

YMCA Healthy Kids Day Purpose:

VISION & MISSION

YMCA Healthy Kids Day is the pre-eminent free community event in Canada celebrating and promoting the healthy growth and development of children and families.

Through YMCA Healthy Kids Day, we demonstrate leadership and are part of the solution in providing children and youth in Canada access to opportunities for active recreation and healthy living.

STRATEGY & OBJECTIVES

YMCA Healthy Kids Day is a free community event where we welcome families and community members to our facilities for a day of active fun and learning.

YMCA Healthy Kids Day strives to:

- Showcase YMCA programming
- Support parents in learning, promoting, and modeling healthy habits

- Develop community partnerships in order to raise public awareness of the importance of a healthy lifestyle

- Connect parents and others with information about programs and services available from various health-related organizations in their community

- Establish itself as a reliable annual avenue for education and celebration in the community