



## **NEWS RELEASE**

**April 2009**

**For Immediate Release**

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### **YMCA SUMMER CLASSES**

Warsaw, IN – This summer, the **Kosciusko Community YMCA** will be offering classes in two week sessions starting with Summer I: June 8-21, Summer II: June 22-July 5, Summer III: July 6-19, Summer IV: July 20-August 2, Summer V: August 3-16 and Summer VI: August 17-30. Youth classes will be offered in gymnastics, swimming, Sports of all Sorts, and E.D.G.E. a fitness class for ages 10-14. Adult classes will also be offered including Body Sculpt, Boot Camp, Bosu Fit, Cardio Blast, Circuit Intervals, Circuit Training, Core, Indoor Group Cycling, Kickboxing, Kickboxing Lite, Step-N-Shape, Step Challenge, Yoga, Water Aerobics, Women and Weights, Weight Training for Men, Shake-it-up and Hip Hop

There will also be summer camps offered in gymnastics, tumbling, cheerleading, dance, sports for preschoolers, rugby, tennis, jumprope, fitness, safety, nutrition, basketball, British Soccer 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.

Registration for classes and camps will start for YMCA Members April 27 and for Community Members May 4. Registration can take place 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. 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.