



# HEALTHY FAMILY HOME

A YMCA Initiative

Brought to you by



2020 sponsor of the Carlisle Family YMCA's Healthy Family Home series

## WE'RE BUILDING STRONGER FAMILIES

During 2019, the Y is offering various events targeted to increase awareness and opportunities for families to:



EAT HEALTHY



PLAY EVERY DAY



GET STRONGER



GO OUTSIDE



SLEEP WELL

Many of the activities are **free for Y members and non-members**. Other programs will require both a Y member and non-member program fee to participate (programs noted below with an \*). Every activity will be fun for the whole family and will focus on one of the pillars listed above. Register on our website today!

## 2019-2020 HEALTHY FAMILY HOME SERIES SCHEDULE

DATE	EVENT DETAILS	LOCATION & TIME
12.11.19	<b>Visit with Santa</b> Bring your kids to the Y to meet Santa and enjoy cookies and milk.	Carlisle Family YMCA 6:15-7pm
12.12-13.19 12.16-20.19	<b>Gift Wrapping for Good</b> Bring your gifts to the Y to get them wrapped for free by Y staff and volunteers. You can drop off and pick up presents during any of the time slots. All presents must be picked up within 24 hours. Donations will be accepted and will be given to the United Way.	Carlisle Family YMCA Exergame Youth Room 8-9:30am, 11am-12:30pm and 3:30-5pm
01.26.20	<b>Family Swim Time</b> Play on our pool inflatables and Aquaclimb® wall and enjoy rec swim time in the Y pool.	Carlisle Family YMCA 2-4pm
03.15.20	<b>Family Swim Time</b> Play on our pool inflatables and Aquaclimb® wall and enjoy rec swim time in the Y pool.	Carlisle Family YMCA 2-4pm
04.11.20	<b>Wet 'N Wild Egg Hunt in the Pool</b> Come to the pool for a wet 'n wild time collecting eggs! Choose 12-12:30pm, 12:30-1pm or 1-1:30pm. Limited to 50 per session Parents must get in the pool with kids 6 and under.	Carlisle Family YMCA Indoor Pool 12-2pm
04.18.20	<b>Healthy Kids Day®</b> Bring the kids to the George B. Stuart Athletic Fields for fun games and hands-on activities!	George B. Stuart Athletic Fields 1213 Rockledge Drive, Carlisle 10am-2pm
04.26.20	<b>Family Flick &amp; Float</b> Watch a movie in the pool at the Y! We have some tubes or you can bring your own. At least one parent must stay for the entire program. We will watch Toy Story 4.	Carlisle Family YMCA Indoor Pool 3-5pm
05.09-10.20	<b>Camp Thompson Family Camp*</b> Enjoy a Spring weekend with your family at Camp Thompson.	Camp Thompson Saturday 1pm - Sunday 1pm

\*program fee required for Y members and non-members



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UNITED WAY OF CARLISLE & CUMBERLAND COUNTY

CARLISLE FAMILY YMCA  
Annual Campaign  
Proud Community Partner

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Understanding what's important™