



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOW

Check out all these **FREE** classes and activities that will be offered at our **HEALTHY KIDS DAY®** event on **April 30th**, designed to provide kids and families the opportunity to spend time together at the Y and check out all the Y has to offer. Enjoy \$0 joining fee and \$0 camp registration fee all day!

LOCAL SPONSORS



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C.M. GATTON BEAUMONT YMCA

OPEN SWIM

2:30 p.m. - 4:30 p.m.
Splash around in our indoor pool and play water games.

OPEN GYM AND TRACK

9:30 a.m. - 7:45 p.m.
Gym is open for all activities or take a walk/jog on our indoor track.

WELLNESS CENTER

6 a.m. - 8 p.m.
Enjoy a workout in the Wellness Center.

KIDS CORNER

Ages: 6 weeks - 9 years old
8 a.m. - 1:15 p.m.
Kids Corner provides an environment for your child to learn, grow and thrive while you use the Y for up to two hours.

YOUTH ARCADE

Ages: 10 and up
9 a.m. - 1:15 p.m.
Youth Arcade provides an environment for your preteen to learn, grow and thrive while you use the Y.

GROUP EXERCISE CLASSES

CORE & MORE

8 a.m. - 8:30 a.m.
GYM CLASS (GREAT FOR FAMILIES)

8:30 a.m. - 9 a.m.

INDOOR CYCLING

8:30 a.m. - 9:20 a.m.

TOTAL BODY TONING

8:35 a.m. - 9:35 a.m.

JUMP PUMP (ADVANCED)

9 a.m. - 9:35 a.m.

INDOOR CYCLING

9:45 a.m. - 10:35 a.m.

YOGA

9:45 a.m. - 10:45 a.m.

CARDIO PUMP

10 a.m. - 10:50 a.m.

LIFT (Intermediate)

11 a.m. - 11:50 a.m.

WATER FITNESS (WARM WATER POOL)

11:30 a.m. - 12:30 p.m.

For more information,
visit our website
ymcackey.org.

For a better us.™

HIGH STREET YMCA

OPEN SWIM AND LAP SWIM

6 a.m. - 8:30 a.m. (Lap Swim)
8:30 a.m. - 9 a.m. (Lap Swim)
11 a.m. - 5:45 p.m. (Open Swim)
Splash around in our indoor pool and play water games.

OPEN GYM

6 a.m. - 9:30 p.m.
Gym is open for all activities!

KIDS CORNER

Ages: 6 weeks - 9 years old
8:30 a.m. - 1 p.m.
Kids Corner provides an environment for your child to learn, grow and thrive while you use the Y for up to two hours.

GROUP EXERCISE CLASSES

BOOTCAMP

9:15 a.m. - 10:15 a.m.

INDOOR CYCLING

9:15 a.m. - 10:15 a.m.

YOGA

10:30 a.m. - 11:30 a.m.

ZUMBA®

Noon - 1 p.m.

YOGA

1:15 p.m. - 2:15 p.m.

NORTH LEXINGTON FAMILY YMCA

OPEN SWIM

6 a.m. - 9 a.m.
9 a.m. - 11:30 a.m. (Deep Water)
11:30 a.m. - 6 p.m.
Splash around in our indoor pool and play water games.

OPEN GYM

6 a.m. - 6 p.m.
Gym is open for all activities!

KIDS CORNER

Ages: 6 weeks - 9 years old
9 a.m. - 12:30 p.m.
Kids Corner provides an environment for your child to learn, grow and thrive while you use the Y for up to two hours.

GROUP EXERCISE CLASSES

WATER AEROBICS

8 a.m. - 9 a.m.

R.I.P.P.E.D.

9 a.m. - 10 a.m.

YOGA

10:30 a.m. - 11:30 a.m.

FAMILY YOGA

11:45 a.m. - 12:45 p.m.

YOUTH GYMNASTICS

Noon