



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

AWAKEN SUMMER IMAGINATION

Kick Off Summer With Healthy Kids Day®!

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us!

B.R. RYALL YMCA
 49 Deicke Drive, Glen Ellyn
 630.858.0100
www.brriallymca.org

**Saturday
 April 21**
**EVENT IS FREE
 & OPEN TO THE
 PUBLIC**

National Sponsor



Local Sponsor



131720 1/30





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HEALTHY KIDS DAY

April 21 • 10 a.m. to 3 p.m.

The B.R. RYALL YMCA is holding this FREE community event to inspire parents and kids (in Pre-K through 8th grade) to stay physically and intellectually active all summer long.

Healthy Kids Day is part of the Y’s national initiative to improve health and well-being of kids and families, and features activities such as family group exercise classes, games, drawing and reading areas, and arts and crafts to motivate and teach families how to develop healthy routines at home.

SCHEDULE OF ACTIVITIES

TIME	GROUP EXERCISE	AQUATICS	BOOTHS AND ACTIVITIES
10-10:30 a.m.	Zumba (Racquetball Court)		Booths (Main Hallway): <ul style="list-style-type: none"> AMITA Health Glen Ellyn Bank and Trust The Y Run 5K and Super Kids Runs registration Activities hosted by College of DuPage Early Childhood Academic Program (Gym): <ul style="list-style-type: none"> Family volunteer activities Arts and crafts Reading area Drawing contest Donation drop-off (Needs: non-perishable food, personal care items, baby food, diapers)
10:45-11:15 a.m.	Bootcamp (Racquetball Court)		
11:30 a.m. to noon	Balance Buddies (Racquetball Court)		
12:15-12:45 p.m.	Zumba / GO Club - Nutrition (Racquetball Court)	WaterMat Yoga (Large Pool)	Snacks and water will be provided. B.R. Ryall YMCA staff will be available to provide building tours and to answer questions about our programs and summer camps.
1-1:30 p.m.	Drum to the Beat (Group Exercise Room)	WaterMat Yoga (Large Pool)	
1:45-2:15 p.m.	Pumped Up P.E. (Group Exercise Room)	WaterMat Yoga (Large Pool)	
2:30-3 p.m.	It’s A Hiit! (Group Exercise Room)	WaterMat Yoga (Large Pool)	

Thank you to our local event sponsor:

