



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPIRITED SPRING OPEN HOUSE

TUESDAY, MARCH 26TH FROM 3-8PM

WELLNESS

- Salma Yoga Demo at 3pm
- YMCA Personal Trainer Michael Edimo will conduct FREE Body Composition/Blood Pressure Assessments from 5pm - 7pm



AQUATICS

Free Swim Assessment
from 3pm - 5pm



AYRLAWN

Summer Camp Consultation from 3pm - 7pm



**FREE AND OPEN TO
THE COMMUNITY**

\$0 Enrollment
Fee