



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

#YMCAofCM



Get Movin'

FUN & FITNESS AT THE Y

FREE Program!
Ages: 2nd - 6th Graders

- **CHOOSE** one of three activity tracks: SWIM, OBSTACLE, SPORTS
Children will work in small, sport-specific groups to learn new skills
- **PARTICIPATE** in 4 one-hour nutrition sessions (over the 10 weeks)
- **COMPLETE FUN** program activities and earn **FUN PRIZES!**



This fun-filled youth fitness initiative combines physical activity and hands-on nutrition education that encourages healthy living and benefits the whole family - a \$400 value!

Available at Borough's Family Branch YMCA!

Boroughs Family Branch
To register, please contact: Jen Turner
508.870.1320, x8241 or at
Jturner@ymcaofcm.org
Kickoff / Orientation: TBD:

YMCA of Central Massachusetts

www.ymcaofcm.org