



# SHASTA FAMILY YMCA SPRING 2010 PROGRAMS



## Healthy Kid's Day at the YMCA

**Saturday, April 17  
1 p.m. – 4 p.m.**

Everyone is invited to enjoy a fun and healthy day at the YMCA.

Events include healthy activities:  
Obstacle course, Games, Jump House.  
Local agencies will be there presenting health and safety information.

*Demonstrations ~ Prizes ~ Refreshments!*

## SPRING BREAK CAMP AT MANZANITA SCHOOL

**APRIL 2 – APRIL 12  
7:30 am – 6 p.m.**

Full and Half day camp available.  
No minimum attendance required.  
Children K through 14

*Enroll by March 22, 2010  
for reduced rates.*



Now Offering Birthday Parties at  
Your Shasta Family YMCA

- Package Options
- Member Rates
- Exciting Themes



Learn about package details at the  
front desk.

Contact Jessica for more information.  
(530) 247-3659 ext. 123

## YMCA “SPLASH”

**Spring Break Swim Lessons  
April 5 – 9**

9:15 a.m. – 11:45 a.m.  
Lessons start every half hour



*Held in the beautiful heated indoor pool this spring.*

**Register for most programs online at [www.sfyymca.org](http://www.sfyymca.org) or at the Shasta Family YMCA.  
1155 North Court Street, Redding, CA 96001 530-246-9622**