



YMCA Healthy Kids Day
Saturday, April 17, 2010
YMCA Park



**Kick-off Event at
 Central Elementary
 School field
 7:30-9:00 a.m.
 RE/MAX balloon rides
 (weather & wind permitting)**

**1-mile Family Walk
 & Scavenger Hunt
 9:30-10:30 a.m.**
 Begins and ends at Y tent in middle of
 YMCA Park.
 Find 6 objects and get a HKD t-shirt.
 (While supplies last)

Numerous organizations/businesses will be leading families in a fun day
 of FREE activities between **10:00 am & 12:00 pm:**

Bike Rodeo (bring your bike and helmet)		
Family Obstacle Course	Nutrition Games	Fitness Drills
Seed Planting	Recycling Relays	Sun Safety
"Drunk" Driving Simulations	Fire Truck	Music
Kids Yoga	Snack Shack	Build something
PLAY!!!! ☺ Musical Chairs ☺ Volleyball ☺ Jump the Creek ☺ Bocce ☺ PLAY!!!		

A HUGE thanks to our sponsors:
 Albemarle Pediatrics, Bank of Stanly, First Citizens Bank,
 Mid Carolina ENT, Stanly News and Press, Stanly Regional
 Medical Center and RE/MAX Town & Country



For more information contact the
 Stanly County Family YMCA
 at 704.982.1916 or
www.stanlycountymca.org or
 check us out on Facebook