



YMCA Healthy Kids Day, Saturday, April 21st

Join us for YMCA Healthy Kids Day, held at your local YMCA on Saturday, April 21st. The community-based events at YMCA Healthy Kids Day celebrate making fitness fun, and introduces kids to an array of YMCA programs that teach healthy behaviors and healthy ways to play—an essential lesson in learning how to take care of themselves throughout their lifetimes.

By celebrating health and wellness of young people through a variety of fun, physical activities, YMCA Healthy Kids Day encourages kids and families nationwide to stay active, connected and healthy. Activities at participating YMCAs will vary and may include games, sports, health screenings and more!

Learn about all of the fun programs for your family this summer and sign up for great programs, such as [YMCA Day Camp](#), [YMCA Teen Camp](#). Looking for something a little different? We also have [Specialty Camps](#) and [Sports Camps](#) as well as [Youth Sports](#) programs. Want to stay cool this summer? Check out our family pools and splash parks or sign your kids up for [YMCA swim lessons](#). The YMCA offers affordable family fun all summer long.

Register early & save

YMCA Healthy Kids Day is sponsored in part by Texas Children's Pediatric Associates, Southwest Airlines and the San Jacinto Pilot Club of Pilot International, Inc.

