



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VISIT US THIS SUMMER AT THE FARMER'S MARKET

WEDNESDAY, JUNE 17th, GRAND HAVEN 9:30 AM – 11:00 AM

The YMCA will be offering a Nutrition Scavenger Hunt for children. Erica Phelps, YMCA Dietitian, will be wearing a YMCA T-shirt and handing out clue cards.

THURSDAY, JUNE 18th, SPRING LAKE 9:30 AM – 10:00 AM

Join Danielle from the YMCA for a kids fitness activity. Bring a water bottle and be prepared to have fun!

WEDNESDAY, JULY 8th, GRAND HAVEN STARTING 9:30 AM – 11:00 AM

Join Monica from the YMCA for a family yoga session in the grassy area near the playground. Mats aren't necessary, but you are welcome to bring a blanket or towel if you like.

THURSDAY, JULY 9th, SPRING LAKE 9:30 AM – 10:00 AM

Join Danielle from the YMCA for a kids fitness activity. Bring a water bottle and be prepared to have fun!

WEDNESDAY, JULY 22nd, GRAND HAVEN 9:30 AM – 11:00 AM

Join Danielle from the YMCA for a kids fitness activity. Bring a water bottle and be prepared to have fun! Activities will take place in the grassy area near the playground.

WEDNESDAY, AUGUST 26th, GRAND HAVEN 9:30 AM – 11:00 AM

Join Monica from the YMCA for a family yoga session in the grassy area near the playground. Mats aren't necessary, but you are welcome to bring a blanket or towel if you like.

TRI-CITIES FAMILY YMCA
WWW.TCFYMCA.ORG

