

HEALTHY KIDS DAY[®]



YMCA OF GREATER NEW YORK

LA CENTRAL

Free Family Fun Starts Here
Saturday, April 18 | 10 AM



Bring the whole family to the Y for a Saturday of sweat, smiles, and discovery. Unlock free fitness trials and non-stop family fun at our Annual Healthy Kids Day and Summer Camp Open House!

Adult Activities

- 9:00 AM–9:45 AM Cardio Kickboxing
- 10:45 AM–11:30 AM Deep Definitions
- 11:00 AM–11:45 AM Step
- 12:00 PM–12:45 PM Indoor Cycling
- 8:30 AM–11:00 AM Open Lap Swim/Pool
- 11:30 AM–12:00 PM Personal Training Intro

Family Activities

- 1:30 PM–2:00 PM Family Fitness Zumba
- 12:30 PM–2:30 PM Family Swim
- 10:00 AM–11:00 AM Jewelry Making Class
- 11:15 AM–12:30 PM Soap Making Class
- 12:00 PM–2:00 PM Book Give Away Table

Youth Activities – 10 AM–2 PM

- Arts and Crafts, Balloon Animals, Bounce House and Face Painting

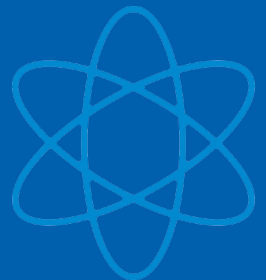
Activities for All

- 10:00 AM–2:00 PM Learn about Summer Camp!
- 10:00 AM–2:00 PM Community resources
- 11:00 AM–1:00 PM Fitness Challenge

Swim Lesson Schedule*

- 11:00 AM–11:30 AM Stage 1 3–5 yr olds
- 11:30 AM–12:00 PM Stage 1 6–12 yr old
- 12:00 PM–12:30 PM Stage 1 Teens 13–17 yr old
- 1:30 PM–2:00 PM Stage 1 Adults

*Please register at the front desk. Limited spots and on a first come, first served basis.



In partnership with

