



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL FUN FOR ALL!

Community Day Open House

- FREE!! Access to exclusive Y fitness classes
- FREE!! Floating Pumpkin Patch for kids of all ages
- FREE!! Inflatables from Strouse Entertainment
- FREE!! Children's Craft and Games
- FREE!! Food from Peters Orchards and South Side Deli!
- FREE!! Invigorating workout in our Wellness Center
- FREE!! Red 102.3 live remote with Phil the Thrill
- FREE!! Tours of our Phase 1 addition & more!!
- FREE!! Outdoor movie at 7pm at the soccer fields!

FREE TO MEMBERS AND THE PUBLIC!
Saturday, October 23 | 9:30am-2pm

CARLISLE FAMILY YMCA
311 S. West St., Carlisle PA
carlislefamilyymca.org

THANK YOU TO OUR COMMUNITY DAY PARTNERS!





COMMUNITY DAY OPEN HOUSE

SATURDAY, OCT 23, 2021

9:30AM-2PM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FACILITY AMENITIES AND HOURS

Wellness Center (Cardio / Weight Training / EGYM Demos) 10am-2pm (ages 13+)

GROUP EXERCISE CLASS SCHEDULE

Time	Class Format	Location
9:30-10am	Les Mills BODYCOMBAT™ - Ashley & Ornella	Walnut Street Parking Lot
10-10:30am	Les Mills BODYATTACK™ - Marci & Ornella	Walnut Street Parking Lot
10:30-11am	ZUMBA® - Jeannette & Claudine	Walnut Street Parking Lot
11-11:30am	R.I.P.P.E.D. - Jeannette	Walnut Street Parking Lot
11:30am-12pm	Les Mills GRIT™ Cardio - Alexa & Ornella	Walnut Street Parking Lot
12:15-1pm	Yoga - Fiona	Walnut Street Parking Lot

FAMILY FUN, FOOD & MORE!

Time	Event	Location
10am-1pm	Inflatables	Walnut Street Parking Lot
10am-1pm	Games	Walnut Street Parking Lot
10am-1pm	Children's Craft	Walnut Street Parking Lot
10:30am	Phase 1 Tour (Limited to 10. Sign up at the Registration Table)	Meet at the Registration Table
11am-1pm	Red 102.3 Live Remote	Walnut Street Parking Lot
11:30am	Phase 1 Tour (Limited to 10. Sign up at the Registration Table)	Meet at the Registration Table
11:30am until gone	FREE!!! Wraps from South Side Deli	Walnut Street Parking Lot
12:30pm	Phase 1 Tour (Limited to 10. Sign up at the Registration Table)	Meet at the Registration Table
1-2pm	Floating Pumpkin Patch Thank you Oak Grove Farms and Peters Orchards for the pumpkins!	Indoor Pool
7pm	Family Flick at the Fields Bring the whole family to watch "Luca" outside on the blow-up screen. Popcorn will be provided, but please bring blankets and chairs for your family. Please note: At least one adult from each family must be present for the entire program.	1213 Rockledge Drive, Carlisle