

Spring II Session:
7 Weeks* | Apr 27 - Jun 14

Registration Dates

Member Registration: **March 30**
Non-Member Registration: **April 6**

8-Week Rate

Family: **\$94**
Member: **\$137**
Non-Member: **\$234**

Parent | Child A (Ages 6-18 Months) | 30 Min

Mon: 10:50am
Tue: 10:15am
Wed: 10:15am
Sat: 9:35am | 10:45am
Sun: 9:00am | 10:10am

Parent | Child B (Ages 18-36 Months) | 30 min

Mon: 10:50am
Tue: 10:15am
Wed: 10:15am
Sat: 9:00am | 10:10am
Sun: 9:35am | 10:45am

PRESCHOOL SWIM: Stage 1 Ages 3-5 | 30 Minutes

Mon: 11:25am | 4:30pm | 5:05pm
Tue: 10:50am | 4:30pm | 5:05pm
Wed: 10:50am | 4:30pm | 5:40pm
Thu: 3:55pm | 4:30pm
Sat: 9:00am | 9:35am | 10:10am |
10:45am | 11:20am
Sun: 9:00am | 9:35am | 10:10am |
11:20am | 11:55am

PRESCHOOL SWIM: Stage 2 Ages 3-5 | 30 Minutes

Mon: 11:25am | 4:30pm | 5:05pm
Tue: 10:50am | 3:55pm | 5:05pm
Wed: 10:50am | 3:55pm | 5:05pm
Thu: 3:55pm | 5:05pm
Fri: 3:55pm
Sat: 9:00am | 9:35am | 10:45am |
11:55am
Sun: 9:00am | 9:35am | 10:45am |
11:55am

PRESCHOOL SWIM: Stage 3 Ages 3-5 | 30 Minutes

Mon: 3:55pm
Tue: 3:55pm | 5:40pm
Wed: 4:30pm | 5:05pm
Thu: 3:55pm | 5:40pm | 6:15pm
Sat: 9:35am | 10:45am | 11:55am
Sun: 9:35am | 11:20am

PRESCHOOL SWIM: Stage 4 Ages 3-5 | 30 Minutes

Mon: 3:55pm
Tue: 4:30pm
Wed: 3:55pm
Thu: 4:30pm
Sat: 9:00am | 11:20am
Sun: 9:00am | 10:45am

YOUTH SWIM: Stage 1 Ages 6-13 | 30 Minutes

Mon: 5:05pm
Tue: 3:55pm
Wed: 5:05pm
Sat: 10:10am | 11:20am
Sun: 11:20am

YOUTH SWIM: Stage 2 Ages 6-13 | 30 Minutes

Mon: 4:30pm
Tue: 5:05pm
Wed: 4:30pm | 5:40pm
Thu: 5:40pm
Sat: 10:10am | 10:45am
Sun: 9:00am | 10:10am | 11:55am

YOUTH SWIM: Stage 3 Ages 6-13 | 30 Minutes

Mon: 4:30pm | 5:40pm
Tue: 5:40pm
Wed: 4:30pm | 5:05pm
Thu: 5:05pm | 6:15pm
Fri: 4:30pm
Sat: 10:10am | 11:55am
Sun: 10:10am | 11:20am

YOUTH SWIM: Stage 4 Ages 6-13 | 30 Minutes

Mon: 3:55pm | 5:40pm
Tue: 4:30pm | 5:40pm
Wed: 3:55pm | 5:40pm
Thu: 4:30pm | 5:40pm
Fri: 5:40pm
Sat: 9:00am | 9:35am | 10:10am |
11:20am
Sun: 9:35am | 9:35am | 10:45am

YOUTH SWIM: Stage 5 Ages 6-13 | 30 Minutes

Mon: 5:05pm
Tue: 5:05pm | 6:15pm
Wed: 5:05pm
Thu: 4:30pm | 5:40pm
Fri: 5:05pm
Sat: 9:35am | 11:20am
Sun: 9:35am | 10:10am | 11:20am

