

## **Families rule!**

*With the Y Family membership, save and enjoy all at once.\**

- Unlimited access to recreational programming adapted to each person's age!
- Activities for each member of the family or family activities supervised by experienced facilitators (with a low adult:child ratio).
- A locker room specially designed for families (except Guy-Favreau).
- Discounts on à la carte classes (including our swim lessons), day camps, ski school, camp Y Kanawana, and much more.

## **A quick look at some of the classes and activities to help get you into shape... and have fun with. \*\***

*For ages 0-5:*

Aqua-games, gymnastics, music & movement, exercise-dance, kung fu.

*Family activities:* aero parent & baby, aqua parent & baby, parent & baby yoga, family gym.

*For ages 6-11:*

Badminton, classical ballet, basketball, break dancing, open gym, gymnastics, soccer, hip-hop, cosom hockey, modern jazz, karate, kung fu, yoga.

*Family activities:* adult & child karate, family swim, line dancing, parent & child kung fu, badminton.

*For ages 12-17:*

Teen cycle, aerobox for girls, basketball, cheerleading, dance, cosom hockey, Japanese sword, theme nights in the youth zone, soccer.

*Family activities:* aero-family, badminton, open swim, family dancing, open gym, kung fu, free skate (Hochelaga-Maisonneuve Y centre only), yoga.

## **For a detailed list of the family programming offered at your Y centre, consult [our schedules.](#)**

\* The Family membership is designed for two adults living in the same household and all of their children under 18 years of age. Benefit from the advantages of a regular membership as well as discounts on certain services.

\*\*Activities may vary from centre to centre.