



SUMMER BEGINS WITH **HEALTHY** ▶ **KIDS DAY®**

Everyone dreams of a longer summer. Warm sunshine. Beaches with sparkling water. Juicy watermelon slices. Carefree days, relaxing nights. Who wouldn't want more of that?

No one says you have to wait until June to start the fun. Certainly not the Y—every year we kick off summer in April with Healthy Kids Day.

Since 1991, the Y's **Healthy Kids Day** has hosted families at free events that promote healthy bodies and active minds. Fun activities—from cooking demos and obstacle courses to DIY science projects and talent shows—inspire kids all year long. Adults, too.

Healthy Kids Day also marks **the start of summer fun at the Y**. Ys provide a safe place where kids can do the things that make the season special—camp outdoors, swim, play sports and explore new interests. What makes summer at the Y stand out is how kids benefit from these activities. They make friends, build confidence and learn life skills.

Make sure your kids get the most out of summer—join the Y for Healthy Kids Day on April 18.

If you miss **Healthy Kids Day**, you can still get an early start on the fun. Ask about Y summer programs at the front desk.

For summer fun ideas at home:
ymca.net/membernews.

