

CHARGE INTO SUMMER!

The Best Summer Ever Starts at
HEALTHY KIDS DAY!

MARCH 25 from 10am-1pm

A Day for FAMILY WELLNESS!

Take a **SNEAK PEEK** at what we've got planned.

ALL ARE WELCOME:

10-10:15am - SIGN IN

KIDS Sign In and Receive your FREE Pedometer to track how many steps you take throughout Healthy Kids Day...**the more steps, the better the PRIZE!**

The CHILDCARE or AFTERCARE CLASS with the most children present will **WIN a CLASS PARTY!** **DON'T FORGET** wear your **HEALTHY U SHIRT!**

10:15-10:30am - FAMILY ZUMBA

10:30-11:15am - CHOPPED CHALLENGE Cooking Demo

PROMO RAFFLE drawing for Children's Program & Swim Class
+ MINUTE TO WIN IT GAME with DJ

11:15-11:30am - DANCE PARTY WITH POPPY TROLL

PROMO RAFFLE drawing for Birthday Blast Party at the Y

11:30-11:45am - SPORTS DEMO with Coach Matt

11:45-1pm - GYM 2A SOCCER SKILLS & DRILLS ROCK CLIMBING WALL

11:45-1pm - GYM 2B OBSTACLE COURSE

11:45-12pm - STABILITY BALL DRUMMING with Ellen

PROMO RAFFLE drawing for Children's Programs

12-12:15pm - STUDIO691 Dance Company Performance

PROMO RAFFLE drawing for Swim Class & Spring Lake

12:15-12:30pm - MINUTE TO WIN IT! with Lulu

PROMO RAFFLE drawing for Camp

12:30-12:45pm - HULA HOOP CONTEST

12:45-1pm - FAMILY YOGA COOL DOWN with Sara

PLUS!

We will also have a Bee Keeper with local honey from Nicholas Markets, plus other healthy tasty treats throughout the day. **The first 200 children** will receive a Healthy U drawstring bag!

and all day...

- **CAMP OPEN HOUSE: "Discover America"** Stop by to Register or Ask Us Questions!
- **Family Fitness Evaluations** Hosted by William Paterson University