

WE ARE MOVING

AMERICA ON THE MOVE

September 19-27

2,000
MORE
STEPS

Get ready to move! The YMCA has teamed up with America on the Move Foundation to help families maintain good healthy habits.

September 19 8:00 Family Boot Camp

9:00 Family Fun Walk

Meet us at the Alki Bathhouse

WEST SEATTLE & FAUNTLEROY YMCA



DATES

Saturday - September 19

Family boot camp - 8:00AM Lead by Buntly. This boot camp will meet at the Alki Bathhouse and have plenty of fun and movement for all family members.

Family Fun Walk - 9:00AM 2,000 step (mile equivalent) down the promenade and back. Take home a free pedometer and learn all about America on the Move!

Sunday - September 20

Family Open Swim - 1:00-6:00PM West Seattle YMCA

Monday - September 21

Family Fitness Orientation - 4:00PM Fauntleroy. Kids 8 - 14 years can use the Fauntleroy Cardio Room with their parents after they attend this brief orientation. Register at Fauntleroy YMCA, 206-937-1000.

Tuesday - September 22

Obstacle Course - West Seattle YMCA Gym 9:30-11:00AM

Bring your preschoolers to get their wiggles out.

Wednesday - September 23

Healthy Snacks - 10:00-11:00AM, West Seattle and Fauntleroy YMCA

Car Free Wednesday - if you can, walk, bike, bus, or carpool to the Y today!

Thursday - September 24

Boot Camp or Fitness Walk - West Seattle YMCA, 9:30AM. Join your friends and go in for the outdoor boot camp with Buntly or the indoor track fitness walk with Barb. Get Moving!

Friday - September 25

Family Night at Fauntleroy - 6:30-8:30PM fun and games in the Fauntleroy gym.

Saturday & Sunday - September 26 & 27

Family Camp - Camp Colman. Get your family out of the city!

Fee for this program. Register at the front desk.