

# All Ages

## 2010 WINTER PROGRAMS For Willowgrove University Heights Community Association

**Family Swim** – This fun family activity is a healthy start to the week. Great value, only \$60 for a family!  
*At Lakewood Civic Centre Sundays from 7:00 - 8:30 pm, Jan 23 - Apr 3 (10 sessions)*

**Karate for All** – Parents and children will learn the basics of karate from a qualified instructor. Designed for children participation of about one hour (longer if they want). \$15 per individual, or \$30 per family. 5+ *at Bishop Filevich School Tuesdays from 6:00 - 7:30 pm, Jan 18 - Mar 22 (9 classes)*