

Join us for  
Avalon Park YMCA  
**Healthy  
Family Day!**



**Saturday, April 18th  
9am-noon**



Family Games & Races

Obstacle Courses

Group Exercise Classes

Kids Fitness

Swim Lesson Registration

Water Safety

Basketball Hot Shot

Soccer Shoot-out

Morning Bike Ride

Cheerleading Demo

2 yr Birthday Celebration

Summer Registration

Scavenger Hunt

Kid ID Cards

