

# HEALTHY KIDS WEEK

## AT THE RIDGEWOOD Y!

April 16 – 21

3:30 – 6:30pm

**Monday**  
YOUTH FITNESS DAY

Free Throw with  
CEO, Basketball!  
4 – 5pm

Kids Zumba  
5-5:45pm

Fitness Dice  
Game

**Tuesday**  
KIDS NUTRITION DAY

Make  
Fruit Kabobs

Learn with  
Caroline our  
Dietitian!

**Wednesday**  
ALL ABOUT AQUATICS

Game of Sharks &  
Minnows In the Pool  
3:45- 4:15pm

Race the Associate  
Aquatics Director  
4:15-4:45pm

Pool Safety  
Info!

**Thursday**  
YOUTH COMMUNITY DAY

Story Time with  
Ridgewood Library  
4pm

NY LIFE Child IDs  
Bring a canned good  
for Social Services!

**Friday**  
KIDS CRAFT DAY

Planting with  
Goffle Brook  
Garden

Spring Craft

**Saturday**  
CAMP PREVIEW DAY!  
11am – 1pm

Meet our counselors, participate  
in camp activities and enjoy  
delicious camp snacks!



**FREE DAILY ACTIVITIES  
&  
OPEN TO THE PUBLIC!**

Further details at  
[ridgewoodymca.org](http://ridgewoodymca.org)  
or call 201.444.5600 x375



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY