

HEALTH & FITNESS

Bring in the kids and we will do the rest...

Home School P.E.

Join the Red Bridge YMCA
Home School P.E. Program!

Tuesdays & Thursdays

1:00-3:00 pm

Each Session last 1 Month

\$35
Members
\$50
Non-Members

*20% Sibling Discount

Swim Lessons

We touch on different strokes for swimming, water exercises and games to play in the pool!

Fitness

On land learn different skills and games for being active and being healthy.

Red Bridge Family YMCA
Health and Wellness / Concerns

Gail Hochstein

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