

# Strengthening Families Through Healthy Activities

**Who Can Attend?**

**TRIBAL CITIZENS AND THEIR FAMILIES**

**What: Family Swim**

**Where: BMS Pool**

**When: Saturdays 5-6 p.m.**

Dates for Open Swim

October 6th  
October 13th  
October 27th

November 3rd  
November 10th  
November 17th  
November 24th

December 1st  
December 8th  
December 15th  
December 22nd  
December 29th



**Important Notice:**

**BMS Pool Maximum Capacity Per Event: 45**

# Strengthening Families Through Healthy Activities

WHO CAN ATTEND?  
Tribal citizens and their families



What: Open Gym & Roller Skating  
Where: Sitka Community Schools (BMS)

Time: 1:00-3:00 p.m.

Every Sunday

September thru December 2018

Parents/Guardians  
MUST attend and are  
encouraged to participate



Stretching exercises  
and family games  
with Sue Conrad

