



MAPLE RIDGE
PARKS, RECREATION
& CULTURE

FAMILY DAY 2020



MONDAY, FEBRUARY 17

Aqua Fit

9:00AM - 9:45AM

MRLC

All Ages

FREE

YOGAPL3Y

10:00AM - 10:45AM

MRLC

All Ages

FREE

YOGAPL3Y is the world's most positive and playful yoga program for kids. Get active through a variety of fun and playful yoga activities that promote physical literacy and positive social interactions. Join us for a fun and interactive yoga class for the entire family!

**Family Skate/Scooter/
Bouldering**

11:00AM-3:00PM

GMYC

6Y-12Y

FREE

Play Gym (Parent/Child)

12:00PM-2:00PM

MRLC

All Ages

FREE

Family Zumba

1:00PM - 1:45PM

MRLC

All Ages

FREE

Spend some quality time together as a family by moving your bodies to some Latin style music at a family Zumba class. Zumba is a Latin-inspired dance fitness program that blends red hot international music and contagious dance steps to form a fitness party atmosphere. Work up a sweat while having fun with your family!

Sledge Hockey

**Group 1 | 1:30PM-2:30PM
Group 2 | 3:00PM-4:00PM**

Planet Ice

All Ages

FREE*

Sledge Hockey is open to all ages and abilities. A hockey helmet, gloves, and elbow pads are required to participate. All participants must complete a waiver form before participating. Along with sleds and sticks, padded equipment (helmets, gloves, and elbow pads) will be available to borrow if you do not have your own.

*** Registration is required for this event. Please contact Taylor Mantei 604-467-7432 or tmantei@mapleridge.ca**