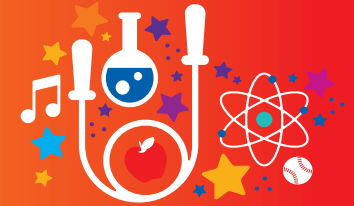


# HEALTHY KIDS WEEK SCHEDULE

MAY 19 - MAY 25



## SUNDAY MAY 19

**FAMILY OPEN PICKLEBALL TIME**  
11:00AM-1:00PM  
WESTWOOD PARK Y

**KIDS AQUA CARDIO DANCE**  
1:00PM-1:30PM  
MERRIMACK Y  
\*Registration Required

**COMMUNITY STICKER BY NUMBER POSTER**  
ALL Y BRANCHES  
WELCOME CENTERS

## MONDAY MAY 20

**HUMAN BOARD GAME**  
NASHUA Y  
KIDS STOP

**SWIM TEST**  
4:00PM-5:00PM  
MERRIMACK Y

**KIDS AQUA CARDIO DANCE**  
5:15PM-5:45PM  
NASHUA Y  
\*Registration Required

**\*MINE FALLS FAMILY HIKE**  
4:30PM-5:30PM  
NASHUA Y  
\*Registration Required

**FRUIT & VEGGIE TRACKER & GIFT CARD GIVEAWAY**  
MERRIMACK Y &  
WESTWOOD PARK Y

**DENTIST CRAFT**  
MERRIMACK Y  
KIDS STOP

**HEALTHY SNACK CREATION STATION**  
WESTWOOD PARK Y  
KIDS STOP

## TUESDAY MAY 21

**CHALK AND BUBBLES**  
NASHUA Y  
OUTSIDE FRONT DOOR

**REGEN ROOTS SEED GIVEAWAY**  
4:00PM-5:30PM  
NASHUA Y

**HUMAN BOARD GAME**  
NASHUA Y  
KIDS STOP

**CLEAN JUICE SAMPLES**  
4:00PM-7:00PM  
WESTWOOD PARK Y

**PLANT YOUR OWN SEED CRAFT**  
MERRIMACK Y  
KIDS STOP

**INFUSED WATER WELCOME CENTER**  
MERRIMACK Y  
WESTWOOD PARK Y

**HEALTHY KIDS ART GARDEN**  
WESTWOOD PARK Y  
KIDS STOP

## WEDNESDAY MAY 22

**MAKE YOUR OWN TRAIL MIX**  
NASHUA Y  
LOBBY

**REGEN ROOTS SEED GIVEAWAY**  
4:00PM-5:30PM  
NASHUA Y

**HUMAN BOARD GAME**  
NASHUA Y  
KIDS STOP

**BUILD YOUR OWN FRUIT BASKET**  
MERRIMACK Y  
KIDS STOP

**HEALTHY SNACK CREATION STATION**  
WESTWOOD PARK Y  
KIDS STOP

## THURSDAY MAY 23

**HUMAN BOARD GAME**  
NASHUA Y  
KIDS STOP

**PARFAIT BAR**  
MERRIMACK Y  
WESTWOOD PARK Y  
WELCOME CENTER

**\*FAMILY MX4**  
4:15PM-5:00PM  
WESTWOOD PARK Y  
\*Registration Required

**FIELD HOUSE GAMES**  
MERRIMACK Y  
KIDS STOP

## FRIDAY MAY 24

**KIDS AQUA CARDIO DANCE**  
5:15PM-5:45PM  
NASHUA Y  
\*Registration Required

**HUMAN BOARD GAME**  
NASHUA Y  
KIDS STOP

**\*FLOOR IS LAVA**  
5:45PM-6:30PM  
MERRIMACK Y  
\*Registration Required

**FAMILY FUN RUN & FIELD GAMES**  
CONNECT 4, JENGA,  
& CORNHOLE  
4:30PM - 6:30PM  
MERRIMACK FIELD

**FAMILY LUAU POOL PARTY**  
4:30PM-5:45PM  
MERRIMACK Y

**POPSICLE STICK FLOWER CRAFT**  
MERRIMACK Y  
KIDS STOP

**HEALTHY KIDS ART GARDEN**  
WESTWOOD PARK Y  
KIDS STOP

## SATURDAY MAY 25

**ART-FILLED AFTERNOON**  
11:30PM-1:30PM  
NASHUA Y

**HUMAN BOARD GAME**  
NASHUA Y  
KIDS STOP

**OPEN NINJA TIME**  
1:00PM-2:00PM  
WESTWOOD PARK Y

**KIDS AQUA CARDIO DANCE**  
1:00PM-1:30PM  
MERRIMACK Y  
\*Registration Required

\* Denotes that registration is required for this event. Scan the QR code to secure your spot **TODAY!**



[www.nmymca.org/healthykidsweek](http://www.nmymca.org/healthykidsweek)

