gym Closed
Thur	Mini Boot camp Indoor Playground	9:15- 10:30am C Gym Closed	No change	No change	No change	No change	No change	No change	Men's Soccer	Gym Closed
Fri	Havin a Ball Indoor Playground	9:15- 10:30am C Gym closed	Core Kids	3-4pm C	Core Kids	3-4pm C	Core Kids	3-4pm C	Mixed Impact	Gym closed
Sat	No change	No change	No change	No change	No change	No change	No change	No change	No change	No change
Sun	No change	No change	No change	No change	No change	No change	No change	No change	No change	No change

Note: All Open Gym times-not offered this week due to gym closures.