



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NATIONAL FAMILY WEEK

LAKELAND HILLS FAMILY YMCA

Bring your family to our home for the holidays!

WHEN

Monday, November 22 through Sunday, November 28

WHAT

National Family Week is the perfect time to connect with your family and friends and enjoy healthy activities at your community home – the Y! All members may bring their family and friends to the Y at no charge and guest passes will not be needed. Take fitness classes, enjoy the pool, use the gymnasium, and work out in the health and fitness center.

ADDITIONAL INFORMATION

Please note that members must accompany their guests.

See schedules online; some age restrictions apply.

HAPPY THANKSGIVING!



LAKELAND HILLS FAMILY YMCA

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