



NEWS RELEASE

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For Immediate Release

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Cooking, Painting and Dancing at YArts Week

Warsaw, Indiana – In an effort to help people realize the positive benefits that the arts have on youth and adults, **The Kosciusko Community YMCA** invites anyone and everyone to celebrate Y Arts Week, October 5-10, 2009. Nationally, this week-long annual YMCA celebration will showcase the wide array of creative arts and humanities programs that YMCAs across the nation offer their communities. In conjunction with National Arts and Humanities Month, the Kosciusko Community YMCA joins more than 300 YMCAs across the country in promoting the arts. Activities during Arts Week at the Kosciusko Community YMCA range from cooking to hip hop and creative writing to music.

Arts and humanities play an important role in youth development. Research shows that youth are able to express themselves more freely through the arts- contributing to a healthy spirit and mind. Young people engaged in the arts also tend to perform well academically and receive high marks on standardized tests. Arts activities are incorporated into the Kosciusko Community YMCA Kids Club Before and After School Education Program at least three times a week. As part of YArts Week, art projects from Kids Club will be on display all week. YMCA Members of all ages are encouraged to share their talents with others by participating in a Member Show and bringing in a piece of art work to be on display in the lobby. The Babysitting Kids Station will also participate in Arts Week with handprint art.

Thanks to the generosity of our instructors, all Arts Week activities are free and open to the community. The Adult Cooking Class, Family Cooking Time and Ballroom Dance Class require pre-registration. Sign up at any one of our three branches or online at www.kcymca.org.

On Monday, October 5, the YMCA will hold an adult cooking class at the YMCA Racquet Center located on 15N from 6:30 to 8:00 p.m. The class will be led by Caleb France, owner of Cerulean. *Beginning Ballroom Dance* will be held for adults in the Smith Street gym from 6:30 to 7:30 p.m. Participants will get to learn the Cha Cha and Swing from Ray and Barb Gsell. Also on Monday, October 5, children will get to paint like Michelangelo in the Sistene Chapel from 4:00-8:00 p.m. in the Youth Center. Becky Moreno will be leading a *Hip Hop* class for kids at the Smith Street branch gym from 5:45 to 6:15 p.m.

On Tuesday, October 6, kids will try out different musical instruments in the Youth Center from 6:00 to 6:30 p.m. *Creative Writing* will be taught in the Youth Center from 6:45-7:15 p.m. giving kids the opportunity to try their hand at writing a creative story. Danielle Maloney will be leading a *Family Cooking Time* class for families with kids over 3 to create and eat a three-

course meal. This family cooking event will take place at the Racquet Center from 6:00-7:30 p.m.

On Wednesday, October 7, children will be able to create artwork from pieces of torn construction paper in *Paper Mosaic Art* from 4:00 to 8:00 p.m. in the Youth Center. Thursday, October 8, kids can make “Bean Art” in the Youth Center from 4:00-8:00 p.m.

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.

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