

3rd SATURDAY OF EACH MONTH | 10 AM – 2PM SHELTON FAMILY YMCA 3101 North Shelton Springs Road

CONNECT.

Bring your family and friends for a day of fun at the Y! Spend time together. Meet new friends. YOU BELONG HERE!

LEARN.

Organizations from around the community will be there to share information and help families access critical resources.

ENERGIZE.

Your physical and mental health is important! Lift some weights, take a walk on a treadmill, or hop in the pool (noon-2pm). Take a tour or a class...we're here for you!