

5-YEAR ANNIVERSARY CELEBRATION

September 29, 2019 • 1:00 – 4:00 p.m.

Check out these activities going on throughout the Y facility today:

1:00 – 4:00 Pool Party

- 1:00 – 1:55 **Treasure Hunt in Pool**
(Aquatics Center)
- 3:00 – 4:00 **Water Safety Scavenger Hunt**
(Aquatics Center)

1:00 – 4:00 Health and Wellness

- 1:10 – 1:40 **Zumba with Victoria**
(Group Exercise Studio)
- 2:20 – 2:50 **Strong with Suzanne**
(Group Exercise Studio)
- 2:30 – 4:00 **Water Volleyball**
(Aquatics Center)
- 3:00 – 3:25 **Kettlebells with Caitlin**
(Group Exercise Studio)
- 3:30 – 4:00 **Yoga I with Marie**
(Group Exercise Studio)

1:00 – 4:00 Kids' / Family Activities

- » **Bounce House**
(Outside* – East Side of Building)
- » **Bouncy Obstacle Course**
(Outside* – East Side of Building)
- » **Relay Races**
(Outside* – West Side of Building)
- » **Yoga Kickball**
(Outside* – West Side of Building)
- » **Family Gaga Ball**
(Outside* – Gaga Ball Pit)
- » **Campfire**
(Outside* – Near Gaga Ball Pit)
- » **Silly Photo Booth** (Gym)
- » **Healthy Snack Creation** (Gym)
- » **Handprint craft stations**
(Child Watch Area)

*Outdoor activities will move to gym if weather is not good

2:00 – 2:15 Program (Gym) Note: Activities will pause from 2:00 – 2:15 for the program.