



# December 19<sup>th</sup> Family Wellness Day



Visit the Saddletowne YMCA Saturday, December 19th from 1:00-4:00 PM for our Community Wellness Day. There will be games, activities and more throughout the afternoon, and access is *FREE* for everyone.

Don't forget to bring your bathing suit!



Time	Multipurpose Room 1	Multipurpose Room 2	Preschool Room	Training Pool	Gymnasium 1	Climbing Wall
1:00-1:30		Reindeer Romp Zone			Snowball Toss	Family Snow Scramble
1:30-2:00				Bobbing for Candy Canes		
2:00-2:30	Trail to the North Pole		Elf Workshop			
2:30-3:00						
3:00-3:30				Bobbing for Candy Canes		
3:30-4:00						

### Trail to the North Pole: Ages 6+

Come on down and work your way through our winter wonderland obstacle course through the exciting North Pole!



### Reindeer Romp Zone: Ages 2-5

Even Santa's Reindeer need to let off some steam from the excitement of the Holidays. Come join in on all the Reindeer games and have some fun with us!

### Elf Workshop: Ages 3+

Ever wonder what it's like to be a hard working Elf? Come and join in on the fun and challenge your creative skills in the workshop!

### Bobbing for Candy Canes: Ages 3+

Help Pete the Penguin find his fish in the training pool! He's brought lots of candy canes and holiday treats to share with his helpers!

### Snowball Toss: Ages 5+

Work on your snowball throwing arm in our gym! Join us for fun family games that keep you moving and active.

### Family Snow Scramble: Ages 4+

Scramble your way up the climbing wall and challenge your body and mind. Warm up with your family with climbing activities and challenges, for an afternoon of wintery fun!