YOUTH SWIM: Stage 6 Ages 6-13 | 30 Minutes

Mon: 5:40pm
Tue: 5:40pm
Wed: 5:40pm
Thu: 5:05pm
Sat: 9:00am | 10:45am
Sun: 10:45am

COMPETITIVE SWIM TEAM PREP

Ages 6-13 | 45 minutes
F: \$95 M: \$134 NM: \$216

Mon: 6:15pm
Tue: 6:15pm
Wed: 6:15pm
Thu: 6:15pm
Fri: 5:40pm
Sat: 11:55am
Sun: 11:55am

MASTER'S SWIM Ages 18+ | 90 minutes M: \$115 NM: \$172

Tue: 6:30am
Thu: 6:30am

ADULT & TEEN SWIM: Beginner Ages 14+ | 30 Minutes

Mon: 10:15am
Fri: 6:30pm
Sat: 8:15am

ADULT & TEEN SWIM: Intermediate Ages 14+ | 30 Minutes

Sat: 8:15am | 11:55am

SPRINGBOARD DIVING: BEGINNER Ages 6-18 | 45 Min | F: \$105 M: \$153 NM: \$246

Sat: 8:15am | 10:10am
Sun: 10:00am

SPRINGBOARD DIVING: INTERMEDIATE Ages 6-18 | 60 Min | F: \$115 M: \$168 NM: \$271

Sat: 9:05am
Sun: 10:50am

SPRINGBOARD DIVING: ADVANCED Ages 6-18 | 60 Min | F: \$115 M: \$168 NM: \$271

Sat: 11:00am

PRIVATE SWIM LESSONS

Ages 4+ | 30 minutes | F: \$267 M: \$310

Mon: 3:55pm | 5:40pm
Tue: 11:25am | 3:55pm | 4:30pm | 6:15pm | 6:45pm
Wed: 3:20pm | 3:55pm | 5:05pm | 5:40pm
Thu: 3:55pm | 6:15pm
Fri: 3:20pm | 3:55pm | 4:30pm | 5:05pm | 5:40pm | 6:30pm
Sat: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am | 12:30pm
Sun: 9:00am | 9:35am | 10:10am | 10:45am | 11:20am | 11:55am

*Please note: Monday programs and leagues will be prorated to 6-weeks due to the Memorial Day.

CANCELLATION POLICY

A request cancellation form must be filled out online before the start of the 2nd class to be eligible for a refund or credit.

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SWIM CLASS DESCRIPTIONS

PARENT CHILD SWIM

Parent/Child A (6-18 mo)

Parents learn water safety, holds and towing techniques that encourage basic kicking/pulling and water independence for children. Swim diaper must be worn.

Parent/Child B (18-36 mo)

Toddlers are introduced to submerging, kicking and pulling combinations, floating and swimming without flotation. Swim diaper must be worn for children not potty trained.

PRESCHOOL SWIM

Stage 1 (3-5)

30 minutes
 This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 (3-5)

30 minutes
 This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (3-5)

30 minutes
 Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

Stage 4 (3-5)

30 minutes
 Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

NEED TO MISS A CLASS THIS WINTER?

Make-up lessons are available upon request for families who can't attend their regularly scheduled class due to travel, illness, or other conflicts.

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YOUTH SWIM

Stage 1 (6-13)

30 minutes
 This class is for the child who has little or no experience. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

Stage 2 (6-13)

30 minutes
 This level reinforces level 1 skills. This is for children who are comfortable in the water. They are taught to kick, float, and perform the progressive paddle stroke.

Stage 3 (6-13)

30 minutes
 Swimmers must swim 20 feet or about three quarters the width of the pool without flotation to enter this class. Develops intermediate self-rescue skills performed at longer distances than in previous stages. This class will be using the deep end of the pool.

