

# FAMILY PLAY DAY



**Missouri Athletic Club  
West Clubhouse**



**Sat., May 8 • 11 a.m. - 4 p.m.**

**ALL ACTIVITIES ARE FREE FOR MEMBERS AND THEIR GUESTS**

**Buffet Available: 11 a.m. - 2 p.m.**

**Adults: \$10; Children 12 and under: \$5**

Welcome to a day of fun, games, prizes and good times with friends and family. No guest fees or charges to play!

**Complimentary child care will be offered from 11 a.m. to 4 p.m.** Come and go anytime throughout the day!

You can participate in all of the following activities:

A delicious buffet featuring St. Louis style ribs, brats, burgers, other barbeque favorites and all soft drinks will be available from 11 a.m. - 2 p.m.

## **Fitness Center**

11 a.m. - Boot Camp and Power Yoga Class  
Noon - Nautilus Orientation  
1 p.m. - Muscle Up Class  
2 p.m. - Nautilus Orientation  
• Chair massages

## **Squash**

Demonstrations by Pro  
Free instruction from Pro  
Games for beginners and all skill levels  
Rules Clinic

## **Games in the Gymnasium**

Flag football  
Kickball  
Dodge ball  
Basketball contests  
Sharks and minnows  
Sack races  
Scooter races  
Agility obstacle course  
Raffle prizes



## **Tennis**

Instruction by pro  
Child and adult play  
Pro exhibitions  
Ball machine  
Speed Test w Radar Gun  
Raffles for lessons with a pro and a racquet

**Carnival Games** with prizes in the Gymnasium

All activities are free for members and their guests

## **Racquetball**

Child and adult play  
Target contest  
Raffle for new racquet

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