



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REALIZE YOUR POWER

Girls Night Out
YMCA OF MIDDLETOWN

Friday, December 9, 2022
6:30PM-9:00PM

Girls and women are invited to enjoy an evening of fun and fitness! Activities to choose from will include circuit exercise, girls fit, swimming, cycling, painting, jewelry making, free raffles and more! Water and refreshments will be provided.

Y Membership is not required.
Registration is required.

THANK YOU TO OUR SPONSOR:

 **Women's Sports
Foundation**

**REGISTER ONLINE BY SCANNING THE QR CODE OR VISIT:
WWW.MIDDLETOWNYMCA.ORG/GIRLS-NIGHT-OUT**

