



175 YEAR ANNIVERSARY



HEALTHY KIDS DAY®

Free & Open to the Community

You are invited to a FREE family event that's open to the whole community for a day of family fun, fitness, nutrition, swimming, games, and more.



JOIN US FOR FAMILY FUN
FROM 10:00AM-12:00PM



REGISTER NOW!



SATURDAY, APRIL 18, 2026

NATIONAL SPONSORS



YMCA at Glen Cove
125 Dosis Lane Glen Cove, NY 11542



HEALTHY KIDS DAY[®]

SATURDAY, APRIL 18, 2026

Come join the fun on **April 18 from 10:00am - 12:00pm** at the YMCA at Glen Cove for Healthy Kids Day sponsored by The Peanuts & Gatorade! Enjoy an afternoon of fun, safe, supervised activities that celebrates healthy lifestyles and unleashes the excitement of summer! These events are **FREE** and open to the public.

ACTIVITIES 10AM-12PM

10:00-10:30

Family Calisthenics w/ Raphael

10:45-11:15

Family Outdoor Scavenger Hunt

11:30-12:00

Family Zumba

12:00pm-1:00pm

Family Swim (Indoor Pool)

ALL DAY OFFERINGS 10:00AM-12:00PM

Playground & Sports Court

Inflatables

What's Cooking: Healthy Meal Tutorial

Soccer Shots

Martial Arts

Arts & Crafts: Paint Along!



YMCA at Glen Cove
125 Dosoris Lane
Glen Cove, NY 11542

(516) 671-8270
YMCALI.org