

FREE COMMUNITY DAY

— MAKE A SPLASH —



SATURDAY, MAY 20 8am-4pm**

****See back for full schedule of times & events >>>**

• **YMCA OPEN TO THE COMMUNITY**

No Guest Fees, Group Ex Classes, Open Swim Times, Senior Teen Center Open Play, Nursery Child Care

• **COMMUNITY INDOOR YARD SALE**

7am-12pm — Rent table for \$15!

Rental proceeds to go 'Invest in People' Scholarship Fund

• **COURIER-TRIBUNE'S KIDZTOPIA EVENT**

7am-12pm — Local Vendor Booths, Free Kidsboro Magazines PLUS Inflatables, Food Trucks, AND MUCH MORE!

• **HEALTHY KIDS DAY EVENT**

10am-12pm — Featuring Cornerstone Health Care's Ask A Doc, BestHealth Wellness, & Brenner FIT PLUS Car Seat Checks, Kids Health Fair, AND MORE!

• **FREE SWIMMING LESSONS**

*Must pre-register May 1-18

• **SPLASH PAD OPENS FOR SUMMER**

Bathing suit & towel needed
Music, Door Prizes, Temporary Tattoos

• **NO JOINING FEE!**

Join the Y May 19-21 & save \$50-\$100!

CO-SPONSORS:



RANDOLPH-ASHEBORO YMCA

343 NC Hwy 42 N—Asheboro, NC 27203
(336) 625-1976 — RANDOLPHASHEBOROYMCA.COM





RANDOLPH-ASHEBORO YMCA FREE COMMUNITY DAY SCHEDULED ACTIVITIES

Saturday, May 20, 2017 – 8am-4pm

NEW MEMBERSHIP SPECIAL

Join the YMCA with NO New Member Joining Fee – May 19-21 Only! Save \$50-\$100!!!

OUTDOOR EVENTS

- 7:00am-4:00pm **Inflatable Obstacle Course** (Soccer Fields)
- 8:00am-2:00pm **Food Trucks** (Main Entrance Loop)
- 8:00am-4:00pm **Splash Pad Open Play, Music, Temp Tattoos, Door Prizes** (Splash Pad)
- 8:00am-9:00am **Plant/Flower Swap** (Cooperative Outreach Garden)
- 9:00am-5:00pm **Youth Rec Soccer Games** (Soccer Fields)
- 10:00am-12:00pm **FREE Car Seat Checks** by RC Safe Kids (Main Entrance Loop)

INDOOR EVENTS & ACTIVITIES

- 7:00am-12:00pm **Community Indoor Yard Sale** (Basketball Gymnasium)
- 7:00am-12:00pm **Courier-Tribune's KidzTopia Event** (Basketball Gymnasium)
(Local Vendor Booths, Free Copies of Kidsboro Magazine)
- 8:00am-12:00pm **Nursery Child Care** Ages 6wks – 6yrs (Nursery)
- 10:00am-12:00pm **Healthy Kids Day w/Cornerstone Health Care/Wake Forest Baptist Health**
(Kids Health Fair, Activities & More!) (Community Room)
- 12:00pm-4:00pm **Senior/Teen Center Open Play** (Senior/Teen Center)
- 12:00pm-4:00pm **Racquetball Open Play** (Racquetball Courts)
- 12:30pm-2:30pm **Girl Scouts Daisy Day** (Youth Room)
- 1:00-4:00pm **Basketball Open Play** (Basketball Gymnasium)

GROUP FITNESS CLASSES

- 8:05am-9:00am **Boot Camp** (Group Ex Studio)
- 8:15am-9:00am **Yoga** (Mind & Body Studio)
- 8:30am-9:30am **Water Aerobics** (Pool)
- 9:00am-10:00am **Cycle** (Indoor Cycle Studio)
- 9:15am-10:00am **Pilates** (Mind & Body Studio)
- 10:00am-11:00am **Yoga** (Mind & Body Studio)

FREE SWIM LESSONS *(Must pre-register May 1-18)

- 10:00am-10:30am **Free Swim Lesson Session 1** (Pool)
- 10:45am-11:15am **Free Swim Lesson Session 2** (Pool)
- 11:30am-12:00pm **Free Swim Lesson Session 3** (Pool)

SWIM SCHEDULE (Pool)

*Guest Swimmers must have appropriate colored wristbands = 1st Come, 1st Served

- 8:00am-12:00pm **Member Only LAP SWIM**
- 8:30am-9:30am **Water Aerobics Group Exercise Class**
- 12:00pm-1:00pm **MEMBER ONLY OPEN SWIM**
- 1:00pm-1:55pm **Member Swim + 75 Guest Swimmers** (**5 minute Pool break 1:55pm-2pm)
- 2:00pm-2:55pm **Member Swim + 75 Guest Swimmers** (**5 minute Pool break 2:55pm-3pm)
- 3:00pm-3:55pm **Member Swim + 75 Guest Swimmers**

*** Visit RandolphAsheboroYMCA.com for upcoming events at your
Randolph-Asheboro YMCA ***