




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00						Supervised Swim 9 - 5 pm Ages 4 - 15	Supervised Swim 9 - 3 pm Ages 4 - 15
						Soccer 9- 10am (4-7yrs) 10 - 11am (8-12y) (Gym) Nolan	
						Hip Hop 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) 9:00 - 10:00am (7-13yrs) (Stuido 4) Steve Hillmer	Kids Yoga 10- 11am (4-7yrs) 11 - 12pm (8-12y) (Studio 2) Steph
10:30						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					
5:00p	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15	Supervised Swim 5pm-8pm Ages 4-15		
	Arts 'N' Crafts 5:00 - 6:30 (4-7yrs) 6:30 - 8:00pm (8-12y) (Upstairs Daycare) Angelina	Floor Hockey 5:00 - 6:00 (4-7yrs) 6:00 - 7:00pm (8-12y) 7:00pm - 8:00pm Adventure Zone (Squash Court 2) Mathew	Obstacle Course/ Organized Activities 5:00 - 6:00 (4-7yrs) 6:00 - 7:00pm (8-12y) 7:00pm - 8:00pm Adventure Zone (Squash Court 2) Maanya	Basketball 5:00 - 6:00 (4-7yrs) 6:00 - 7:00pm (8-12y) 7:00pm - 8:00pm Adventure Zone (Squash Court 2) Angelina			
						   <h2>Kids Programs</h2> <p>Subject to change without notice</p> <p>Club Hours Mon- Fri 5 am-10 pm :: Sat 6am - 7pm :: Sun 6am-7pm Holidays 7am - 4pm</p> <p>***KIDS PROGRAMS SIGN UP IS REQUIRED***</p> <p>960 Cumberland Ave, Burlington, ON L7N3J6 905-632-4800 www.cedarspringsclub.com</p>	
6:30p	Karate (Kids) 6:30 - 7:30pm (7-13yrs) (Stuido 4) Steve Hillmer		Karate (Kids) 6:30 - 7:30pm (7-13yrs) (Stuido 4) Steve Hillmer				
7:30p	Karate (Adults) 7:45 - 9:00pm (14+) (Stuido 4) Steve Hillmer		Karate (Adults) 7:45 - 9:00pm (14+) (Stuido 4) Steve Hillmer				
8:00p							
8:30p							

