

# FALL FUN FOR ALL!

## Community Day Open House



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- Access to exclusive Y fitness classes
- Floating Pumpkin Patch
- Inflatables
- Invigorating workout in our Wellness Center
- Children's Craft and Games
- NERF® Games
- Family Rec Swimming and Basketball
- Turkey Trot Sponsor Fair
- Pickleball
- Food
- Red 102.3 live remote



**FREE TO MEMBERS AND THE PUBLIC!**

**Saturday, October 29 | 9:30am-2pm**

See back for complete schedule

**CARLISLE FAMILY YMCA**  
311 S. West St., Carlisle PA  
[carlislefamilyymca.org](http://carlislefamilyymca.org)

THANK YOU TO OUR COMMUNITY DAY PARTNERS!





# COMMUNITY DAY OPEN HOUSE

## SATURDAY, OCT 29, 2022

### 9:30AM-2PM

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FACILITY AMENITIES AND HOURS

### Wellness Center & Functional Fitness Center

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

### GROUP EXERCISE CLASS SCHEDULE

Time	Class Format	Location
9:30-10:30am	Les Mills BODYPUMP™ - Kelly Space is limited and not guaranteed. Ages 13+ only.	Studio A
10-10:30am	Family Yoga - Ellie	Multipurpose Room
10:40-11:40am	Sports Yoga - Jim Space is limited and not guaranteed. Ages 13+ only.	Studio A
10:45-11:30am	Family ZUMBA® - Claudine	Multipurpose Room

### FAMILY FUN, FOOD & MORE!

Time	Event	Location
10-11:30am	Pickleball	Basketball Gymnasium
10am-12pm	Red 102.3 Live Remote	West Street Parking Lot
10am-1pm	Inflatables Thank you Strouse Entertainment for the Obstacle Course!	West Street Parking Lot
10am-1pm	Games & Activities	West Street Parking Lot
10am-1pm	Children's Craft	West Street Parking Lot
10am-1pm	Turkey Trot Sponsor Fair	West Street Parking Lot
10am-1pm	Lions Club Eyeglass Collection Free gift for everyone who donates!	West Street Parking Lot
11:30am until gone	FREE!!! Hamburgers & hotdogs, fruit & snacks Thank you Peters Orchards for the apples!	West Street Parking Lot
11:30am-1pm	Family Rec Basketball	Basketball Gymnasium
12-1pm	NERF® Games	Multipurpose Room
12-1pm	Family Rec Swimming	Indoor Pool
1-2pm	Floating Pumpkin Patch Thank you Oak Grove Farms and Peters Orchards for the pumpkins!	Indoor Pool