



NEWS RELEASE

July 21, 2009

For Immediate Release

Contact:

Summer Zimmer
1401 East Smith Street
Warsaw, Indiana 46580
(574) 269-9622

YMCA SUMMER CAMPS FOR THE REST OF THE SUMMER

Warsaw, IN – This summer, the **Kosciusko Community YMCA** will be offering youth activities and camps right up until school starts. Camp topics for the rest of the summer include soccer, tumbling, nutrition, safety, basketball, fitness, and competitive swimming. Camp Little Eagle will also be running every week until August 14, Monday through Friday 6:00 a.m. to 6:00 p.m.

July 27-31, Nutrition Camp is part of an “Operation Healthy Kids Summer Fitness Camp” series where kids will learn about different aspects of wellness. During this week, they will learn more about what they are putting into their bodies and how to plan a well balanced diet.

Coming up in August the YMCA will have Basketball Camp from August 3-7 for ages 8 to 14. There will also be a Safety Camp August 3-7 for ages 10 to 14 to learn how to better protect themselves from predators, and learn about fire safety and crime prevention. Sharks Swim Camp for beginner to advanced competitive swimmers on August 3-7, will focus on perfecting competitive swimming strokes. The Beginner Swim Camp would be a good opportunity for those wanting to try out the swim team to get started.

August 10-14 there will be an Exercise Development Gone Extreme (E.D.G.E.) Camp for ages 10 to 18. E.D.G.E. will help youth improve their speed, agility, muscular strength and flexibility.

Registration can take place at any one of our three branches or online at www.kcymca.org.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.