

YMCA of Montclair

# Healthy Kids Day



April 16, 2011

Two Events, One Great Price

Visit either facility to register your family and receive your All Access Pass!



## Park Street YMCA Event

25 Park Street Montclair, NJ

(973) 744-3400

Activities Appropriate For Ages 6-12

3:30 p.m. - 5:30 p.m.

Come feel the burn and have fun as a family! Upon entrance kids will receive a bag of calories. Throughout this action packed event everyone will turn in their calories as they burn real ones while playing games and participating in fitness challenges!

**ALL CHILDREN WILL RECEIVE  
A FREE HEALTHY KIDS DAY  
T-SHIRT!**

For Only  
**\$ 5 . 0 0**  
per child

You can  
visit one  
or both  
YMCA of  
Montclair  
facilities!

Reserve  
your spot  
today!

## GEYER FAMILY YMCA EVENT

159 Glenridge Ave Montclair, NJ

(973) 783-7640

Activities Appropriate For Ages 3-12

5:30 p.m. - 7:30 p.m.

Learn about nutrition and exercise  
at the Geyer Family YMCA!

Cooking: Make a healthy snack with your  
family and get a taste of our year round  
cooking classes.

Climbing Wall Adventures: Healthy choice  
climbing challenge. Reach new heights to  
make healthy choices!

Green Thumb Education: Plant your very  
own green bean plant!

Family Fitness: Family Zumba!

**ALL CHILDREN WILL RECEIVE A  
FREE CHEF HAT AND T-SHIRT!**

