



160th Birthday Open House!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 26, 2017
12pm–6pm

The Athens YMCA will celebrate 160 years of service to our community on Sunday March 26, 2017. The Y will be open to the community this day, and we encourage anyone to come participate in the activities we have planned.

Open House Agenda

Please join us from 12–6 for a variety of special activities. Weather permitting, we plan to have activities inside and outside. All activities will be moved inside if there is liquid sunshine. We will hold the event rain or shine!

12pm—Y Picnic—Please join us for lunch on the lawn! Food trucks Duke’s BBQ, Holy Crepes, and King of Pops will sell food in the pick-up loop until 1:30pm.

1pm—Facility opens—Our Child Watch will open from 1pm–4:30pm ONLY. Children ages 6 weeks to 12 years old with families participating in the birthday activities will be able to utilize Child Watch during this time.

1:30pm—160 Minutes of Fun Fitness—Try out several different demos of Group Fitness classes offered weekly at the Y! We encourage you to try at least 3 different classes.

1:30pm—Hydrobics with Chip @ the pool

1:30pm—Hi/Lo and Step with Kelly and Elyse @ the Gym

2pm—Zumba with Lora and Patricia @ the Gym

2:30—Pound with Jill and Elyse @ the Gym

2:30—Bootcamp with Brad @ the field

3:15—Bodybuilding with Orlando & Corey @ the back parking lot

2:15pm—Bingo benefiting Active Older Adult Programs—Join us in the Youth Room for Bingo. Participants will pay \$20 at the door for 5 games. All proceeds will benefit the Y’s Active Older Adult programs. Bingo is open to members and guests. Bring a friend to play with you! Prizes will be awarded for each game. Grand prize is 2 annual senior memberships to the YMCA. Please support our active older adults!

3pm–4pm—Y Kids Zone—Weather permitting, fun kid themed stations will be set up on the field and in the gym. Stations will include basketball, soccer, arts and crafts, gardening, fitness, low ropes, summer camp fun, and more! All kids who participate will get a stamp card. Each time they visit a station, their card will be stamped. If they get 8 stamps from visiting 8 stations, they will win a Y Birthday prize! Y Kids Zone is for ages 4 and up; 4 & 5 year olds must be accompanied by a parent.

4:30pm—Happy Birthday Athens YMCA—Please join us for a Y dance party with DJ Marvin. We will conclude our celebration with music, cake, and announce raffle ticket winners. Birthday hats are encouraged. You do not have to be present to win a raffle prize.

6pm—Facility closes—Thank you for celebrating with us!!