



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO FUN AT THE YMCA!

Hendricks Regional Health YMCA Programs & Events

FALL YOUTH PROGRAMS

- **SWIM LESSONS** – ages 6 months and up
- **FLAG FOOTBALL** – ages 4-7 years starts Sept. 7
- **BASKETBALL** – ages 3-13 years starts Nov. 2
- **CHEERLEADING** – ages 4-8 years starts Nov. 2
- **CLINICS** – Basketball, Tennis, and Volleyball
- **KIDS COOKING** – ages 4-10 years starts Sept. 9
- **TWEEN FIT** – ages 8-13 years starts Sept. 19
- **BALLET** – ages 3-7 years starts Nov. 7



GIVE. GALLOP. GATHER.

Give back one gallop at a time on Thanksgiving morning! When you run the Gobble Gallop 5K, you support our Annual Campaign, which ensures that all ages can experience the benefits of Y membership, including health, fitness and education.

INDYMCA.org/gobble-gallop

the YMCA
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**NO JOIN FEE
SEPT 9 - 17**

**TRADE "MOMMMM!"
FOR "OMMMM."**

UPCOMING FAMILY EVENTS

- SEPT. 6** - Family Campout
- SEPT. 13** - Cookies & Canvas
- SEPT. 15** - Family Kickball
- OCT. 25** - Halloween Extravaganza
- DEC. 7** - Breakfast with Santa

For more information on any of the above programs or to register, please call us at 317-273-9622 or visit us online at indymca.org.