



# HEALTHY KIDS DAY

RARITAN VALLEY YMCA

APRIL 27TH, 2019

11AM - 3PM

## INSPIRING SUMMER

AT HEALTHY KIDS DAY

A FREE annual event from us to your kids! Come celebrate the beginning of summer with the YMCA at Healthy Kids Day! Join us for games, food, activities and more!

**11AM-2PM:** ONGOING ACTIVITIES; Facepainting, Hoop Shoot, Hula Hoop Contest, Potato Sac Race and MORE

**12PM-1:30PM:** TAEKWONDO DEMO!  
Join our special guest to learn some Taekwondo Basics and Moves!

## INSPIRING KIDS TO BE HEALTHY IN A FUN WAY

## JOIN THE KIDS MINI COLOR RUN!

FROM  
**2:00PM -  
3:00PM**

# HEALTHY KIDS DAY SPECIAL EVENTS

## WATER SAFETY

**11AM-2PM**

TAKE PART IN THIS **FREE EVENT!** LEARN ABOUT DROWNING PREVENTION, SAFE WATER PRACTICES, AND HANDLING EMERGENCIES IN OUR OTTER SPOTTER WATER SAFETY PROGRAM

CONTACT **GINA** TO ARRANGE YOUR TROOP/SU TIME SLOT  
AT  
**(732) 257-4114**

**GIRL SCOUTS CAN ALSO EARN BADGE CREDITS BY PARTICIPATING IN ANY OF THE HEALTHY KIDS DAY ACTIVITIES.**

**A SCORE CARD WILL BE PROVIDED FOR GIRLS TO TAKE TO EACH EVENT TO CHECK OFF BADGE REQUIREMENTS COMPLETED**