



Newport County YMCA Healthy Family Homes

November 23-28, 2008

All Activities FREE & Open to the General Public

Sunday, Nov 23 rd	1:00 – 4:00	Bounce House
	1:30 – 3:00	Family Swim
	2:00 – 3:00	Swim Evaluations
	3:00 – 4:45	Family Gym
Monday, Nov 24 th	10:00 – 10:30	Parent & Child Swim
	12:00 – 1:00	Family Swim
	1:30 – 2:15	Family Gym
Tuesday, Nov 25 th	10:30 – 11:00	Parent & Child Swim
	12:00 – 12:45	Family Yoga
	1:30 – 2:30	Family Gym
	1:30 – 2:30	Family Swim
Wednesday, Nov 26 th	11:00 – 11:45	Story Time & Activity
	12:00 – 1:30	Family Swim
	1:30 – 2:30	Family Gym
Friday, Nov 28 th	9:00 am – 3:00 pm	Family Swim
	6:15 pm – 8:00 pm	Family Swim

For more information on Healthy Family Homes contact Dawn Gardner,
Member Relations and Wellness Director @ 401-847-9200 ext 132 or
dawng@newportymca.org

YMCA
We guild strong kids,
Strong families, strong communities