

2017 HEALTHY KIDS DAY



Free

SATURDAY, APRIL 29th, 2017
10:00AM-3:00PM
Long Island City YMCA



Healthy Kids Day is part of the Y's promise to strengthen communities. HKD is a kick-off event for a sustained initiative that helps kids stay healthy and achieving all summer long.

- Free goody bags (while supplies last)
- Over 30 youth-focused health and fitness vendors from around NYC
- Complimentary healthy snacks
- Raffles of fun prizes from vendors and local businesses
- Free activities for the entire family

SAMPLE ACTIVITES OUTSIDE IN PARKING LOT:

- 10:00am-12:00pm Y Kid's Fitness
- 11:00am-1:00pm: Youth Soccer Drills
- 1:00pm-2:00pm: Y Kid's Track/Move to Improve/Dance Academy
- 2:00pm-3:00pm: Family Capoeira class/Soccer Board Games Competition throughout the day!

INSIDE IN GYMNASIUM:

- 11:30am: Karate (Black Belt Team) Kata demo
- 12:00pm: Karate (Teens) Sparring demo
- 12:30pm: Guitar performance
- 1:00pm: Keyboard performance
- 2:00pm: Move to Improve activity
- 2:30pm: Parent/Child Dance Off for membership

मुफ्त

Gratis

Zìyóu

Thank you to our community partners!

COMMUNITY DISTRICT EDUCATION COUNCIL 30



COMMUNITY SCHOOL DISTRICT 30



32-23 Queens Boulevard , LIC NY 11101 (Map on reverse side)
 Check out updates and event photos at [FACEBOOK.COM/LICYMCA](https://www.facebook.com/LICYMCA)

비어 있는

Свободно

