

FALL FUN FOR ALL!

Community Day Open House

- Access to exclusive Y fitness classes
- Floating Pumpkin Patch
- Inflatables
- Invigorating workout in our Wellness Center
- Children's Craft and Games
- Family Rec Swimming and Basketball
- Turkey Trot Sponsor Fair

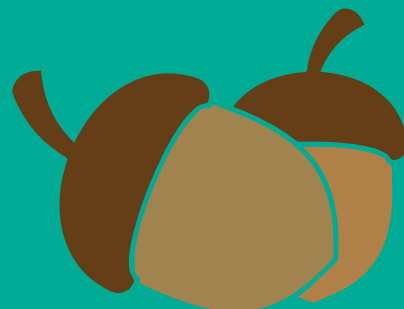
Brightspeed, Members 1st Federal Credit Union,
Common Sense Adoption & Foster Care Services,
Allen Distribution and Kona Nutrition

- Pickleball and Gaga Ball
- Free food!!
- Red 102.3 live remote

FREE TO MEMBERS & THE PUBLIC!

Saturday, October 21 | 9:30am-2pm

See back for complete schedule



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

THANK YOU TO OUR COMMUNITY DAY PARTNERS!





COMMUNITY DAY OPEN HOUSE
SATURDAY, OCT 21, 2023
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™ - Melissa Space is limited and not guaranteed. Ages 13+ only.	Studio A
10:45-11:30am	Family ZUMBA® - Katie All ages welcome!	Multipurpose Room
11:15am-12pm	Restorative Sound Bath - Samantha Space is limited and not guaranteed. Ages 13+ only.	Studio C

FAMILY FUN, FOOD & MORE!

Time	Event	Location
10-11:30am	Pickleball	Basketball Gymnasium
10am-1pm	Inflatables Thank you Strouse Entertainment for the Hippo Chowdown!	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 & More!	West Street Parking Lot
10am-2pm	Interactive Play for the Whole Family	Kids Adventure Zone
11am-1pm	Red 102.3 Live Remote	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	Gaga Ball	Multipurpose Room
12-1pm	Family Rec Swimming	Indoor Pool
1-2pm	Floating Pumpkin Patch Thank you Oak Grove Farms & Peters Orchards!	Indoor Pool

In case of extreme inclement weather, some activities will be held inside the Carlisle Family YMCA