Stage 4 (6-13)

30 minutes
 Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 5 (6-13)

30 minutes
 Swimmers must be able to proficiently swim the width of the pool on their stomach and back without flotation to enter this class. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 6 (6-13)

30 minutes
 Swimmers must be able to swim 50 yards continuously with proficient front crawl and backstroke with rudimentary breaststroke, butterfly and tread water.

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SWIM

Adult & Teen Beginner Swim

30 minutes
 Introduction to the deep end of the pool and advanced floating techniques. Please bring goggles to class. Ages 14+ yrs.

Adult & Teen Intermediate Swim

30 minutes
 This level reinforces skills. This is for those who are comfortable in the water. Introduction to stroke mechanics/development. Please bring goggles to class. Ages 14+ yrs.

Competitive Swim Team Prep

45 minutes
 A pre-swim team class designed for kids who are interested in joining the Triton Swim Team or preparing for the high school season. In this class, kids will increase their endurance and proficiency in the 4 competitive strokes, learn stroke drills, along with flip turns and dives. Swimmers must have passed Youth Stage 6 to be in this class.

Private Swim Lessons (4+)

Make a splash with one-on-one instruction tailored to your goals! Whether you're just starting out or looking to refine your stroke, our private lessons are open to all ages and skill levels. Work with a certified instructor to build confidence, improve technique, and reach your personal swimming milestones.

Springboard Diving

Beginner Springboard Diving

45 minutes
 Learn the basics of competitive diving. Divers must be able to pass the deep end swim test and do a forward dive from the pool side. Ages 6-18yrs.

Intermediate Springboard Diving

60 minutes
 This is for those divers who have taken diving classes before, they can do forward and back dives, and are working towards learning new dives. Ages 6-18 yrs.

Intermediate Springboard Diving

60 minutes
 For divers who have been promoted from the Intermediate class or high school divers who want to perfect their advanced skills. Instructor recommendation required. Ages 6-18 yrs.

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Rate Guide:

Family Member: F
Member: M
Non Member: NM

YOUTH SPORTS

45 MINUTES | F: \$83 | M: \$111 | NM: \$183

BASKETBALL

A dynamic warm up, brief skill training, and game play for girls and boys!

Mon: 4:00pm-4:45pm (Ages 6-8)
Mon: 5:00pm-5:45pm (Ages 9-12)
Tue: 4:00pm-4:45pm (Ages 4-5)

ARCHERY | OUTSIDE

IT'S BACK!

This beginner-friendly course is perfect for anyone interested in learning the fundamentals of archery. Whether you're starting from scratch or have some prior experience, this class will teach you the basics of safe and effective archery techniques. With expert guidance and hands-on practice, you'll learn how to properly handle a bow, aim, and shoot accurately, all while improving your focus, coordination, and control.

Thu: 4:00pm-4:45pm (Ages 7-13)

RUNNING CLUB | OUTSIDE/INDOOR TRACK

Join our Running Club with **Coach Bill a Personal Trainer and experienced runner!** Improve your running technique while having a blast. We will participate in sprinting, distance drills, and play fun running games on our track. Your kids will be learning basics of calisthenics, endurance, pace, and proper running/stretching techniques.

Tue: 4:00pm-4:45pm (Ages 6-12)

VOLLEYBALL

1 HOUR | F: \$92 | M: \$123 | NM: \$193

Bump, set and spike! We will provide a brief warm up, enhance your volleyball skills, and game play with **Coach Kaylee.**

Wed: 4:00pm-5:00pm (Ages 6-12)

FLAG FOOTBALL | OUTDOOR FIELD

Watch your kids set a new standard with sprints, hand-eye coordination, and teamwork using classics like flag football and capture the flag.

Wed: 4:00pm-4:45pm (Ages 6-12)

YOUTH SOCCER | OUTDOOR FIELD

Join us for an exciting Outdoor soccer class where you'll improve your skills, teamwork, and fitness. Whether you're a beginner or looking to sharpen your game, this class offers fun drills and friendly matches to enhance your technique and boost your confidence on the field.

