



**YMCA**  
**HEALTHY**  
**KIDS® DAY**  
 APRIL 17, 2010

# Put Play in Your Day!

## Saturday, April 17th, 2010

**Time: 1:00pm-4:00pm**

**Come join the fun! Spend the day enjoying FREE, exciting, engaging, and creative ways to help the children and families in your community to adopt behaviors that support a healthy lifestyle.**

**The days events will include:**

**A watermelon eating contest - face painting - Hammer Strength - water slide bounce house - make your very own fruit smoothie with "Rock the Bike", swim in our outdoor pool.**

**All festivities are FREE to the Community!**

**Location: Redlands Family YMCA**

**Address: 500 E. Citrus Ave., Redlands**

**909-798-9622 x219**



OTHER FAMILY FUN YOU CAN HAVE AT HKD 2010 :

- FIRE ENGINE FUN W/ THE REDLANDS FIRE DEPT.
- CRAFTS WITH LOWES HOME IMPROVEMENT
- ENVIRONMENTALLY FRIENDLY GIFT BAGS WITH HEALTHY REDLANDS.
- FUN & SAFE PARENT AND CHILD PLAY TIPS.
- HEALTHY NUTRITION IDEAS.
- SELF-DEFENSE DEMOS FOR CHILDREN AND PARENTS.

**Redlands Family YMCA**



So, come be a part of the YMCA's National Healthy Kid's Day 2010 and

**Put Play in Your Day.**

Help us to BE the difference in building strong kids, strong families, and strong communities.

Co-Sponsored and Presented By:

