



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

#YMCAofCM



Get Movin' FUN & FITNESS AT THE Y

FREE Program
Weeks of March 5 - May 7
Ages: 2nd - 6th Graders

- **CHOOSE** one of three activity tracks: SWIM, RUN, CLIMB
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 a **\$100 gift card**



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 TWO YMCA Locations

Central Community Branch

To register, contact: Matthew Evans
508.755.6101, x287
Kickoff / Orientation: February 20
6:00 to 7:00pm
Program begins week of March 5th

Boroughs Family Branch

To register, contact: Kelly Tyler
508.870.1320, x215
Kickoff / Orientation: March 1
6:00 to 7:00pm
Program begins week of March 5th

YMCA of Central Massachusetts

www.ymcaofcm.org