

WEDNESDAY, APRIL 7, 2004



Andrew West, 10, breaks a board with his hand during a Tae Kwon Do demonstration by students from Traverse City Martial Arts. Myles Boothroyd, 13, and Spencer Karpinski, 12, also presented a variety of kicks and punches.



YMCA Healthy Kids Day is a national event where children and their families are invited to participate in fitness activities and learn about classes available at their local YMCA. Here an aspiring hockey player takes a shot against a goalie twice her size.

Herald photos by Garret Leiva



Children try their hand at serve and volley table tennis techniques. YMCA Healthy Kids Day also featured a basketball shootout, kids run, life jacket relay and gymnastics demonstrations.

Healthy bodies and minds

Grand Traverse Bay YMCA sponsors Healthy Kids Day activities



Children scramble across the Grand Traverse Bay YMCA soccer fields searching for Easter Eggs hidden along the tree line. Healthy Kids Day also included indoor information booths on Amber Alter registration, a scholastic book fair and Coast Guard Air Station personnel demonstrating survival gear.



Although her feet couldn't reach the stirrups, two-year-old Traverse City resident Kaylynn Betts enjoys a pony ride with the help of her dad Don Betts Saturday at Healthy Kids Day at the Grand Traverse Bay YMCA.

TC HAPPENINGS

Things to do, places to go, people to see

Hop aboard

The Easter Bunny hops aboard the Grand Traverse Dinner on Saturday. The first train ride is scheduled to depart at 9:30 a.m. Passengers receive refreshment and a chocolate Easter egg from the Easter Bunny during the 45-minute train ride. Tickets are \$10 per passenger. The Grand Traverse Dinner Train is located at Eighth and Woodmere, in Traverse City. For information call 933-3768

Easter Festival

Area children, ages one to nine-years-old, are invited to attend Easter Festival 2004 beginning at 10 a.m., Saturday, at T-Bays Soccer Field on Keystone at Cass. The event is presented by Meijer, McDonalds, Classic Hits — The Fox and The Peak. Kids will be divided into three separate age groups. All participating youngsters can expect to take home candy and register to win one of three bikes. Other activities include face painting, coloring and games for mom and dad, plus a visit from the Easter Bunny and Sly the Fox. For more information, call 947-5FOX (947-5369).