



AWAKEN SUMMER IMAGINATION

Kick Off Summer With **Healthy Kids Day[®]**!

APRIL 21, 2018 | Event is **FREE & open to the public**

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination, so they can explore new activities and healthy habits. Join us!

SCHEDULE OF EVENTS

10:00am - 3:00pm	<ul style="list-style-type: none"> Karate Demo/Intro Intro to Self Defense Basketball Demo/Intro Dance Classes Demos Group Exercise Sampler Mash-up Class (2 hours) Zumba for Families Personal Training Orientation Table Healthy Snack Station Ice Cream Samples Giveaways Summer Camp Tours and Information Barber Massage Chair (demo mini massages) Dentist Van Giant Games: Jenga, Bowling, Checkers Child Watch Healthy Kids Class DJ Music
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Visit our Membership desk for more information.

LEARN MORE AT ymcanyc.org/healthykids