



Fun, FREE, active event to encourage
60 minutes of active play each day!
Activities geared toward kids in grades K-5

Saturday, April 21
12:00-2:00pm
After Day of Caring!

Open to the public

Join us!

Saturday, April 21 • 12:00-2:00pm
Lebanon Valley Family YMCA
201 North 7th Street

Events & Activities

LVC student athletes will help kids learn the fun & importance of a healthy, active life through functional activities that require little to no equipment. Complete 5+ activity stations and receive a free water bottle! Plus, participate in group events throughout the afternoon.

12:00-2:00pm: Activity stations for kids

Examples: jumping jacks, planking, obstacle course

Featured activities:

Kids Yoga class at 12:30

Healthy cooking demonstrations by WellSpan Health

Partner workout class for parents & kids at 1:15

Plant your own tomato plant to take home, courtesy of the Lebanon County Conservation District



- ★ **High-Energy!**
- ★ **Fun & Active!**
- ★ **Music by a DJ!**

**Parents will be required to sign a waiver in order for kids to participate in physical activities.
Families are encouraged to also stop by the Lebanon Community Library to check out the Spring Into Reading Fest!*



@COACHJULIESMYTH



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LEBANON COUNTY