



# Fridge Notes

1224 Center St Garden City, KS 620-275-1199  
www.gardencity.net/ymca

April-May 2009

## UPCOMING EVENTS

- April 3-5  
Spring Invite Basketball Tournament
- April 4  
Saturday Night Alive
- April 6  
Last day of Early Bird Summer Camp enrollment
- April 7  
Strollerobics begins
- April 11  
FREE Family Fun Night Easter Eggstravaganza
- April 12  
*Easter- YMCA is closed*
- April 13  
Childcare Funday
- April 14  
High School Swim Meet, T-Ball registration deadline
- April 18  
Healthy Kids Day
- April 24  
Space Buddies Dive-In Movie
- April 25  
Indoor Triathlon
- April 27  
Swim Lessons session 4 begins
- May 2  
Wet Wacky & Wild Olympics, Saturday Night Alive Finale
- May 12  
High School Swim Meet
- May 15&16  
"Bolt" Family Overnight
- May 13&14  
Catholic School Funday
- May 18&19  
Catholic School Funday
- May 18-24  
Buddy Up Aerobics
- May 20  
First day of Childcare summer camp!
- May 23  
FREE Family Fun Night School's Out Bash, Indoor Triathlon
- May 30  
Hoof it to Health Road Race
- May 30&31  
Beef Empire Days 3 on 3 Basketball Tournament

**FREE!**

## HEALTHY KIDS DAY CELEBRATION

This is an opportunity for families to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family. We welcome youth and families to the YMCA's National Healthy Kids Day! **April 18th from 9:00a.m.-11:00a.m. at the Garden City Family YMCA.** This event will feature games, swimming from 10:00a.m. to 11:00a.m., inflatables, activities and guests from local businesses and community partners. The first 50 youth in attendance will receive a free T-shirt! Put play into your day, and celebrate Healthy Kids Day!



## WET, WACKY & WILD OLYMPICS

Thanks to the Western Kansas Community Foundation the YMCA presents its first ever Wet, Wacky & Wild Olympics for all Kindergarten through 4th graders on May 2nd at Garden City High School. This wacky event is FREE as long as participants are registered before April 28th. This wacky event has ten different wet and wild events including 50 or 100 yard dash with a ball, 100 or 200 meter relay, three-legged race, water balloon toss, water bucket relay, hula hoop, long lake jump, potato sack race, slip sliding, and splash burst competitions. Medals and ribbons will be given out to the top three event placements and the overall school team winner will receive the Wet, Wacky & Wild Olympic traveling trophy to keep for the entire year! Schools may select from teachers, cooks, custodians, administrators, parents or anyone, to be the school's coach for the day. The events will take place from 9:30a.m. to 12:00p.m. at Memorial Stadium. Registration forms can be found online or at the YMCA. For more information contact Fitness Director Stacy Crase or Aquatics Director Cara Kieft.



## BEEF EMPIRE DAYS YMCA EVENTS

**Hoof it to Health Road Race:** Going along with the spirit of Beef Empire Days this family road race is the perfect opportunity for families, athletes or even novices to get out in the sun and "hoof it" for their health! The Hoof it to Health Road Race will offer a 5K/10K run, two-mile walk, and 1/2-mile kid's race.

**3 on 3 Beef Empire Days Basketball Tournament:** Join in the fun of Beef Empire Days and "hoop it up" with the boys! Divisions of 14 and under, high school (15-18 yrs), adult recreational, adult competitive, and 35 and older are available.

**FREE!**

## FAMILY FUN NIGHTS IN APRIL AND MAY

*Easter Eggstravaganza April 11th and School's Out Bash May 23rd*

These nights take place at the YMCA from 7:00p.m. to 9:00p.m. and are FREE for everyone in the community. The events are packed with fun including games, crafts, swimming, inflatables, prizes, snacks, and more! Join us for these Free Family Fun Nights! For more information contact Family MSA Director Krystal Richardson.

## Did You Know?...We have four new Bonus Card Partners

*YMCA benefits stretch beyond the walls of our facility! Take advantage of these new Bonus Card opportunities and the specials offered by any of our ten Bonus Card Partners within the community!*

**Sofia's Bistro** (802 Campus, 805-6966) 10% off every Monday!

**Medina Promotions-Kansas Best DJ** (1402 E Fulton, 276-2366) \$100 off DJ rental!

**Hard Rock Lanes** (1612 E Laurel, 275-4061) Free shoe rental during open play hours!

**PK Nails** (3101 E Kansas, 275-9991) Discount prices on full set of nails and fill-ins!

*Other bonus card partners include: Keller Leopold Insurance, Wendy's, Worlds of Fun and Oceans of Fun, Golden Corral, Chiropractic Center, and MJ's Barber Shop.*

**"We build strong kids, strong families, strong communities"**

We appreciate our Corporate Sponsors!

