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FOR HEALTHY LIVING
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FALL IS FOR FAMILIES

KENT COUNTY YMCA

Check out these great family activities happening at the Y this fall!

FAMILY HIKES

Thursdays beginning 9/7
5:00 PM

Put on your walking shoes and gather the family. Meet Renee on the patio. Members only. FREE

September 7, 14, 21 & 28
October 5, 12, 19 & 26

FAMILY YOGA

Thursdays
5:45-6:15 PM

This class is specially designed for families. Children and adults will learn basic yoga poses while developing strength and flexibility. Participants will also learn breathing and relaxation techniques. Have fun with the whole family!

FAMILY OPEN GYM

Refer to the Gymnasium Schedule for specific days and times.

Whether you are looking for some extra time for the kids to practice their jump shot or you just want to come and play around, Family Open Gym is the answer!

TRUNK OR TREAT

Friday, October 13, 2017
4:00-7:00 PM

Bringing Halloween to the YMCA parking lot! Dress the kiddos in their costumes and come on down for some early trick-or-treating. There will be games, refreshments and everyone can decorate their very own pumpkin to take home! Registration is required. \$5.00/child. Members only.

Members are invited to decorate the trunk of their vehicles in a kid friendly theme for children to trunk-or-treat. We will provide the treats to pass out to the children. Space is limited. To reserve your spot contact Sue Shanley at sshanley@gpymca.org no later than 10/6.

SWIM WITH THE PUMPKINS

Friday, October 13, 2017
6:10-6:50 PM or
7-7:40 PM or
7:50-8:30 PM

Come make a splash at our annual Swim with the Pumpkins event! Registration is required. Open to all!

www.gpymca.org

