



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Get Up-Get Moving Live!

Join our instructors live on ZOOM Thursday May 21<sup>st</sup> at 2:00 pm.

- Access the video with this link:  
<https://zoom.us/j/91472555787?pwd=TCttQ0RIMIVkSDVVcEFPY01neFBwQT09>
- Using this Password: YMCA
- Meeting ID: 914 7255 5787
- Parents/Guardians please note this session will be recorded, if you wish to not be recorded please keep your camera off.

In this activity we'll be focusing on physical fitness, to prepare you'll need:

- Indoor or outdoor clear and open space
- Water
- Optional: towel or mat

We can't wait to see you!

