



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY KIDS DAY

## YOU DON'T WANT TO MISS IT!!!

The Y's largest national initiative, this FREE event brings children and families together while providing the education, activities and experiences that teach good health and foster connections through fitness, sports, fun and healthy habits.

**MEMBERSHIP SPECIALS AVAILABLE AND THE REGISTRATION FEE WILL BE WAIVED FOR SUMMER CAMP IF YOU REGISTER ON SATURDAY, APRIL 27TH.**

### Who

## FREE EVENT

Open to the entire community!

### When

Saturday, April 27  
10:00AM – 1:00PM

### Where

Ocean County YMCA,  
1088 West Whitty Road, Toms River



### Activities Include

Community Partners sharing valuable health information, inflatables for outdoor fun, health screenings, demonstrations, tours and so much more.

### Contact

JoAnn Kermick 732-341-9622 ext 4255 or [jkermick@ocymca.org](mailto:jkermick@ocymca.org) with any questions.

## “TRY A DIVE” WITH DIVERS TWO INC

**It is a quick and easy introduction to what it takes to explore the underwater world. Have you always wondered what it's like to breathe underwater?**

**Do you want to try scuba diving?**

**It's available for ages 8 & up on Healthy Kids Day  
from 10AM-12PM, prior registration required.**

**\*Some restrictions apply \*\*Register at 732 341 9622 ext 0**

OCEAN COUNTY YMCA  
1088 W Whitty Road, Toms River NJ 08755  
P 732 341 9622 F 732 341 1629  
[WWW.OCYMCA.ORG](http://WWW.OCYMCA.ORG)



## Just to name a few of our partners in health for a day of fun!

- ❖ Toms River Family Health & Support Coalition providing residents with knowledge of and access to health resources.
- ❖ Toms River Police Department
- ❖ Toms River Fire Department
- ❖ In Plain Sight
- ❖ Perlmutter Family ShopRites will share family nutrition information.
- ❖ Ocean County Health Department
- ❖ Kum Sung of Forked River has a Karate demonstration @ 12PM.
- ❖ Meridian Health Pawsative Action Team with nursing support will join us.
- ❖ The Commission for the Blind and Visually Impaired will provide eye screenings.
- ❖ Safe Kids Worldwide protecting kids on the move, at home and at play.
- ❖ Applaud our Kids dance demonstration
- ❖ Divers Two Scuba - registration required
- ❖ NJ Natural Gas shares conservation tips
- ❖ BHI Insurance offering a steadfast focus on all your insurance needs
- ❖ Stop and Shop
- ❖ A Land & Sea Mermaid - Take a swim with a mermaid!
- ❖ TR Police K9 demonstration @ 10:30AM

Friends from RWJ Cancer Support Community, DART Prevention Coalition, Project Aware, TD Bank, Kessler Institute, Ocean County Library, Fulfill and Hope Sheds Light will also be on hand.

### Inflatable Items Height & Weight Requirements

Dryland Slide 42"-72" Height Requirement, Max Weight 225 lb per person

Animal Playland Recommended age 1-5 yrs old, Height Requirement 30"- 40", Max Weight 50 lbs. per child

Camouflage Obstacle Course 40" minimum height - 70" maximum, max 150lbs. per person

### Family guidelines for swimming:

- -Lifeguards are mandated to test any youth under age 18 wishing to swim in the deep end.
- -All children 8 and under must be accompanied in the pool with an adult within arm's reach.
- -Children 9-11 must have a parent or guardian on the pool deck when using the pool.