
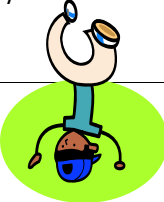






Events for March YMCA-North Branch



Date/Time/Location	Event	Information
Saturday, March 6, 2010 5:00-8:00 p.m. KidZone	Parent's Night Out!	Drop the kiddos off for a fun night of activities with dinner included. \$15 for the first child. \$10 per additional child.
Monday, March 15 9:15 a.m. KidZone	Kids Cardio Kickbox	We give your kids a workout with our Cardio Kickbox class, guaranteed to get them moving and smiling.
Tuesday, March 15 6:00 p.m. KidZone	Track Time	Let us run all the energy out of your youngsters, on the track. Be sure to wear athletic shoes.
Tuesday, March 16 9:15 p.m. KidZone	Kids Muscle Flex 	We'll get those muscles working with our muscle flex class.
Tuesday, March 16 6:00 p.m. KidZone	Face Painting	Let your kids get a beautiful or heroic makeover, with our trained KidZone face painters.
Wednesday, March 17 10:00 a.m.-12:30 p.m. Welcome Center	Youth Wellness	A class for youth who are interested in learning proper workout technique. Sign up at Welcome Center.
Wednesday, March 17 9:15 a.m. KidZone	Face Painting	Let your kids get a beautiful or heroic makeover, with our trained KidZone face painters.
Wednesday, March 17 6:00 p.m. KidZone	Dance Dance Revolution 	Your kids will dance the night away with our challenging DDR game!
Thursday, March 18 9:15 a.m. KidZone	Dance Dance Revolution	Your kids will dance the night away with our challenging DDR game!
Thursday, March 18 6:00 p.m. KizZone	Group Games	We'll play a variety of fun and interactive group games that all kids will enjoy.
Friday, March 19 9:15 a.m. KidZone	Kids Boot Camp Drills	Kids will get a full-body workout out with these drills.
Thursday, March 25 7:00-8:30 p.m. Multi-purpose room	Family Fun Night 	Bring the whole family for board games and group games.
Saturday, March 27 10:00 a.m. Multi-purpose room	Miracle League Buddy Training 	Attention all buddies: please attend the training and we'll make this the best season yet.
Monday, March 29 11:30 a.m. Multi-purpose room	Lunch and Learn	Arlington Rehab Hospital will be presenting a talk on Fall Prevention and Brain Injury.