

## **Healthy Family Week November 24th to 29th**

### **Family YMCA events**

- - Food drive at all sites – donation to local churches
- - Healthy cooking w/ cooking clubs at all sites/child watch
- - Healthy snack sampler Wednesday night for child watch
  - ▪ Introduce children to various healthy snack options
- - Family Cardio Zumba(Family Night)
  - ▪ Wednesday 6:30 – 7:30p
- - Flick and Float (Family Night)-holiday movie
  - ▪ Wednesday 7:30 – 9:30
- - Turkey Trot – Wednesday (9-12a & Family Night 5-8p)  
It is open to 13yrs and older.

### **Want to stay active just in time for Thanksgiving???**

This is your opportunity to workout and be entered into the TURKEY TROT, a 5k indoor race and win a Thanksgiving Day Dinner Prize.

All you have to do is sign up in the Fitness Center between the hours of 9-12PM and 5-8PM on Wednesday, November 26th, run 3.1 miles on the treadmill and have one of the Fitness Center Staff record your time.

### **Winner will receive a Turkey right in time for Thanksgiving.**

If you have any questions or want more information about the Turkey Trot please contact Kristin @727-7900

\*\*\*\*MAY THE BEST TIME WIN\*\*\*\*

- - Open family swim
  - ▪ Monday 7:30-9:30p
  - ▪ Tuesday 7:30-9:30p
  - ▪ Wednesday Flick and Float, 7:30p
  - ▪ Thursday 9:00 – 11:00p
  - ▪ Friday 2:00 – 4:00p
  - ▪ Saturday 1:00 – 2:30p
  
- - Open Family Gym
  - ▪ Monday 6:00 – 7:00p
  - ▪ Tuesday 6:00 – 8:00p
  - ▪ Wednesday 6:00 – 7:00p
  - ▪ Thursday 8:00 – 12:00a
  - ▪ Friday 6:00 – 9:00p
  - ▪ Saturday 2:00 – 6:30p