

Live. Life. Healthy

at YOUR YMCA

The YMCA of Corry has partnered with AmeriHealth Caritas to provide programming that stresses the importance of early detection, preventive care, healthy behaviors and overall personal health awareness. Our classes will not only improve your health, but also empower you to take control of your health!

Youth Programs.

Join us at 12:00 Noon for class, lunch and then time in the pool.



Thursday July 14th

Childhood Weight Management. Healthy you, Healthy me!
For children ages **7 – 13 years old**. This program aims to increase physical activity and improve nutrition through smart snacking and increase consumption of fruits and vegetables. The program increases healthy lifestyle awareness and attempts to reduce the body mass index (BMI) of participants.

Monday August 1st

Outdoor Safety This presentation focuses on safety tips for anyone playing outside during the summer, such as for sun protection, biking, swimming, hiking, protection from ticks and staying hydrated.



Monday August 15th

Youth Sports Safety For children ages **6 – 14 years old**. This class instructs youth on reducing risk of sports related injury by identifying key components to safety, such as location, equipment and good instruction. Participants will also learn the medial treatment method know as RICE for common injuries, such as sprains and strains

