



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY KIDS DAY

The Y's largest national initiative, bringing children and families together while providing the education, activities and experiences that teach good health and foster connections through fitness, sports, fun and healthy habits.

Who

Open to the entire community!

When

Saturday, April 21, 2018
10:00AM – 1:00PM



Activities Include

Community Partners sharing valuable health information, inflatables for outdoor fun, health screenings, demonstrations, tours and so much more. Healthy Kids Day is a great time to register for summer programs like camp, youth sports and swim lessons.

Contact

JoAnn Kermick 732-341-9622 ext. 4255 or jkermick@ocymca.org with any questions.

**MEMBERSHIP SPECIALS AND
A 25% DISCOUNT OFF
ONE WEEK OF
SUMMER CAMP IF YOU
REGISTER ON
SATURDAY, APRIL 21ST**

Just to name a few of our partners in health for a day of fun!

- ❖ Toms River Police Department will conduct child seat safety checks.
- ❖ Toms River Fire Department
- ❖ Perlmutter Family ShopRites will share family nutrition information.
- ❖ Ocean County Health Department provides material on dental hygiene.
- ❖ Kum Sung of Forked River has a Karate demonstration @ 12PM.
- ❖ Meridian Health Pawsative Action Team will join us.
- ❖ The Commission for the Blind and Visually Impaired will provide eye screenings.
- ❖ Safe Kids Worldwide protecting kids on the move, at home and at play.
- ❖ DART Prevention Coalition
- ❖ NJ Natural Gas shares conservation tips
- ❖ RWJ Cancer Support Community
- ❖ In Plain Sight
- ❖ Project Aware

Friends from Beck Wellness Center, Wang Orthodontic, Immediate Care, Kessler Institute and Seashore Family Services will also be on hand.

Get your picture taken at the photo booth!

Children can try the Mega Thrill 3 Lane Obstacle Course (Minimum height requirement is 40") and Mickey Park Learning Club (Rider Height is 30"-48")

Family guidelines for swimming after 1PM:

-Lifeguards are mandated to test any youth under age 18 wishing to swim in the deep end.

-All children 8 and under must be accompanied in the pool with an adult within arm's reach.

-Children 9-11 must have a parent or guardian on the pool deck when using the pool.