Sat: 11:15am-12:00pm (Ages 3-5)

Sat: 12:00pm-12:45pm (Ages 6-12)

YOUTH FITNESS & SELF DEFENSE

1 HOUR | F: \$92 | M: \$123 | NM: \$193

Boost fitness and master self-defense while having a blast! Join us for active fun and build confidence for 60 minutes with **Coach Larry Leavitt a 6th Degree Black Belt with 50+ Years of Martial Arts Experience!**

Sun: 11:00am-12:00pm (Ages 6-12)

ONE ON ONE BASKETBALL TRAINING

Ages 6+ | 60 Minutes | 4 Weeks | M: \$308

Take your game to the next level with personalized basketball training led by TJ Patterson, a well-informed and experienced basketball trainer dedicated to player development. Whether you're a beginner looking to build a strong foundation or an advanced player working to refine your skills, TJ provides tailored sessions that focus on: Shooting mechanics and accuracy, Ball-handling and dribbling control, Footwork and agility, Defensive techniques, Game IQ and confidence building.

Tue: 5:00pm-6:00pm

Thu: 5:00pm-6:00pm | 6:00pm-7:00pm

Fri: 4:00pm-5:00pm

ONE ON ONE VOLLEYBALL TRAINING

Ages 6+ | 60 Minutes | 4 Weeks | M: \$308

Take your volleyball skills to the next level with personalized one-on-one training. Each session is tailored to the player's goals — whether improving serving, passing, setting, hitting, or overall court awareness. Our experienced instructor, Sports Director, Kaylee Liberty will provide focused feedback and drills designed to build confidence, consistency, and technique. Perfect for players looking to sharpen their game and gain a competitive edge.

Thur: 3:30pm-4:30pm

Wed: 5:00pm-6:00pm

Homeschool PE with Swim Lesson

Ages 5-12 | 6 Weeks | \$239

Join us for a dynamic 3-hour session at the Y, featuring:

- Physical Education • Swimming • Fun Activities

Discover hands-on learning that boosts student development and social interaction with **Coach Kaylee.** Don't miss out on this exciting opportunity for growth and engagement!

Mon: 10:00am-1:00pm

ENRICHMENT!

LIL CHEF

45 minutes | F: \$83 | M: \$111 | NM: \$183

A hands-on culinary class designed for ages 3-5 to discover new foods and practice making their own little creations with **Coach Kaylee.**

Tue: 11:00am-11:45am (Ages 3-5)

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Member: M
Non Member: NM



Pickleball Leagues at the Y

7 Weeks | 2 Hours | M: \$105 | NM: \$266

Please create a section that specifies each member is only allowed to sign up for two leagues per session. Ensure that members select their appropriate league level, as no one should be enrolled in both the beginner and advanced leagues.

PICKLEBALL LEAGUES: BEGINNER PLAY

Mon: 6:15pm-8:15pm (Ages 18+)

PICKLEBALL LEAGUES: ADVANCED PLAY

Tue: 6:15pm-8:15pm (Ages 18+)

Wed: 6:15pm-8:15pm (Ages 18+)

PICKLEBALL LEAGUES: ALL LEVELS PLAY

Sat: 9:00am-11:00am (Ages 18+)

Pickleball Lessons at the Y

7 Weeks | 1 Hours | M: \$108 | NM: \$185

PICKLEBALL LESSONS | Beginner 1

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Minimal to No experience Necessary

In this class, players learn basic stroke mechanics, fundamental shots, rules, scoring, etiquette, and court positioning for doubles pickleball.

Wed: 9:00am-10:00am (Ages 18+)

PICKLEBALL LESSONS | Beginner 2/

Advanced Beginner

Coach: Vin Grifoni – PPR Certified Pickleball Instructor
Level: Completion of Beginner 1 Lesson or 3 to 6 months experience of pickleball

Players should have learned the rules and scoring for pickleball and focus on strategy. This class emphasizes better mechanics and consistency with serves/returns, dinks, volleys, footwork, and court positioning.

