

HEALTHY KIDS DAY SCHEDULE 2018



BATH AREA FAMILY YMCA

BATH YMCA SCHEDULE	Gym 1	Gym 2	Aerobics Room	Main Pool	I/T Pool	Indoor & Outdoor Activities	
9-10 a.m.	Obstacle Course	Obstacle Course	Boxing Demo	Kayaking 101 9:30 a.m.- 12:30 p.m.	Open Swim 9-10:30 a.m.	Ongoing Activities Ping Pong Face Painting Plant a Seed Photo Booth Veggie Parade Sing-along 5210 Bath Ambulance Chewonki Girl Scouts Holland Chiropractic Keeping Kids Safe KELT LRSC Snaildarters Mid Coast Hockey Summer Camp Tri-County Literacy	
10-11 a.m.	Fun Fitness Games	Climbing Wall	Zumba with Bea 10:30-11 a.m.				Learn to Stretch 9:30-9:40 a.m.
11 a.m.-Noon	Dodgeball	Dodgeball	Fun Fitness Games		Learn to Stretch 10:30-10:40 a.m.		Open Swim 11 a.m.- 12:30 p.m.
Noon-1 p.m.	Open Basketball	Gymnastics	Yoga with Amanda 12-12:30 p.m.		Learn to Stretch 11:30-11:40 a.m.		

LANDING YMCA IN BRUNSWICK

LANDING YMCA SCHEDULE	Location	Activities	Ongoing Activities
9-9:30 a.m.	Lobby	Face Painting	Photo booth in the Lobby Demo on brushing by Dr. Bob Coloring Books provided by Dr. Baker Healthy snacks provided by Shaw's
9:30-10 a.m.	Yoga Room	Yoga with Elle	
10-10:30 a.m.	Aerobics Room	Ballet and Hip Hop with Bethel	
10:30-11 a.m.	Aerobics Room	Zumba with Ida	
11 a.m. to Noon	Lobby	Sing-along with Asher	
Noon to 1 p.m.	Gym	Ping pong and Dodgeball	