

GUYS NIGHT

TUESDAYS 7:00PM – 8:30PM



DATE	ACTIVITY	LOCATION	REMEMBER
April 11 th	Games Night & Pizza	AYC Youth Centre @ ARC 2499 McMillan Rd.	Wear Gym Clothes & Runners!
April 18 th	Laser Tag	Play Abby #5 -2043 Abbotsford Way.	Dark clothes and running shoes
April 25 th	TRX	TNT Fitness 32574 Geneva Ave.	Gym clothes & runners *waiver needed
May 2 nd	Tchoukball	Centennial Park Elementry 2527 Gladwin Rd.	Gym clothes & runners
May 9 th	Marital Arts	Sun Hang Do Marital Arts #6 -34100 South Fraser Way	Gym clothes & a water bottle
May 16 th	Blast Archery	Centennial Park Elementry 2527 Gladwin Rd.	Gym clothes & water bottle *waiver needed
May 23 rd	Driving Range	Valley Golf Center 4211 Gladwin Rd.	Seasonal clothes & runners (will be outside)
May 30 th	Fishing <u>*7-9pm</u> *please note the later end time for May 30 th	Trout Hatchery 34345 Vye Rd.	Seasonal Clothes/Running Shoes (will be outside)