Wed: 10:00am-11:00am (Ages 18+)

PICKLEBALL ADVANCED DRILL SESSION

Coach: Sarah Caliento – IPTPA Certified Pickleball Instructor
Level: Completion of Advanced Beginner Lesson or at least 1 year of experience.

Designed for players who can sustain longer rallies, this class covers point strategy, shot selection, speed-ups, and defensive/reset shots, with a primary focus on the soft, dinking game.

Wed: 11:00am-12:00pm (Ages 18+)

Scan to Register



CANCELLATION POLICY

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Rate Guide:

Member (M): \$121
Non Member (NM): \$254

ADULT FITNESS

60 MINUTES | M: \$121 | NM: \$254

NEW! LEGS & CORE STRENGTH

Strengthen and sculpt your lower body while building a strong, stable core. This focused small group session delivers targeted strength work and hands-on coaching in a motivating environment. Using progressive lifts and controlled core training, you'll build balance, power, and total body strength.

Thu: 5:00pm with Ghia

CORE STRENGTH & STABILITY

This class will help you build a stronger core utilizing kettlebells, cables, body weight exercises, and free weights.

Fri: 10:00am with Ghia

ROAD RACE RUN CLUB

Looking to become a stronger, more confident runner? This friendly small group combines running workouts with strength and mobility exercises designed to boost endurance and prevent injury. Enjoy the motivation and accountability of training with others while working toward your goals together.

Thu: 6:00pm with Bill & Bob

NEW! LEVEL UP: STRENGTH, ENDURANCE, AND CARDIO

Whether you're a beginner or experienced, this small group is designed to help you level up your fitness. Sessions will mix Olympic lifting and bodyweight and endurance exercises to build muscle and stamina using kettlebells, barbells, dumbbells, wall balls, ropes, and more. Every movement can be adjusted for any level athlete. We'll also add in some weekly challenges, such as a push up goal or hydration, focusing on important skills to support your fitness.

Tue: 7:00am with Bill

NEW! INTRO TO BARBELLS WITH RYAN

This beginner-friendly class is designed to help you feel confident and comfortable using barbells. You'll learn the fundamentals of proper setup, technique, and safety for foundational lifts like squats, deadlifts, presses, and rows using smaller, beginner barbells until you build up your strength and perfect your form for a standard barbell. Expect a supportive, low-pressure environment with plenty of coaching, practice, and time for questions. Whether you've never touched a barbell before or just want to refine the basics, this class will help you build strength, confidence, and a solid lifting foundation.

Thu: 9:00am with Ryan

Scan to Register



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FAN FAV!

WOMEN ON WEIGHTS

This program will bring participants through moderate to heavy lifts with both dumbbells and barbells. Bodyweight exercises will also be incorporated into the workout. Lifting moderate to heavy weights is a better way to burn fat and build lean muscle WITHOUT ADDING BULK.

Mon: 9:00am with Noelle*
Tue: 6:30pm with Ghia
Wed: 9:30am with Ghia
Fri: 9:00am with Noelle
Sun: 9:00am with Ghia

Y CIRCUIT

During this 60-minute class a certified personal trainer will bring you through a total body workout, strengthening all the major muscle groups. This class is open to all levels and will challenge you through exercises using bodyweight, TRX, dumbbells, kettlebells and more.

Mon: 5:00pm with Steve*
Wed: 5:00pm with Steve

Y WEIGHT

During this class, a certified personal trainer will bring you through a total body workout focusing on heavy lifts such as Presses, Squats and Deadlifts along with auxiliary exercises to complement your heavy work.

Mon: 7:00pm with Emily*
Wed: 7:00pm with Emily

INTRO TO BOXING

Join Stacy for a dynamic class where you'll master proper form, technique, punches, and combos, while getting hands-on practice with both bags and partner drills.

Wed: 8:30am with Stacy

BOXING FOR WOMEN

Ladies, learn to box from the first woman to qualify for Golden Gloves in New York State! Join Stacy in this supportive, empowering environment to learn proper form and technique, punches, and combos. Class will also include work with both the bag and partners.

