

# YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

**Hilltop YMCA - 614-276-8224**

Contact Carol Parlette : cparlette@ymcacolumbus.org

**Summer 2010 Session June 7- August 15 2010**

Registration begins: Metro Members - May 15

Program Members - May 22

Class	\$ FEES		Code	Mo	Tu	We	Thr	Thr	Fr	Sa
	M	P*								
AOA Aquatics	\$40	\$90	HAQ55P	10a-11a		10a-11a	10a-11a		10a-11a	
SilverSneakers Exercise	n/a	n/a			9:30a-10:30a	9:30a-11:30a	9:30a-10:30a			
Tai Chi for Arthritis	free	n/a					10:45a			
06-2, 07-12, 08-2										
<b>AOA Special Events</b>										
Senior Expo June 10, 9a-12p	free									
Ball Game June 15	\$									
Sr. Birthday Party June 18	free									
Luncheon July 9	\$									
Day Trip July 13	free									
Day Trip August 3	free									
Luncheon August 13	\$									

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)  
**FREE** = Free for Metropolitan Members    **F** = YMCA Facility Member

Register online at [ymcacolumbus.org](http://ymcacolumbus.org)

Our mission: To serve the whole community through programs expressing  
 Judeo-Christian principles that build a healthy spirit, mind and body.

5/12/2010