



## Pioneering Healthy Living

To make the Greater Danbury community the healthiest in Connecticut.

### Friday – May 9 *Free Programs at the YMCA*

#### **Boughton Street Branch** **12 Boughton Street, Danbury** **203.744.1000**

**SilverSneakers** - for active older adults  
8:00-9:00 a.m.

**Aerobics**  
9:15-10:15 a.m.

**Kindernastics** - ages 3-6 years, *limited spaces - please call for details*  
2:00-2:45 p.m.

**Youth Co Ed Basketball** - ages 5-8 years, *limited spaces - please call for details*  
4:30-5:20 p.m.

**Pre Teen Basketball** - ages 9-11 years, *limited spaces - please call for details*  
5:30-6:20 p.m.

**Teen Basketball** - ages 12-14 years, *limited spaces - please call for details*  
6:30-7:20 p.m.

#### **Greenknoll Branch** **2 Huckleberry Hill Road, Brookfield** **203.775.4444**

**Aerobics**  
6:30-7:30 a.m.

**Aerobics**  
7:45-8:45 a.m.

**Kickboxing**  
9:15-10:15 a.m.

**Zumba**  
10:20-11:20 a.m.

**Beginner Step Aerobics**  
5:30-6:30 p.m.



YMCA

We build strong kids,  
strong families, strong communities.