

Families Fit Together in 2012

Brought to you by THE Y and The Ithaca Youth Bureau



DON'T SIT, GET FIT!

Kick Off the New Year with a resolution to stay active with your family through the winter.



IMPORTANT DATES

Sunday, January 8th - Family Zumba® with ZumbAtomic®
Instructor, Heather Mount, at the Ithaca Youth Bureau, 3:00-4:00 PM. FREE!

Saturday, January 14th - Family Swim at the YMCA, 4:00-5:00 PM. FREE!

Friday, January 27th - Family Skating at Cass Park, 7:00-10:00 PM.
\$2 per person admission; skate rentals available for \$3.

Sunday, February 5th - Snow Shoeing at Cass Park, 1:00-3:00 PM. FREE!
Meet next to the tennis courts.

Friday, February 10th - Family Zumba® with ZumbAtomic® Instructor, Heather Mount, at the YMCA,
6:30-7:30 PM. FREE!

Saturday, February 18th - Family Swim at the YMCA, 4:00-5:00 pm. FREE!

Friday, February 24th - Family Skating at Cass Park, 7:00 -10:00 PM.
\$2 per person admission; skate rentals available for \$3.



Graham Road West
www.ithacaymca.com
607-257-0101



I James L. Gibbs Drive
www.ithacayouthbureau.org
607-273-8364