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HEROES WANTED!

Y Superhero Training

A Mother/ Son Event

Do you have what it takes to become a superhero? Join us for Superhero Training!

Heroes will learn how to work with their Sidekicks (Mom) to complete training and save the Y from our villain. Finding your secret identity, designing your superhero cape and saving your sidekick will be all part of a day's work for our Superheroes.

Join us as we work on **Teamwork, Communication, Confidence, Safety** and **Loyalty** in Superhero Training!

WHO: Mothers and Sons (all ages)-this event is open to the community
(Aunts, older sisters, grandmothers are welcome)

WHEN: Saturday August 4 from 3-5 pm

WHERE: Y Western 355 West Broad St Pataskala 740-964-6522

REGISTRATION: \$5.00 per child

Registration is open through July 25th. Register by stopping by Y Western or calling at 740-964-6522. Pre-registration is required so that there is enough superhero gear for all participants.

WHAT TO WEAR: Superheroes run, jump, rescue and sometimes get messy. Costumes are welcome. We recommend participants wear athletic shoes. We will be outside weather permitting. Rain location inside the Y.

FOR MORE INFORMATION:

For more information, please contact Dana Moore at dana.moore@lcfymca.org or 740-964-6522

