



Ocean Community YMCA

Mystic Branch ~ 1 Harry Austin Dr, Mystic, CT

Healthy Family Home Week November 23-28, 2008

All Activities FREE & Open to the General Public

Sunday November 23rd	11:00 am – 1 pm 10:00 - 12 noon 2:30-5:30 pm	Family Gym / Inflatable Obstacle Course Family Swim Family Swim
Monday November 24th	4:00 – 5:30 pm 6:30-7:30 pm 6:00-7:00 pm	Family Gym Family Swim Family Yoga
Tuesday November 25th	5:30 – 6:30 pm 2:30-5:30pm 6:00 pm	Family Gym Family Swim Healthy Family Eating Class
Wednesday September 26th	1:00 – 3:00 6:30-7:30 pm 3:00-4:00 pm	Family Gym / Inflatable Obstacle Course Family Swim Family Fit Club
Thursday September 27th	8:30 AM	ANNUAL TURKEY TROT & DIP FAMILY FUN RUN (*Registration and Fee Required)
Friday September 28th	7:00am - 12:00 noon 12 noon – 4:00 pm 3:00-4:00 pm 7:30 – 9:30 pm	Drop & Shop Family Gym / Inflatable Obstacle Course Family Swim Family Swim
ALL WEEK LONG	Drop non-perishable items at the YMCA Welcome Center. We will support our local food banks.	FAMILIES HELPING FAMILIES FOOD DRIVE

For more information on Healthy Family Homes contact Tim Babcock, Mystic Branch Director
860-536-3575 ext. 103 or tbabcock@oceancommunityymca.org

Visit: www.ymca.net and click the Healthy Family Home link for more great information and resources!

Activity Descriptions

Family Gym

- Soft Play / Tumbling Equipment
- Discovery Play
- Parachute Games
- Low Basketball Hoops

Family Swim

- Recreational Swim for Parents & Children together

Drop & Shop

- Black Friday Event
- Leave the kids with safe and high quality supervision
- Kids will be entertained with games and constructive activities
- Go shop and get those best deals

Healthy Family Eating Class

You are what you eat!

Become a healthier family through healthier eating habits.

Learn tips for meals, snacks, portions, etc.

Inflatable Obstacle Course

- Kids Love This!
- During several of the Family Gym times, this 50-foot long Inflatable Obstacle Course will challenge the kids and keep them engaged for hours!
- Safe and supervised.

Family Yoga

- Try Yoga with the kids
- Our instructor will introduce basic and fundamental Yoga positions and techniques.
- It's a great way to exercise and relax for the whole family.

Family Fit Club

- Challenge the whole family to starting an exercise routine or learn new ways to exercise together and make it FUN!
- Learn proper exercises, stretches, etc.