



# trim kids

## helping kids soar!

A nutritional and educational program to help kids **LOSE WEIGHT** and **EAT SMART!**

**For:** Members and non-members (ages 8—11)

**When:** September 14th — November 18th  
Tuesdays and Thursdays  
7:00pm—8:30pm

**Location:** Multipurpose Room  
Victory Family YMCA  
101 Long Green Blvd.  
Yorktown, VA 23693

**Fee:** \$75\*

**Registration:** Welcome Center (7/1—9/9)

**Contact:** Franki Pivarnik  
Community Wellness Director  
(757) 867- 3300, ext. 225

“The Peninsula Metropolitan YMCA is a charitable non-profit organization dedicated to building strong communities throughout the greater peninsula region. Please contact Community Development Director for volunteer and giving opportunities.”

[www.peninsulaymca.org](http://www.peninsulaymca.org)

\*Includes a 10-week family membership for non-members  
**Financial Assistance Available**



**Peninsula  
Metropolitan  
YMCA**

**We build strong kids,  
strong families,  
strong communities.**