



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHARGE IN THE SUMMER!



THE EVENT IS
FREE
AND OPEN
TO THE
PUBLIC

The Best Summer Ever Starts at
HEALTHY KIDS DAY!
APRIL 29

LAKE COUNTY YMCA

440.946.1160

www.lakecountyyymca.org

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For a better us.



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When: Sat., April 29th
Time: Noon to 3:00pm
Who: All Families welcome (Parents must stay with child participants)
What: The Y will celebrate Healthy Kids Day, our national initiative to improve the health and well-being of kids. Join the Movement!
Where: South High Stadium or inside West End Y in case of rain

Schedule of events

11:45am	Gates open
12:05 pm	All families/children in middle of football Field for Group Warm-up
12:25 pm	National Anthem – Color Guard – Young Marines
12:40pm –1:40pm	Sprint Events – K, 1st, 2nd graders Boys on Visitor side of Track, Girls on Home side of Track Field Events – 3, 4, 5, 6th graders Long jump (Sand Pit) – Girls start Softball Throw (Shot Put Cage) Boys Start Frisbee Throw (Discus) Paper Airplane Throw(Javelin)
1:45 pm – 2:30pm	Running Events 3, 4, 5, 6th graders Boys on Visitor side of Track, Girls on Home side of Track Field Events – 3, 4, 5, 6th graders Long jump (Sand Pit) – Girls start Softball Throw (Shot Put Cage) Boys Start Frisbee Throw (Discus) Paper Airplane Throw(Javelin)
2:40pm	Relays K, 1, 2, 3rd grade Boys & Girls on Football Field Fun relays, 3 legged etc. 4, 5, 6th grade Boys & Girls on Track Actual relays, with 100m, 200m legs Can have Fun relays too
All Day Events	Bounce House GAGA Face Painting Willoughby Fire Truck WE Library
3:00pm	Closing Ceremony Group Y photo Invite all Families to take a lap around Track