



Listed below are the day's events by location. Please refer to the map on the other side for the corresponding number.

- 1 EQUESTRIAN CENTER**
YMCA Frontier Camp Pony Rides
- 2 BOUNCE HOUSES***
courtesy of Big Sky Rental
- 3 NATURE EXPLORATION**
Presented by Great Plains Nature Area.
Show times - 1:15pm | 2:15pm | 3:15pm | 4:15pm
- 4 FAMILY NATURE HIKE**
- 5 TUBE SLIDES**
- 6 ALPINE CLIMBING TOWER**
- 7 CANOEING**
- 8 FAMILY OBSTACLE COURSE***
- 9 STORIES & CRAFTS**
Story Times - 1:45pm | 2:30pm | 3:15pm | 4:00pm
- 10 KIDS COOK: RAINBOW WRAPS**
Times: 1:30pm | 2:30pm | 3:30pm

STAYING HEALTHY AT HOME:

- High Five the Fruits and Veggies – Make sure kids get at least five servings a day, the minimum number nutritionists recommend to maintain healthy childhood development. And to keep kids' taste buds evolving, have everyone in the family try at least one bite of a new fruit or vegetable at least once a month.
- Foster an Early and Ongoing Passion for Books – Read to and with your kids. Help children read at every age and every stage of their development.
- Team Up for Athletic Events – Set a family goal of great health by teaming up for community or charity events like races, walks, fun runs, bike rides, etc.
- Volunteer Together – Find a cause that matters to the kids. Open their eyes to a world beyond themselves and the rich rewards that come from making a difference.
- Make sleep a priority – Doctors recommend 10-12 hours of sleep a day for children ages 5-12 and 7-8 hours per night for adults. Sleep plays a critical role in maintaining our healthy immune system, metabolism, mood, memory, learning and other vital functions.

* In case of rain: Bounce Houses will be at the Ranch House, and Family Obstacle Course will be located at our Cessna Nature Center.



