



CHARGE INTO SUMMER!

The Best Summer Ever Starts at
HEALTHY KIDS DAY!

APRIL 29



WHAT IS HEALTHY KIDS DAY?

A special day of fun activities to build on the incredible potential inside each and every child.

10:00 am– 1:00 pm

**HEALTHY
KIDS DAY
IS HERE!
APRIL 29**

The first 50 families to register for a week of Summer Camp will receive a FREE Summer Camp Gift!

HEALTHY KIDS DAY ACTIVITIES

- * Family Group Exercise Classes
- * Zumba
- * Face Painting
- * Arts & Craft
- * Healthy Living Tips
- * Sneak Peak into Youth Sports Programs
- * Summer Activity Guides
- * Games, prizes, and much more....

South Orlando YMCA Family Center |

814 W Oak Ridge Road Orlando FL 32809 | P 407.855.2430



SOUTH ORLANDO SUMMER PROGRAMS

Basketball

WHO: K-12th grade

EARLY REGISTRATION:

Now- May 17th

Late Registration May 15
(Add \$10)

WHEN:

- Practices begin the week of June 5th
- Games start June 17th
- Holiday Time off Jul 1-4th

WHERE: South Orlando YMCA

COST: \$45 members

\$90 non-members

CONTACT: Patrick Jackson

pjackson@cfymca.org

ITTY BITTY SPORTS

- Itty bitty sports is an introduction to Tee-ball, soccer, and basketball. Your child will spend 2 weeks learning Tee-Ball, 3 weeks learning soccer and 3 weeks learning basketball. This program is designed to really jump start their sports career!
- Soccer
 - Tee-Ball
 - Basketball
- 3 sports one low price

SUMMER CAMP More Programs....

- Soccer
- Basketball
- Flag football
- Science
- Medieval Madness
- Superhero Academy
- Hawaiian HulaBaloo
- And so much more....

\$100 MEMBERS \$135 NON MEMBERS

Breakfast and Lunch included!

SKILL BUILDING AND CHARACTER DEVELOPMENT HAPPEN HERE.

The first 50 families to register for a week of Summer Specialty Camp will receive a FREE Summer Camp Gift!

Karate

- Build confidence
- Learn Self Discipline
- 2 classes per week
- Internal Belt Promotion

Swim Academy

- Swim lessons begin in May
- Ages: 6months-Adults
- Weekday options
- Saturday Options

3 FLY

Join us every Friday at 6:00 pm for our mentoring program 3FLY. This is a Free program designed for children in our community 4th grade and up.

Dance Intensives

- Conditioning
- Technique

Please contact Patrick Jackson at pjackson@cfymca.org for more information or contact the membership service desk at 407-855-2430.