



# JOIN US FOR YMCA HEALTHY KIDS® DAY

**April 17, 2010**  
10:00 am to 12:00 pm

## Events include...

**Gym Activities:** Join us for a Basketball Free Throw Contest & Movin'-in-a-Minute

**Family Zumba:** A high energy, Latin inspired aerobics dance and fitness

“Food Fight” is a unique approach to good/bad food choices.

**YMCA Family Tours**

Refreshments will be served in our main lobby.

**Lakeland Family YMCA**  
3620 Cleveland Heights Blvd. Lakeland, Florida  
33803  
863.644.3528

put **PLAY**  
in your day

YMCA HEALTHY  
KIDS® DAY  
is generously  
supported by

 **Northwestern Mutual**  
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