



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRAVELING Y

## Sweat, Smile, Repeat!



## **FAMILY FITNESS & WATER EXERCISE**

### **AUGUST 29 • 10AM • ARMORY CITY POOL**

#### **Hosted by the James L. Camp Jr. Family YMCA**

Bring the entire family out for fitness and fun that everyone can enjoy. Kid fit is a series of interactive physical activities and games that are fun for children of all ages. However, if you prefer to jump in the pool, make a splash with WaterInMotion®! A dynamic cardiovascular and strength workout for the entire body.

### **JAMES L. CAMP JR. FAMILY YMCA**

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