



YMCA OF  
CENTRAL  
NEW YORK

# KNOW YOUR DIRECTION

WITH THE YMCA OF CENTRAL NEW YORK



## SPirit WEEK

February 23-27

**Monday 2/23**

**Melanin Monday**

Wear shades of brown, beige, tan, taupe, or black.

**Tuesday 2/24**

**Black Historical Figure Day**

Dress as an influential African American historical figure or wear clothing that features one.

**Wednesday 2/25**

**Honor the Culture & Heritage**

Wear vibrant colors, bold patterns, or traditional Kente cloth.

**Thursday 2/26**

**Do It for the Culture**

Show off your old-school hip-hop style from any decade

**Friday 2/27**

**We Wear Black**

Wear your "We Wear Black" shirt or all black attire to symbolize strength, unity, and empowerment as we honor Black History and celebrate the future

illustration by Toni Eder