



NEWS RELEASE

April 2009

For Immediate Release

Contact:

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

Families are Invited to Fun, Free Day of Active Play and Resources for Healthier Living

On Saturday, April 18, the Kosciusko Community YMCA invites everyone in the community to participate in YMCA Healthy Kids® Day, the nation's largest health day for children and families. YMCA Healthy Kids Day includes fun, engaging and creative activities for children and families and promotes year-long wellness and healthy living. YMCA Healthy Kids Day events are free and open to all.

“As families struggle to balance life's daily demands and persevere during an economic downturn, it is important that we reach beyond our YMCA facility to the entire community,” says Nancy Boston, Senior Program Director. “We've been doing this with the annual YMCA Healthy Kids Day event for more than 6 years. Through this event, the Kosciusko Community YMCA and our partners have given our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family.”

YMCA Healthy Kids Day activities vary by YMCA. At the Kosciusko Community YMCA, 1401 E. Smith Street in Warsaw, families can come in for free from 10:00 a.m. to 2:00 p.m. Special activities will be taking place such as: a kid's TRYathlon from 11:00 a.m. to 12:00 p.m., open climbing wall from 11:00 a.m. to 1:00 p.m., dental screenings from 12:00 to 2:00 p.m., Kid Escape from 12:00 to 12:30 p.m., Children's Zumba from 12:30 to 1:00 p.m. and an open swim from 1:00 to 2:00 p.m.

The Healthworks Kids Museum Hummer will also be here from 12:00-2:00 p.m. Kids of all ages can brush the giant teeth, pick the giant nose (ahh choo!) jump rope with the intestines and learn about digestion!

Information will be available from the KCH Pediatric Weight Management program, Warsaw Police Department, D.A.R.E., Warsaw Parks Department, Trailhouse, the Girl Scouts of America and the Warsaw Fire Department about safety and health. There will also be an obstacle course, an opportunity to create a family banner, and a Plant your Own Food station. The Kosciusko Community YMCA is also proud to host representatives from the Warsaw Breakfast Optimist Club who will be enrolling children in the SafeAssured Program. The SafeAssured mini-CD produced through this program provides a single storehouse of details containing personal identification information essential for location efforts in the case a child should become lost.

Rabb Kinetico water testing will also be going on. If you would like to get your water tested, stop by the YMCA for a form and bring the form and a water sample back to the Y on the 18th. Educational take-home materials for parents will also be provided

A Mini Fun Run held across the street at the fairgrounds will also take place for kids under 15. See the YMCA for information on pre-registration or register the morning of the race at 9:00 a.m. The race will be at 10:00 a.m. and the course is 1 mile long. The first 50 to pre-register by April 17th will receive a t-shirt, all participants will receive a medal, and prizes will be given to the top 10 finishers.

For more information, or to register for the Fun Run, please visit any one of our three branches or see our website 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.
