

the



HEALTHY KIDS DAY[®]

Free To The Public!

NATIONAL SPONSORS



PEANUTS



KICK OFF A HEALTHY, ACTIVE SUMMER!

The Granite YMCA of Somersworth invites all local families to join us for Healthy Kids Day[®] 2026!

WHEN: Saturday, May 2 | 11:00 AM – 2:00 PM

WHERE: 35 Bartlett Ave, Somersworth, NH

COST: FREE & open to the public

Bring the whole family for an afternoon of fun, fitness, and healthy living! Our annual Healthy Kids Day[®] is packed with exciting activities to celebrate kids being kids and help families kick off a safe, active, and happy summer.

FEATURED ACTIVITIES INCLUDE:

- Relay Races
- Obstacle Courses
- Field Day Games
- Story Walk
- Arts and Crafts
- Family and Youth-Focused Community Resources

The Granite YMCA of Somersworth | www.graniteymca.org

Come play, explore, and celebrate a healthy start to summer with us!



Visit us online for updates and more information!

