



## **NEWS RELEASE**

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For Immediate Release

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### **Spring Into the YMCA!**

Warsaw, Indiana – Looking for something to do this Spring Break? Want your kids to work off their excess energy? The Kosciusko Community YMCA will be offering several activities that will meet your entertainment needs. Several camps will be offered for different age groups for everything from art to rugby. There will also be a free day for children and their parents and a week of free group exercise classes open to the community.

Holiday Camp is a day camp for kids kindergarten to 6<sup>th</sup> grade Monday through Friday 6:00 a.m. to 6:00 p.m. They will go on field trips, swimming and rock wall climbing. When not involved in these activities, children will be hanging out in the YMCA's Youth Center with access to youth cardio equipment, air hockey, billiards, computers, board games, as well as Dance Dance Revolution and other activity based video games.

For preschoolers, the YMCA will be offering Pee Wee Picassos Art Camp Monday, Wednesday, and Friday from 2:00 to 3:00 p.m. The kids will get to express their creativity making memories and keepsakes.

For ages 5 to 9, the Skyhawks will be offering S.N.A.G. Golf Camp. The Starting New At Golf program will teach boys and girls the game of golf in the gym with specialized equipment. The Skyhawks will also offer a Multi Sport Camp for boys and girls ages 8 to 12. They'll learn essential skills of basketball, baseball and flag football. The Multi Sport Camp will be held Tuesday through Thursday 1:00 to 3:00 p.m. and the Golf Camp will be held Tuesday through Thursday 10:00 to 11:30 a.m.

For those ages 7 to 15, we'll be offering both a Co-ed Rugby Camp and a Co-ed Volleyball Camp. The Rugby camp will introduce non-contact rugby, a sport that is popular across the globe, Monday through Wednesday 3:30 to 5:00 p.m. The Volleyball camp will help players learn basic skills on Wednesday through Friday 6:00-8:00 p.m.

There will also be an Exercise Development Gone Extreme (E.D.G.E.) Camp for ages 10 to 14 Monday through Friday 9:30-10:15 a.m. or 4:15 to 5:00 p.m. For this camp, you can pay per day or receive a discount when you pay for the whole week.

Gymnastics Open Gym will be offered Tuesday and Thursday at 10:30 a.m. to 12:00 p.m. and Wednesday at 5:30 to 7:00 p.m. for kids over 5. Participants will be able to practice gymnastics skills that they have been working on during class. This time will not be a structured class time but will be supervised by YMCA Gymnastics Instructors.

The YMCA will be offering a Spring Break Free Day on Thursday, April 9<sup>th</sup> from 3:00 to 9:00 p.m. The YMCA will be open to all youth and their parents from 3:00 to 9:00 p.m. for several different activities. There will be free tennis and racquetball at the Racquet Center, an open swim from 3:30 to 5:00 p.m., a 3 point shoot out from 5:30 to 6:15 p.m., Dodgeball from 6:15 to 7:00 p.m., Float and Flick from 6:30-8:00 p.m. and open climbing wall from 7:00 to 9:00 p.m. Crafts and Snacks will also be available in the Youth Center. Children under 10 must be accompanied by a parent at both facilities.

For adults, the YMCA will be offering fitness classes free to members and the community during the week of spring break. On Monday, April 6<sup>th</sup>, Circuit Intervals and Yoga will be offered. On Tuesday, April 7<sup>th</sup>, Step Challenge, Yoga and Body Sculpt will be offered. Wednesday April 8<sup>th</sup>, Circuit Intervals and Thursday April 9<sup>th</sup> Step Challenge and Body Sculpt will be offered.

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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