



HEALTHY KIDS DAY[®]

FREE TO THE PUBLIC!
Register Online

NOON TO 2:30 PM; APRIL 26

SANDS FAMILY YMCA Activities Include:

- Demos
 - 12:15 and 1:15 pm: Make & Take - Kitchen
 - 12:15 pm: Youth Sports Class - Turf Gym
 - 12:45 pm and 2 pm: CPR Demo
 - 1 pm and 1:45 pm: Kids Fitness Class - Turf Gym
- Open Areas:
 - Innovation Station (STEAM Activities), Pool (Open Swim), Gym (See schedule for list of activities)
- Learn more about:
 - Youth Sports, YMCA Camp Glacier Lake, Overnight Camps, Summer Enrichment, Swim Lessons, Swim Team, Certifications and more!

YMCA OF GREATER ROCHESTER
ROCHESTERYMCA.ORG

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