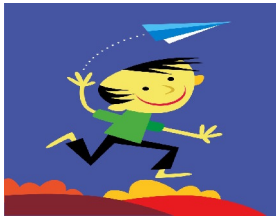




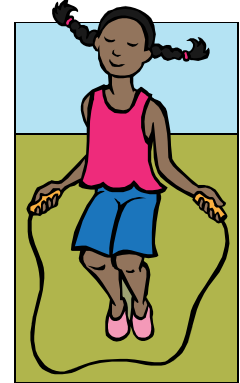
ACTIVATE AMERICA®

YMCA of Central Virginia

presents...



HEALTHY KIDS DAY



When: April 16, 2010 4:30pm-7:00pm

Where: Jamerson YMCA

Open For All Members & Non- Members

Participate in events such as:

- Zumba
- Tumbling
- Karate
- Circuit Training
- Sports Wall
- Inflatables
- Obstacle Courses

Raffle prizes include:

- XRRKade t-shirts!
- Jamerson YMCA t-shirts!
- 1/2 Off Swim Lessons!
- 1/2 Off Birthday Party Reservations!
- 1/2 Off Any Youth Sports Program!

For more information, contact Ryan Zachos
Youth & Family Director

ryanz@lynchburgymca.org or (434) 582-1900

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