

enrich your life.

your max MONTHLY

All the news, program info,
updates, contests, promos,
& fun stuff to enrich
your **MAX FAMILIES** experience.



Absent Notice Email Address Change

To make communications easier we have created one absent notice email address for all locations. Going forward we ask for you to email your absent notices to:

afterschoolabsentnotice@outlook.com

When emailing we ask for you to include the following details:

- Your child's first & last name
- Date of absence
- Location your child attends
- School your child attends
- Group number (if applicable)



Easter Camp Details

Easter camp will operate from April 18th to 22nd at our New Cove Road location from 8:30am to 5:30pm.

Registration will open on Monday, March 21st so be sure to keep an eye out on our social channels. Space is limited and we fill up fast!

After School Activity Schedules

CBS - Villanova Parish

Paradise

Church of the Ascension

Salvation Army

Kenmount Terrace

Southland's

New Cove Road

Torbay

14 Days for \$14 with no commitment

Learn how we can enrich your life with our 14-day trial for just \$14! Check out our facility, and try as many of the 100+ weekly group classes we offer to find what most suits your needs and body.

Group classes not your speed? No problem. MAX memberships also come with full access to our open gym facility and video-on-demand library so you can workout on your own, or try any of our classes from the comfort of your home.

Experience MAX!

OPEN GYM YOGA STUDIO CLASSES SPIN PERSONAL TRAINING

enrich your life.

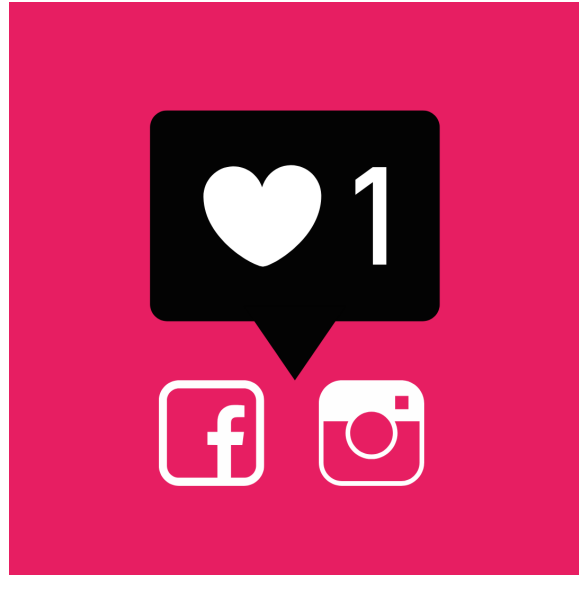
\$14 FOR 14 DAYS

Then join before Jan 30th and your first 3 months are FREE

max FITNESS

MAX After School is Getting Social! Join Us.

Never miss anything by following us on [Facebook](#) and [Instagram](#). We take our MAX tagline, enrich your life, seriously! You will find important program information and updates on social that literally will enrich your families life. See what we are up to throughout the day and access resources, activities, articles and more that make family life a little easier!



Screen time: Overview

Find out how much screen time your child should have each day and how screen time affects your child's health and wellbeing.

[Read more](#)

www.aboutkidshealth.ca



Questions? Fire away!