

# **Stokes Family YMCA**

## **July Schedules & Events**

### **SUMMER DAY CAMP**

Register now! Good Fun in Good Hands!

### **UP & RUNNING**

#### **8 Week Running program**

Register now! Train for a 5k or improve your times and increase endurance. Participate in the

#### **King of the Hill Race, September 19th**

Program starts July 20<sup>th</sup> and

Meets Monday and Thursday nights from 6:00-7:00pm

### **Doubles Racquetball Tournament**

Registration begins July 7<sup>th</sup>

Tournament August 28<sup>th</sup> – 30<sup>th</sup>

### **Adult Flag Football**

Register begins July 6th