

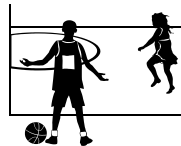


We build strong kids, strong families, strong communities

YMCA South Hampton Roads
Serving Coastal Virginia and Northeastern North Carolina

Eastern Shore Family YMCA Summer 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1PM-6PM OPEN	6AM-4:30PM OPEN 5:15PM-6:00PM LIL TYKES SPORTS 6PM-9PM OPEN VOLLEYBALL	6AM-9PM OPEN	6AM-5:30PM OPEN 5:30PM-8:00PM Adult Dodge Ball	6AM-9:00PM OPEN	6AM-9:00PM OPEN	8AM-10AM OPEN 10:15AM-12PM GYMNASTICS 12PM-5PM BIRTHDAY PARTIES 5PM-6PM OPEN



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Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.