

FAMILY DAY



The TOWNSHIP of
NORTH DUMFRIES

Monday, February 18, 2019

North Dumfries Community Complex

2958 Greenfield Road, Ayr
519-632-8800

OPEN 9:00 AM – 3:00 PM

FREE activities for the whole family!
Keep ACTIVE & have FUN with your family by participating in one or more of the following:

ON-ICE ACTIVITIES:

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|-------------------------|--|
| 9:00 a.m. – 9:50 a.m. | Parent & Tot Shinny* (age 6 & under with parent) |
| 10:00 a.m. – 11:50 a.m. | Family Skate sponsored by ND Fire Department – come skate with our firefighters! |
| 12:00 p.m. – 12:50 p.m. | Family Shinny* (age 6 & up with parent) |
| 1:00 p.m. – 2:50 p.m. | Family Skate sponsored by Flatline Plumbing Solutions |

**No registration required
for any activities...
drop in & have fun!**

***SHINNY RULES:** Skates and CSA approved helmets are mandatory equipment for all participants. Additional protective equipment is strongly recommended. Maximum three children per parent. All children must be accompanied by a parent on the ice.

OFF-ICE ACTIVITIES:

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| 9:00 a.m. – 3:00 p.m. | Walking Track Open (5 laps = 1 km) How many kilometres can your family walk? |
| 9:00 a.m. – 3:00 p.m. | North Dumfries Historical Preservation Society (Fitness Room) – learn about our community's heritage through educational & informative displays |
| 9:00 a.m. – 10:00 a.m. | Family Basketball with ND Sports Camp (MacNeil Hall) – please bring indoor shoes |
| 9:00 a.m. – 10:00 a.m. | Chair Yoga with Karen of My Soul Balance (Seniors Lounge) – designed for older adults and people with mobility issues. Come try a class for free! |
| 10:00 a.m. – 1:00 p.m. | Exploring Senses (Event Room) – Drop by to make slime or let the kids explore using different sensory mediums, ages 6 months to 8 years. Parent participation required. |
| 11:00 a.m. – 12:00 p.m. | Family Yoga with Josh of Angels Landing Yoga & Wellness (in MacNeil Hall) – bring a mat |
| 1:00 p.m. – 2:00 p.m. | Family Story Time & Craft with Region of Waterloo Library (Seniors Lounge) |
| 1:00 p.m. – 3:00 p.m. | Drop-in Family Pickleball We supply the racquets & balls (MacNeil Hall) – please bring indoor shoes |