



Put Play in Your Day

Join us for
YMCA Healthy Kids® Day

Saturday, April 12, 2008

Avalon Park YMCA

9am-12noon

Summer Program Registration

Group Classes * Games * Health & Safety

Call 407-381-2512 for details



YMCA HEALTHY KIDS DAY IS
GENEROUSLY SUPPORTED BY



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Y. We build strong kids,
strong families,
strong communities.

Y | **ACTIVATE
AMERICA**



YMCA HEALTHY KIDS® DAY APRIL 12, 2008



Schedule of Activities

Location

| | | |
|---------------|---|--|
| 8:15-9:00am | Studio Cycling | <i>Group Ex Room</i> |
| 8:30-9:00am | Extreme Ellipticals | <i>Wellness Floor</i> |
| 9:15-9:45am | Cardio-Strength Pilates | <i>Front Parking Group Ex Room</i> |
| 9:45-10:15am | Family Fun Run/Walk Around the Lake | <i>Front Parking</i> |
| | Muscle Toning | <i>Group Ex Room</i> |
| 10:15-10:45am | Dance Party Stretch | <i>Front Parking Group Ex Room</i> |
| 10:45-11:15am | Cheerleading Demo | <i>Front Parking</i> |
| | 1 year Anniversary & Scholarship Campaign Celebration | |
| | Founding Member Picture | |
| 11:15-12noon | Jump Rope Contest | <i>Front Parking</i> |
| | Family Relays | |
| | Yoga/Relaxation | <i>Group Ex Room</i> |

Ongoing Activities 9am—12noon

- Kids Fitness Activities
- Water Safety
- Standing Long Jump
- Arts & Crafts
- Kids Obstacle Course
- Basketball Free-Throw
- Ask the Personal Trainer
- Healthy Summer Eating Tips
- Standing Long Jump
- CPR Safety
- Kid ID Cards

Super Summer Sign Up!!!!

- Summer Camp Registration
- Summer Swim Lesson Registration
- Summer Basketball Registration
- Summer Cheerleading Registration
- Camp Wewa Overnight Camp
- SafeStart Information