

PLAISTOW COMMUNITY YMCA HEALTHY KIDS DAY

APRIL 26, 2014
9:00 - 11:00AM



Join us at the Plaistow Community YMCA April 26th for Healthy Kids Day! A special day of fun activities meant to help build on the incredible potential inside each and every child. Summer Camp tours and registration specials, youth and family Zumba, yoga and exercise demo's, Plaistow Fire and Police Department, youth health vendors, youth Drawing contest and active YMCA sports activities and lots of fun. Stop in and take a tour of the PCY family membership joiners fees will be waived on April 26th.

YMCA sports league spot lights

- Basketball free throw
- Floor hockey shootout
- Football TD pass
- Dodge ball toss and duck

Family group exercise demo

- Zumba at 9:30am
- Yoga at 10:30am

Other Activities

- Frisbee Golf six-hole par three outside
- Bike Rodeo and safety course PFD outside
- Child seat safety inspection station
- Face painting

- Bouncy house
- Wii Zumba
- Knock-out-o-ramma
- Four-square-grand-champion
- Jedi-connect-four

Vendor Tables

- Local Farm Share, farmers market
- Planet Aid donation's
- Knit & Pickings
- Well Read Books
- Dentist Small Smiles table
- Moe's Sub