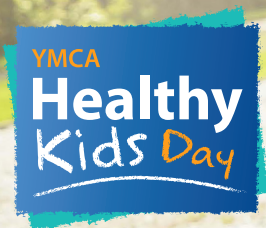




YMCA of  
Oakville



Building healthy communities through the power of belonging

**YMCA Healthy Kids Day**  
**Sunday, June 3 | 11:00 am - 3:00 pm**

At the YMCA, we believe children need opportunities to be engaged in their community to grow up healthy and strong. Through events like YMCA Healthy Kids Day, we give families the chance to belong and discover what it means to be healthy, active individuals.



Help us reach 1,000,000 steps!

- Registration opens at 10:45 am
- Collect your passport and pedometer
- Record your steps & submit your passport
- Be entered to win a prize pack!

**12:00 - 2:00 pm**

Enjoy a cash BBQ or purchase lunch from Zagros Grill House!

Family Fitness		
11:00 - 3:00	Family Track Time	 Wellness Centre
11:00 - 3:00	Family Swimming	 Aquatics Centre
11:00 - 3:00	Family Rock Climbing	 Adventure Centre
11:00 - 11:45	Family Aqua Zumba® (6+ yrs)	 Main Pool
12:00 - 12:45	Family Box Fit (6+ yrs)	 Room 5
12:30 - 1:30	Family Hike on the Moccasin Trail Bus transportation provided, meet at the bike rack	 Outdoors
1:00 - 1:45	Family Yoga	 Room 5
2:00 - 3:00	Project Autism: MOVE A fun, active, engaging and energetic work out geared to families with disabilities	 Rooms 3 & 4

Early Years (0-5 yrs)		
11:00 - 2:00	Gym Kids	 Gym 1
11:30 - 12:45	Preschool Dance Party Hosted by Oakville Public Library	 Gym 1



Thank you to our many YMCA Healthy Kids Day partners and exhibitors!

Playful Minds			
11:00 - 3:00	Bricks 4 Kidz® LEGO®		Room 1
11:00 - 3:00	Family Snacks & Ladders (Board Games)		Room 1
11:00 - 3:00	Slime Making		Outdoors
11:00 - 11:30 11:45 - 12:15 12:30 - 1:00	Family Painting Party ( <i>max. 20 people/session</i> ) Hosted by Speckles Art Studio		Room 4
11:30 - 1:00	Coding/Robotics		Room 2
12:00 - 3:00	Escape Room Experience Hosted by Mission Possible Escape Rooms <i>Limited spots available</i>		Outdoors
11:00 - 1:00	RockPro Music Activity/Demonstration		Room 3
1:00 - 3:00	Sticker Station (6+ yrs) Hosted by Oakville Galleries		Outdoors
1:30 - 3:00	Mathnasium Sharpen skills through fun games, hosted by Mathnasium Learning Centre		Room 2
2:00 - 2:30	What is Mother Earth Saying to Us? Hosted by Grandmother Renee ( <i>see back for details</i> )		Outdoors (by the fire pit)
2:00 - 3:00	Shelter Building		Room 5

Children (6-12 yrs)			
11:00 - 3:00	Inflatables		Outdoors
11:00 - 3:00	Pick-up Basketball		Outdoors
11:00 - 12:00	OBA Basketball Skills & Drills ( <i>6-9 yrs, max. 20 kids</i> )		Gym 2
12:15 - 1:15	OBA Basketball Skills & Drills ( <i>10-12 yrs, max. 20 kids</i> )		Gym 2
1:30 - 2:30	Soccer Obstacle Course (7+ yrs) Hosted by Oakville Soccer Club		Gym 2
2:30 - 3:00	DrumFit - <b>NEW!</b>		Gym 1

# YMCA Healthy Kids Day Featured Activities

See inside for full activity schedule

## Massive Tank Studios

The local professional recording studio has worked with Community Living Oakville and Mind Forward Brain Injury Services to bring a band program to clients with both developmental delays and acquired brain injuries.

Playing outdoors from 11:00 am - 3:00 pm, check out the CLO Rep Band, The Wednesdays, The Rehabs, Matteo Esposito & more!

## Oakville Galleries Sticker Station

Do you like making art? Join Oakville Galleries outdoors to make artwork that you can stick wherever you want! Each participant will create a small drawing then turn it into a sticker with a hand-cranked sticker machine.

## Mission Possible Escape Rooms presents: Immunity Quest

Your tribe has been placed on a deserted island and must work as a team to solve puzzles and riddles while searching for the God of Immunity mask. Work together as a family to find the God of Immunity mask before time is up!

## What is Mother Earth Saying to Us?

Hosted by Grandmother Renee

As an Haudenosaunee Woman, her walk in life is to share awareness and the uplifting of the spirit through the teachings of Our Mother, the Earth and the Understanding of the Good Mind.

## OBA Cares

Just like children need to learn to read and write, they also need to learn to move with competence and confidence across a variety of movements, giving them the tools required to be active for life. OBA Cares is designed to teach fundamental movement and basic basketball skills while developing physical literacy in young athletes.



905-845-3417 | [ymcafoakville.org](http://ymcafoakville.org)