

FROSTY FUN ACTIVITIES

| TIME | ACTIVITY | LOCATION |
|-------------------|---|--------------------------------|
| 9:00am - 10:00am | Zumba with Jevonn | Fitness Studio |
| 9:00am - 10:00am | Strong Warrior with Ray | Gymnasium |
| 10:10am - 11:00am | Athletic Conditioning with Jovens | Fitness Studio |
| 10:45am - 11:45am | PickleBall Demo | Gymnasium |
| 11:00am - 12:00pm | Boot Camp with Dina | Fitness Studio |
| 9:00am - 12:00pm | Personal Training Mini Sessions & Health Screenings | Senior/Teen Room |
| 12:00pm - 3:00pm | Aquatic Staff Meet & Greet | Large Pool Observation Deck |
| 12:00pm - 3:00pm | Cooking, STEM and Art class demos | Senior/Teen Room |
| 12:00pm - 3:00pm | Summer Camp Meet & Greet | Gymnasium |
| 12:00pm - 3:00pm | Sports Class Demos | Gymnasium |
| 12:00pm - 3:00pm | Teen Program Meet & Greet | Gymnasium |
| 12:00pm - 3:00pm | DIY Snow & Tattoo Station | Child Watch / Nursery |



**YMCA OF MONTCLAIR
OPEN HOUSE**