

CHARGE INTO SUMMER!



HEALTHY KIDS DAY at the CHINATOWN YMCA

FREE community event with healthy and fun activities for the whole family!

Saturday, April 29, 9:00AM – 3:00PM

SCHEDULE OF ACTIVITIES

TIME	ACTIVITY	AGES	LOCATION
8:00am - 8:50am	Beginner Tai Chi	Adults & Teens	Studio
9:00am - 10:00am	Tai Chi	Adults & Teens	Studio
9:00am - 11:00am	Indoor Playground	All Ages	Gymnasium 1
9:00am - 11:00am	QuickStart Tennis Class Demo	Ages 3-10	Gymnasium 2
10:00am - 10:45am	TRX Suspension Training Class Demo	Adults & Teens	Studio
11:00am - 12:00pm	Martial Arts Class Demo	Ages 5-11	Studio
11:00am - 1:00pm	B-Ball Jr. Basketball Skills	Ages 7+	Gymnasium 1
12:00pm - 12:30pm	Ballet Class Demo	Ages 3-11	Studio
12:30pm - 1:00pm	Hip Hop Dance Class Demo	Ages 5-11	Studio
1:00pm - 2:00pm	Soccer Class Demo	Ages 5+	Gymnasium 2
1:00pm - 1:45pm	Imagination Playground Demo	All Ages	Studio
1:00pm - 3:00pm	Bouncy House, Face Painting, Healthy Snacks	All Ages	Gymnasium 1
2:00pm - 2:30pm	Family Parachute Game	All Ages	Gymnasium 1
2:00pm - 3:00pm	Beach Ball Volleyball	All Ages	Gymnasium 2
2:30pm	Raffle Winners Announced!	All Ages	Gymnasium 1

New York City's YMCA | **WE'RE HERE FOR GOOD.™**

YMCA OF GREATER NEW YORK Chinatown YMCA, 273 Bowery, New York, NY 10002 (212) 912-2460 ymcanyc.org/Chinatown