



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COOL

Saturday, April 30

HEALTHY KIDS DAY TRIATHLON & FESTIVAL REGISTER TODAY! Online or at Either Location AGES 5-14, Held at Our Kerasotes Facility



HEALTHY KIDS DAY® is all about building on the "COOL" factor inside every kid...whoever they are and wherever they're from. So come to **HEALTHY KIDS DAY Triathlon & Festival** at our **Kerasotes Branch** for a day of creative, challenging, smart, healthy fun.

- SWIM
- BIKE
- RUN

For a better us.™

Saturday, April 30, 2016
YMCA Kerasotes
9:00 a.m.—2:00 p.m.
Kids Triathlon & Festival

Bounce house, games, photo booth, face painting, & food. Vendors will be available to showcase healthy eating, lifestyles and safety.

AGES: 5-6 (Splash & Dash),
7-8, 9-10, 11-12, & 13-14



HEALTHY KIDS DAY TRIATHLON! APRIL 30

Schedule of Events

- 5-7 p.m. Packet Pick Up - Kerasotes
- 9:00 a.m. Packet Pick Up - At Event
- 10:00 a.m. - 12:00 Noon: Games
- 10:30 a.m. Kids Karate Demo
- 11:00 a.m. Triathlon Begins
- 11:30 a.m. Preschool Obstacle Course
- 12:00-2 p.m. Emergency Vehicle Tour
- 12:00 p.m. Zumba for Kids
- 1:00 p.m. PIG Competition
- 1:30 p.m. Awards

YMCA of Springfield, IL
217-544-9846
Springfieldymca.org

Event Sponsors

All proceeds from this event go towards our Strong Kids Scholarship Fund.

Course Sponsors