Participants get comfortable during the Southwest Area Council Sleepover, held April 20-21, 2024, at the Brandon YMCA. It was the Area Council's first Sleepover since the COVID-19 pandemic.

On April 20-21, 2024, 50 excited 4-Hers and friends along with 15 chaperones visited the Brandon YMCA for the Southwest Area Council's first sleepover event since the COVID-19 pandemic. The theme was "Under the Sea" and everyone had a great time! Members practiced healthy living by swimming, working out boot camp-style with Sue and participating in free gym time. They explored science through minute to win it challenges and cranium games. There were also snacks, late night pizza and a movie!

Thank you to the YMCA for the great time and to Manitoba 4-H Council for subsidizing the costs!

Left: 4-H members take part in a workout with a YMCA staff member during the April Sleepover. Above: A pair of 4-H members enjoy a dip in the pool, one of the activities at the Southwest Area Council Sleepover.