

# UNPLUG AND RECONNECT AT THE RIDGEWOOD YMCA

## OPEN HOUSE

Saturday, January 6  
11am - 2pm

112 Oak Street Ridgewood NJ

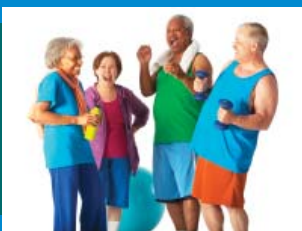
Unplug this year and reconnect!

At the Ridgewood Y, we are a nonprofit charity with a focus on youth development, healthy living and social responsibility!

Open house activities \*  
planned for ages 3 years +



\*Not a school sponsored event.



- Join in exercise classes
- Free throw basketball challenge with our CEO
- Fitness assessments
  - Family / Lap swim
- Membership drawing

- Kids STEM projects
    - Crafts
  - Personal training
    - Play pickleball
    - Snacks
- Provided by: WholeFoods Ridgewood
- Tours all day & more!

For more information visit:

[www.ridgewoodymca.org](http://www.ridgewoodymca.org)

201.444.5600 x500

# UNPLUG AND RECONNECT AT THE RIDGEWOOD YMCA

## OPEN HOUSE SCHEDULE

Saturday, January 6  
11am - 2pm

Open house activities  
planned for ages 3 years +



Time	Activity	Location
11-11:15am	Baton (O)	GYM
11-11:30am	AquaEx (F) with Bernadette	Habernickel Pool
11-11:45	Art Book & Cook (3-5yrs.)	Meads Hall
11:15am-12pm	Basketball (O)	GYM
11:30am-12pm	Spin	Belair
12 - 12:30	LaBlast with Joanie (F)	Meads Hall
12- 12:30pm	Basketball Free Throw with the CEO (A)	GYM
12 - 1:30pm	Family Open Swim (A) first 100 participants	Habernickel Pool
12 - 2pm	Pickleball (F)	GYM
12:15-1pm	STEM 1 (3-5yrs.)	Meads Hall
1 - 2pm	STEM Project (A)	Meads Hall
1:30 - 2pm	Yoga with Emi (F)	Meads Hall
11am - 2pm	Membership Drawing	Lobby
11am-2pm	Tours	Lobby
11am-2pm	Crafts (A)	Lobby
11am-2pm	Photo Booth (A)	Lobby
11am-2pm	Snacks (A)	Lobby
11am-2pm	Strength & Conditioning Gym	Strength & Conditioning Gym

(F) = Family Friendly ages 12yrs. +  
(A) = All ages 3yrs. +  
(O) = Observe Only

#### FAMILY SWIM RULES:

- Children under 13 must be accompanied by an adult
- Adults must be in the pool at all times with children who have not passed the deep-water test.
- A deep water test must be passed prior to swimming in deep end.
- All children in diapers must wear swim diapers
- No swimmies allowed



For more information visit:

[www.ridgewoodymca.org](http://www.ridgewoodymca.org)

201.444.5600 x500