



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REALIZE YOUR POWER

Girls Night Out YMCA OF MIDDLETOWN

Friday, May 12, 2023

6:30PM–9:00PM

Registration Fee: \$10 per person

Girls and women are invited to enjoy an evening of fun and fitness on Mothers Day weekend! Activities to choose from include painting, jewelry making, simply stretch class, girls empowerment workshop, and swimming.

When registering please select one group with the three outlined activities you wish to participate in. Swimming will be available for all participants at the end of the event and is optional. Free raffles, water and refreshments will be provided. **All proceeds benefit the Strong Kids Campaign.**

Y Membership is not required.

Registration is required.

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

