



Child Watch  
 Monday-Friday  
 8:00am-12:30pm  
 4:00pm-8:00pm  
 Saturday  
 8:00am-12:30pm

YMCA South Hampton Roads  
 Serving Coastal Virginia and Northeastern North Carolina

Outer Banks Family  
 YMCA  
 252-449-8897  
 www.ymcashr.org

# Outer Banks Family YMCA

## March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Family Open Swim 6:00pm-7:00pm	<i>2</i> G.E.K.O. 10:30am-11:15am TKD Begins	<i>3</i> G.E.K.O. 10:30am-11:15am	<i>4</i> G.E.K.O. 10:30am-11:15am	<i>5</i> Register Now For PNO	<i>6</i> Healthy Family Choices 2:00pm-4:00pm
<i>7</i> Family Float and Swim	<i>8</i> Family Open Swim 6:00pm-7:00pm	<i>9</i> G.E.K.O. 10:30am-11:15am	<i>10</i> G.E.K.O. 10:30am-11:15am	<i>11</i> G.E.K.O. 10:30am-11:15am	<i>12</i> Member PNO 6:30pm-10:00pm	<i>13</i> Polar Plunge 
<i>14</i> Family Float and Swim	<i>15</i> Family Open Swim 6:00pm-7:00pm	<i>16</i> G.E.K.O. 10:30am-11:15am	<i>17</i> G.E.K.O. 10:30am-11:15am	<i>18</i> G.E.K.O. 10:30am-11:15am	<i>19</i> PEP 6:30pm-8:00pm Register Now For PNO	<i>20</i> Little Kickers Begins
<i>21</i> Family Float and Swim	<i>22</i> Family Open Swim 6:00pm-7:00pm	<i>23</i> G.E.K.O. 10:30am-11:15am	<i>24</i> G.E.K.O. 10:30am-11:15am	<i>25</i> G.E.K.O. 10:30am-11:15am	<i>26</i> Member PNO 6:30pm-10:00pm	<i>27</i> Family Movie Night 6:30pm-9:00pm
<i>28</i> Family Float and Swim	<i>29</i> Family Open Swim 6:00pm-7:00pm	<i>30</i> G.E.K.O. 10:30am-11:15am	<i>31</i> G.E.K.O. 10:30am-11:15am	<b>March is Nutrition Month</b> 		