



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE FAMILY OPEN HOUSE

LAKELAND HILLS FAMILY YMCA

INDOOR & OUTDOOR FUN

NO REGISTRATION – JUST DROP IN!

Activities, sports, games, screenings, races, e-sports, crafts, art, snacks, WOW!

An **Open House** so **BIG** you won't want to go home!

For Kids and Families...

FREE FAMILY EVENT



SUNDAY, MARCH 27
11:00AM – 2:00pm

FAMILY BOOT CAMP



Obstacle Course	Parkour Game	Warp Wall Challenge	Family Zumba	Slinky Races	Hot Dog Cart	Family Boot Camp
Tissue Paper Flower Craft	Make Your Own Lava Lamp	Hippie Headband Craft	Retro Video Games	Star Wars Storm Troopers	Rocket League Games	Water Safety Information
Archery Activity	Ice Pops	Super Smash Bros Games	Cupcake Decorating	Hula Hoop Disco Party	Family Swim	Ga-Ga Games

For Adults...

Treadmill Running Screenings	Kickball Home Run Derby (family too)	Bubble Gum Blowing Contest (family too)	Small Group Training in Turf Zone	Chronic Disease Prevention Programs	Zumba (family too)	Boot Camp (family too)
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PLUS: Costumed characters meet & greet, photo zone, summer camp information, grow-your-own garden, free week Y passes, giveaways, raffle prizes! Event rain or shine; some activities may be modified. Dress appropriately, but don't miss the fun!

QUESTIONS: Contact [Kelly Horvath](mailto:kelly.horvath@lakelandhillsymca.com) by email or call the Y.

LAKELAND HILLS FAMILY YMCA
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