

GUYS NIGHT

Tuesdays 7:00pm – 8:30pm

*Registration \$45 (register online at abbyyouth.com)



Jan 23: Games Night <i>Where:</i> AYC Youth Centre at ARC 2499 McMillan Road <i>Remember:</i> Just bring yourself!	Jan 30: Bowling <i>Where:</i> Galaxy Bowling 32490 Simon Avenue <i>Remember:</i> Don't forget to wear socks!	Feb 6: Sun Hang Do <i>Where:</i> Sun Hang Do #5 34100 South Fraser Way <i>Remember:</i> Wear gym clothes and bring a water bottle	Feb 13: Laser Tag <i>Where:</i> Play Abby #5 2043 Abbotsford Way <i>Remember:</i> Wear dark clothes and bring a water bottle
Feb 20: Gym Night Tchoukball <i>Where:</i> Centennial Elementary 2527 Gladwin Road <i>Remember:</i> Wear gym clothes and bring a water bottle	Feb 27: TRX* <i>Where:</i> TNT Fitness #2 34100 South Fraser Way <i>Remember:</i> Wear gym clothes and bring a water bottle	Mar 6: Swimming <i>Where:</i> Matsqui Rec Centre 3106 Clearbrook Road <i>Remember:</i> Bring your swimsuit and towel	Mar 13: Get Air Trampoline Park* <i>Where:</i> Get Air Abbotsford #5 34150 South Fraser Way <i>Remember:</i> Wear gym clothes and bring a water bottle

***Waivers required** for TRX and [Get Air Trampoline Park](#). Please complete and return waiver forms on first night of series (January 23). Waiver forms are available on our [website](#).

Youth are responsible for their own transportation to/from activities