



**OPEN HOUSE  
FEBRUARY 17<sup>TH</sup>**

# FIND YOUR RHYTHM

**Montachusett Community Branch YMCA  
YMCA OF CENTRAL MASSACHUSETTS**

**OPEN HOUSE FEBRUARY 17<sup>TH</sup>**

**9:30 am - 4:30 pm**

**Free Child Watch 9:30-12:00**

**Come join us for a fun filled day**

- 10:00 -12 Family Gym
- 10:30 Swimnastics with Wendy
- 11:15 Cycling with Val
- 11:30 Adult Lap swim
- 2:30 Family Swim
- 10 & 12 MX4 Training with Leon
- 10:00 -12 Camp Lowe Registration

**Bring your ID and allow extra time for  
registration**

**Water & Snacks will be available**

**#YMCAofCM**

**[www.ymcaofcm.org](http://www.ymcaofcm.org)**