Sun: 10:00am with Stacy
Sun: 11:00am (Intermediate) with Stacy

INTRO TO METABOLIC CONDITIONING

For those interested in our Metabolic Conditioning class, but newer to exercise. This program meets in small group training sessions once per week and includes body composition monitoring, nutrition plans, and strength & cardio plans. With the guidance of a seasoned certified personal trainer and all this support, your goals are within reach!

Fri: 10:00am with Chuck

METABOLIC CONDITIONING

This runs 2x per week | M: \$218 | NM: \$457

Everything you need to kickstart your goals! This program includes two 60-min small training sessions per week, body composition monitoring, nutrition plans, and strength & cardio plans. With the guidance of a seasoned certified personal trainer and all this support, your goals are within reach!

Tue & Fri: 9:00am

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Family Member (F): \$109
Member (M): \$151
Non Member (NM): \$229

TEEN FITNESS

60 minutes | F: \$99 | M: \$136 | NM: \$218

TEEN SPORT CONDITIONING (AGES 12-16)

Build on overall athleticism and fitness to push you to the next level. Class includes functional training, balance, agility, battle ropes, medicine balls, kettlebells, body weight exercises and more! No experience necessary, just a positive attitude and willingness to work hard.

Tue: 4:00pm with Steve

L.I.F.T (AGES 12-16)

Lifting Instruction for Teens provides a safe and effective introduction to free weight exercise. This class will guide teens through proper form and function of primary lifts and teaches them how to build their own routines. No experience necessary, just a positive attitude and willingness to work hard.

Fri: 4:00pm with Steve

GIRLS WHO LIFT (AGES 14-17)

Strong, confident, and unstoppable! Join our teen girls' weightlifting class to learn the moves, build muscle, boost your strength, and have a blast doing it in a supportive, high-energy environment.

Thu: 4:00pm with Ghia



UPGRADE YOUR PERSONAL TRAINING! For only \$75 per month

This time of year can be a busy time, but it doesn't have to keep you from reaching your fitness goals. Get two workouts per week for one month customized for you by your trainer for you to do independently when scheduling that training session is just too challenging. Workouts come complete with instructions and tutorial videos. Now you can get even more out of personal training!

must have an existing personal training package on member account
www.ymcametronorth.org/personal-training

HEALTHY FAMILIES FOR LIFE

At the YMCA, we believe physical activity is key to a healthy, happy life—for every age and ability. From sports and personal training to private swim lessons and youth fitness classes, we offer safe, supportive programs for the whole family.

Our Youth & Teen classes are designed to spark a love for movement and build lifelong healthy habits. Whether your child is just starting out or a returning participant, there's always something new to learn and enjoy!

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APRIL BREAK SPORTS CLINIC

APRIL 22ND, 23RD, & 24TH

5 HOURS | 9:00AM-2:00PM



Price:
\$60
/PER DAY FOR
FAMILY
MEMBERS

Join us for a fun-filled Four-day sports clinic at the Y, led by our energetic Sport/Camp Eastman Staff! Each 5-hour session features a variety of activities, including basketball, dodgeball, kickball, soccer, volleyball, team-building games, and open swim. Please send your child with a lunch, water bottle, swimwear, sneakers, and comfortable athletic clothing each day.

For more information, contact Kaylee at kliberty@metronorthymca.org.

- Wednesday: 9:00 am- 2:00pm | Ages 5-12
- Thursday: 9:00 am- 2:00pm | Ages 5-12
- Friday: 9:00 am- 2:00pm | Ages 5-12

PRICING PER DAY: F:\$60 | M:\$80 | NM:\$110
WWW.YMCAMETRONORTH.ORG/PROGRAMS





175^{YEAR} ANNIVERSARY



HEALTHY KIDS DAY[®]

Free To The Public!



APRIL 18th

NATIONAL SPONSORS



12:00PM-2:00PM

Torigian Family YMCA

www.ymcametronorth.org/healthy-kids-day

