



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Healthy Kids Earth Day Dash Course

START:

Kids will be sent in waves to begin the dash. Parents are welcome to accompany young children.

STATION 1: Vegetable High-Five

Kids will find the three giant vegetables and give them an enthusiastic high-five to start off the day of fun. It is the perfect photo opportunity!

STATION 2: Sack Race

Kids will step both feet into a sack, hop as fast as they can, and laugh all the way to the finish line.

STATION 3: Healthy Food Toss

Kids will race around to find the healthy food options. Once they find 3, they will toss them into Hank, our healthy snack loving friend.

STATION 4: Watering Challenge

Kids will help our tree grow by getting as much water as they can from one side to the other using their leaky container.

STATION 5: Fruit Relay

Kids will place a piece of fruit and balance it on a spoon while they weave in and out of cones.

STATION 6: Obstacle Course

Kids will run, jump, and crawl through our mystery obstacle course to finish the dash.

FINISH:

Congratulations! Now celebrate by visiting some of our fun and delicious Healthy Kids Day booths!



PRESENTED BY:

Schneider
HEATING & AIR CONDITIONING

"Your Comfort is Our Business"