



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY KIDS DAY

YOU DON'T WANT TO MISS IT!!!

The Y's largest national initiative, bringing children and families together while providing the education, activities and experiences that teach good health and foster connections through fitness, sports, fun and healthy habits.

Who

FREE EVENT

Open to the entire community!

When

Saturday, April 21
10:00AM – 1:00PM

Where

Ocean County YMCA, 1088 West Whitty Road, Toms River

Activities Include

Community Partners sharing valuable health information, game truck on site, navigate through the mini trikes course, inflatables for outdoor fun, health screenings, demonstrations, tours and so much more.

Contact

JoAnn Kermick 732-341-9622 ext. 4255 or jkermick@ocymca.org with any questions.



**MEMBERSHIP SPECIALS AND A 25% DISCOUNT
OFF ONE WEEK OF SUMMER CAMP IF
YOU REGISTER ON SATURDAY, APRIL 21ST.**

OCEAN COUNTY YMCA
1088 W Whitty Road, Toms River NJ 08755
P 732 341 9622 F 732 341 1629
WWW.OCYMCA.ORG



Just to name a few of our partners in health for a day of fun!

- ❖ Toms River Family Health & Support Coalition providing residents with knowledge of and access to health resources.
- ❖ Toms River Police Department
- ❖ Toms River Fire Department
- ❖ Perlmutter Family ShopRites will share family nutrition information.
- ❖ Ocean County Health Department
- ❖ Kum Sung of Forked River has a Karate demonstration @ 12PM.
- ❖ Meridian Health Pawsative Action Team with nursing support will join us.
- ❖ The Commission for the Blind and Visually Impaired will provide eye screenings.
- ❖ Safe Kids Worldwide protecting kids on the move, at home and at play.
- ❖ Immediate Care
- ❖ NJ Natural Gas shares conservation tips
- ❖ Beck Wellness
- ❖ Stop and Shop
- ❖ The Seeing Eye, Inc. dog demonstration will be @ 11:30AM
- ❖ Children's Yoga 10:30-11:30AM scheduled by age

Friends from RWJ Cancer Support Community, Wang Orthodontics, DART Prevention Coalition, Project Aware, Kessler Institute, New York Life, Ocean County Library, Mental Health Association in NJ, Inc and Seashore Family Services will also be on hand.

Children can try the Mega Thrill 3 Lane Obstacle Course (Minimum height requirement is 40") and Mickey Park Learning Club (Rider Height is 30"-48")

Family guidelines for swimming after 1PM:

- -Lifeguards are mandated to test any youth under age 18 wishing to swim in the deep end.
- -All children 8 and under must be accompanied in the pool with an adult within arm's reach.
- -Children 9-11 must have a parent or guardian on the pool deck when using the pool.