	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00						Supervised Swim	Supervised Swim
						9 - 5 pm Ages 4 - 15	9 - 3 pm Ages 4 - 15
				<u>.</u>		Soccer	
						9- 10am (4-7yrs) 10 - 11am (8-12y)	
						(Gym) Nolan	
				<u> </u>		Нір Нор	
						9- 10am (4-7yrs)	
						10 - 11am (8-12y)	
						(Studio 2)	
						Steph/Angelina	
						Family Yoga 9 - 9:45am	
						(Yoga Studio) April	
9:30						Parent & Tot	
						Swim Class (30)	
						9:30am - 10:00am	
10:00						Karate (Kids)	Kids Yoga
						9:00 - 10:00am (7-13yrs)	10- 11am (4-7yrs) 11 - 12pm (8-12y)
						(Stuido 4)	
						Steve Hillmer	(Studio 2) Steph
10:30				<u> </u>		Karate (Adults)	
						10:15 - 11:30am (14+)	
						(Stuido 4)	
						Steve Hillmer	
11:30 12:00							
4:00p		Parent & Tot swim class (30)					
		4:00pm - 4:30pm					
5:00:p							
3.00.р	Supervised Swim 5pm-8pm	Supervised Swim	Supervised Swim 5pm-8pm	Supervised Swim 5pm-8pm	Supervised Swim		
	Ages 4-15	5pm-8pm Ages 4-15	Ages 4-15	Ages 4-15	5pm-8pm Ages 4-15		
					_		
		Floor Hockey	Obstacle Course/ Organized Activities	Basketball			
	Arts 'N' Crafts	5:00 - 6:00 (4-7yrs) 6:00 - 7:00pm (8-12y)	5:00 - 6:00 (4-7yrs)	5:00 - 6:00 (4-7yrs) 6:00 - 7:00pm (8-12y)			
	5:00 - 6:30 (4-7yrs) 6:30 - 8:00pm (8-12y)	7:00nm 8:00nm	6:00 - 7:00pm (8-12y)	7:00pm - 8:00pm			
	(Upstairs Daycare)	7:00pm - 8:00pm Adventure Zone	7:00pm - 8:00pm Adventure Zone	Adventure Zone			
	Angelina	(Squash Court 2)		(Squash Court 2)			
		Mathew	(Squash Court 2) Maanya	Angelina			
					<u></u>		
					CEDAR SPRINGS		
					Vida D.	oaromo	
						rograms	
6:30p	Karate (Kids)		Karate (Kids)	:	Subject to change without notice		
	6:30 - 7:30pm (7-13yrs)		6:30 - 7:30pm (7-13yrs)		Club Hours		
	(Stuido 4)		(Stuido 4)		Mon- Fri 5 am-1 Sun 6am-7pm	L0 pm :: Sat 6am - 7pm ::	
	Steve Hillmer		Steve Hillmer		Holidays 7am -	4pm	
7:30p		-			***VIDC D	OUCDAME SIGN LID IS DE	OHIDED***
	Karate (Adults) 7:45 - 9:00pm (14+)		Karate (Adults) 7:45 - 9:00pm (14+)		***KIDS PROGRAMS SIGN UP IS REQUIRED***		
					960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 www.cedarspringsclub.com		
8:00p	(Stuido 4) Steve Hillmer		(Stuido 4) Steve Hillmer		905-632-4	ชบบ www.cedarspring	gsclub.com
8:30p					③ ZVMBA C	i a	
					fitness	^ シ ノ	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
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