



**YMCA OF GREATER ERIE
HEALTHY KIDS DAY SCHEDULE OF ACTIVITIES
Saturday, April 12, 10 a.m.-2 p.m.
JMC Ice Arena**

Play & Learn Activity Concourses, 10 a.m.-2 p.m.

The following activities are presented throughout the day by the YMCA of Greater Erie and our community partners.

Obstacle Course
YMCA Fitness Challenge
Wellsville's Nutrition Junction w/healthy snack
Wellsville's Esteem Stream
Wellsville's Activity Avenue
Wellsville's Healthy Hollow
Wellsville's Dental Health
Coventry Cares
Bike Erie
Let's Move Outside Recreational Passport
United Way's Dolly Parton's Imagination Library
United Way's Get Connected
UPMC Health Plan
Erie Family Center

Books for Kids
YMCA Camp Fitch
YMCA Summer Day Camp
YMCA Camp Sherwin Outdoor Camping & Recreation Center
City of Erie Parks & Recreation
YMCA Summer Foods Program
YMCA Membership & Programs
Erie Zoo
Penn State's College for Kids
Bounce House & Obstacle Courses
Pic-A-Pose PhotoBooth
Facepainting & Caricatures
Strolling entertainment from the Erie Clowns

Get Fit Demo Stage, 10 a.m.-2 p.m.

The following demonstrations are offered by the Health & Wellness staff of the YMCA of Greater Erie. All demos are currently offered as classes at local Y branches.

10-10:20 a.m.	Yoga for Kids – Abi Davis, Glenwood Park Y
10:30-10:50 a.m.	ZUMBA – Kelly Gibson & Emily Irwin, Eastside Family Y
11-11:20 a.m.	Dance Cardio – Kelly Gibson, Eastside Family Y
11:30-11:50 a.m.	Yoga for Kids, Abi Davis, Glenwood Park Y
12:30-12:50 p.m.	ZUMBA, Tara Wetzel & Amy Grande, Eastside Family Y
1-1:20 p.m.	Dance Cardio – Tara Wetzel & Amy Grande, Eastside Family Y

SPLASH – basic water safety classes at the Glenwood Y

YMCA certified aquatic instructors will lead children in 30-minute sessions introducing basic swimming techniques, water safety and character development. Children taking part in SPLASH will receive one free session of swimming lessons at a Y branch of their choice. Classes will be offered every 30-min. beginning at 12 p.m.



UPMC HEALTH PLAN