

# Southington Community YMCA presents...

## Family First Dinner

The first Friday of every month

5:30-7:00 pm

The YMCA offers you a chance to put your Family First and join us for this value-added program while the YMCA staff provides dinner and an activity for the whole family to enjoy. We'll even take care of the dishes and cleaning, too. Family First will be offered every first Friday of the month from 5:30-7:00pm, pre-registration is required.

### ***The Plan***

- ☉ 5:30-6:15 Dinner served (please arrive promptly)
- ☉ 6:15-7:00 Family activity led by Y staff

### ***The Menu***

Healthy entree for parents including vegetables or a salad as a side  
Kid friendly entrée with a healthy side  
Milk and water will also be served  
Dessert

### ***The Cost***

- ☉ \$5 per person 11 years and older | \$3 per child 2-10 years
- ☉ Dinner provided with a kid-friendly alternative
- ☉ **Please register all participants at the main YMCA front desk**

### ***The Benefits***

- ☉ Quality time with your family
- ☉ Family Friendly environment
- ☉ No dinner worries/no stress
- ☉ Memories, smiles, laughter and love

For more information, call Christina Simms at 860 426-9526

**This program (dinner) is available to Southington YMCA Full Family Members only.**



# Y FAMILY TIME™

We build strong kids, strong families, strong communities.

## **Southington Community YMCA**

29 High Street Southington CT 06489

860 628-5597 [www.southington-cheshireymca.org](http://www.southington-cheshireymca.org)

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

*Financial assistance is available for qualified individuals and families*

The YMCA is a not for profit 501(c) 3 organization