



FAMILY FITNESS & FUN FRIDAY

MEMBER APPRECIATION EVENT

FEB 7 FROM 5:30-7PM

Members of all ages can join us for a fun evening!

Everything is free, but please bring some cash or spare change to vote for your favorite soups in the **Soup-er Bowl Golden Spoon Contest!** All donations go to our 2025 Annual Campaign. See the back for more details on the contest.

FAMILY PICKLEBALL

Do you have kids in grades 5-8 who love to play Pickleball – or want to learn? Join us for Family Pickleball during Family Fitness & Fun Friday!

Kids sign up to be on a team with one or both parents. Enjoy free play as well as instruction, if needed. It's free, but pre-registration is required and is limited to 4 teams in each session. Walk-ins accepted only if space allows.

LASER TAG

Sign up to try out our Laser Tag equipment! We're running 3 sessions each with a max of 12 participants. Pre-register for a time slot. Walk-ins accepted only if space allows.

SCHEDULE OF EVENTS

Time	Event
5:30-6:30pm	Family Yoga with Corinne Studio A
5:30-6:50pm	Laser Tag Multipurpose Room (3 sessions / limited to 12 per session)
5:30-7pm	Golden Spoon Contest Kitchen / Living Room
5:30-7pm	Family Pickleball Basketball Gymnasium (2 sessions / limited to 4 teams in each)
5:30-7pm	Expresso Bike 24-Hour Rally Ride Wellness Center (ages 13+ / sign up required)
5:30-7pm	Pool Inflatable Obstacle Course & Rec Swim Indoor Pool
5:30-7pm	Interactive Play for All Ages Kids Adventure Zone
5:30-7pm	Family Games & Activities Board Room

THANK YOU TO OUR SPONSOR!





GOLDEN SPOON CONTEST

SOUP-ER BOWL EDITION

**FAMILY FITNESS
& FUN FRIDAY
MEMBER
APPRECIATION**

FRIDAY, FEB 7

5:30-7pm

(or until the soup is gone)

**SOUPS WILL BE LOCATED
IN THE BACK OF THE KITCHEN**

Winner will be crowned at 7pm

CARLISLE FAMILY YMCA
311 S. West Street, Carlisle PA 17013
717-243-2525 | carlislefamilyymca.org

VOTE!

Please sample no more than 3 soups prepared by the management team at the Carlisle Family YMCA. Then vote for your favorite by placing a ticket or money in the appropriate container to help determine the next winner of the **Golden Spoon Trophy!**

TICKETS = 1 VOTE

PENNIES* = 1 VOTE

NICKELS* = 5 VOTES

DIMES* = 10 VOTES

QUARTERS* = 25 VOTES

CASH* = 100 VOTES X DENOM

***All money goes to our 2025 Annual Campaign**