



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU BELONG AT THE Y



Free Community Open House YMCA OF NATRONA COUNTY

Saturday, October 13

12:00–2:00pm

Come and see what the Y has to offer you and your family!

- Facility Tours
- Group Exercise Class Demos
 - 12:00 Fuel Dance w/ Bailey
 - 12:30 Downward Rebel Dance w/ Beth
 - 1:00 Rise & Grind w/ Katie
 - 1:30 Nia Dance w/ Kellie
 - 12:15 Hard Core w/ Katie
 - 12:45 Barre w/ Mary
 - 1:15 Yoga w/ Marilyn
 - 1:45 Core de Force w/ Esther
- Pumpkin Patch & Open Swim in the Pool (15th St Building)
- Basketball & Pickleball in the Fieldhouse
- Inflatables
- Childwatch is open
- Program Showcase in the lobby
 - Register for Youth Basketball or Swim Lessons Oct 13 and save \$5

YMCA of Natrona County
1611 Casper Mountain Road
307-234-9187
www.casperymca.org