

# HEALTHY KIDS DAY!

This **FREE** event is designed for children in kindergarten through 5<sup>th</sup> grade.



**Sunday, May 5**  
**1 - 3 p.m.**

**Waukee Stadium\***  
**555 SE University Ave.**

*\*Rain location will be held in the Waukee South Middle School Gym. Activities will be subject to change.*

UnityPoint Health® - Des Moines, Waukee Family YMCA and the Waukee APEX program invite you to join us for **Healthy Kids Day** at the Waukee Stadium.

**Participate in ways to keep your body, mind and spirit healthy!**

Play alongside Waukee High School athletes and students as they demonstrate and teach kids of all ages different ways to stay active, including, but not limited to track, football, soccer, baseball, Tae-kwon-do, volleyball, cheer and dance. In addition, kids can hula hoop, jump rope and have fun with the colorful parachutes. ***Come join the fun!***

There will be emergency vehicles on-site for exploring, including a police car, ambulance and fire truck! In addition the Blank Children's Hospital Severe Weather Simulator will also be on-site for tours.

***Children must be accompanied and supervised by a parent/adult (age 16 & up) at all times during this event.***

For more information about Healthy Kids Day, visit [dmymca.org/waukee](http://dmymca.org/waukee)

