



## **NEWS RELEASE**

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**For Immediate Release**

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### **UPCOMING SUMMER EVENTS AT THE YMCA**

Warsaw, IN – This summer, the **Kosciusko Community YMCA** will be offering youth activities and camps from June to August. Camps include gymnastics, tumbling, cheerleading, dance, wellness, basketball, and competitive swimming. Camp Little Eagle will also be running every week throughout the summer, Monday through Friday 6:00 a.m. to 6:00 p.m.

The first full week school is out, the Y will be offering Basketball Camp for ages 8 to 12. June 7<sup>th</sup> – 11<sup>th</sup>, 1:00-3:00 p.m. boys and girls will get experience with basketball drills, skill development, games and scrimmages. Preschool Fitness Camp June 7<sup>th</sup>-11<sup>th</sup>, 2:30-3:30 p.m. will start kids ages 3 to 6 on the road to a healthy lifestyle by making exercise fun and exciting. Cheerleading Camp for ages 5 to 10 will take place June 8th-10th, 1:00-2:30 p.m. Cheer campers will learn basic jumps, cheers, and chants. The camp is even open to advanced cheerleaders who will be able to work on more advanced skills.

From June 14<sup>th</sup>-18<sup>th</sup> Youth Gymnastics camp for ages 6 and up will be 1:00-3:30 p.m. Gymnasts will learn skills on the bar, beam, floor and vault. They will learn a routine throughout the week to show their parents on Friday. Preschoolers ages 3 to 5 will also get a chance to try out gymnastics in all events from June 16th-18th, 10:00-11:00 a.m. Both Gymnastics camps are open to those of all skill levels; current skills will be improved and challenged for those with experience.

New this year there will be a Strong Girls and a Strong Boys Camp June 21st-25th, to promote the importance of healthy preventative care, education, and self-esteem enhancement for ages 7 to 10. Topics will include teamwork, goal setting, communication, body image, peer pressure, resistance training and self defense. Preschool and Youth Dance Camps will be offered June 22nd-24th. For ages 3 to 5 Dance Camp will be 1:00-1:45 p.m. and for ages 6 to 14 Dance Camp will be 2:00-3:15 p.m.

Sports of all Sorts Camp will be offered Monday through Friday June 28<sup>th</sup>-July 2<sup>nd</sup>, 11:00-11:45 a.m. for ages 3 to 4. Preschoolers will learn all about all types of sports: basketball, soccer, baseball, football, and gymnastics. Flag Football /Ultimate Frisbee Camp is new this year on June 28th- July 2<sup>nd</sup> for ages 8 to 14. Basic plays and strategies will be taught for each game;

camp participants will have a lot of fun and playing time. There will be a Tumbling Clinic June 30<sup>th</sup> and July 1<sup>st</sup> from 10:00 a.m. to 11:30 a.m. to help cheerleaders and gymnasts of all levels refine and upgrade their tumbling skills.

Registration for everyone starts May 17th at any one of our three branches or online at [www.kcymca.org](http://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. Within our available resources, every effort will be made to accommodate all who wish to participate in YMCA programs and services. Supported in part through contributions to the Strong Kids Campaign, the YMCA provides membership and program assistance through need-based scholarships.