



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US FOR
HEALTHY KIDS DAY
Saturday, April 25, 2015

IT'S
FREE!

PUT
MORE
IN



GET
MORE
KID
OUT!

Healthy Kids Day will include fun active play and educational activities to keep kids and families moving and learning about ways to build and maintain a healthy lifestyle. You and your family will have fun experiencing the latest in fitness demonstrations, relays and obstacle courses, family games, swimming, cycling, healthy snacks, recipes, arts & crafts, swimming, raffles, giveaways and more!

\$0 Joiner Fee
If you become a Y
member!
ONE DAY ONLY

YMCA YOUTH & FAMILY SERVICES
Rosemary Hills Elementary School
2111 Porter Rd. Silver Spring, MD 20910
(301) 587-5700
www.ymcadc.org/YFS

The YMCA of Metropolitan Washington is a 501©3 nonprofit charity. The Y's mission is to foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

Saturday, April 25, 2015 10 am - Noon



Healthy Kids Day is a YMCA annual event that encourages physical activity among kids and adults of all ages.

The Y. So Much More™