

YMCA
**Healthy
Kids Day**

April 28, 2019

Healthy fun for
the whole family



FREE Family Activities 1- 4:00 PM

at your YMCA Health, Fitness & Aquatics facility

Come to the Y and celebrate our national day dedicated to improving the health and well-being of kids. Activities are FREE for families!

Visit ymcaowensound.on.ca for full details

Please note, Photo ID is required when signing in. All activities are meant to be enjoyed by both children and their adult companions. Children must be directly accompanied by an adult who is actively participating in the day's events.

1 – 1:45 PM, Free Bootcamp: Family in the Gym (Adult & Child 8 yrs+)

Stay fit as a family! Enjoy the same class that combines cardiovascular intervals with resistance training techniques with modifications and fun elements for kids!

1 – 3:00 PM, Free Rec Swim (both pools)

Everyone can enjoy the water during this open swim. Toys and equipment are available for use. Lifeguard supervision provided. **Please ensure you read our Pool Admission Policy on website.**

2 – 4:00 PM, Free Family Fun in the Gym

A variety of equipment and games for active playtime and fun for all.



Building healthy
communities

