

Awaken Summer Imagination at Healthy Kids Day and Camp Rally Night

On Saturday, April 21, the YMCA is holding a free community event to inspire kids to stay active and keep learning all summer long. The annual Healthy Kids Day, the Y's national initiative to improve health and well-being for kids and families is an opportunity to ignite children's imaginations, allowing them to envision all that they can accomplish this summer. The event will run from 10am to noon with games, healthy living activities, and arts & crafts which will both motivate and teach families how to develop and maintain healthy routines at home throughout the summer months.

Healthy Kids Day, celebrated at over 1,500 Ys across the country by over 1.2 million participants, works to get more kids moving and learning, creating habits that they continue all summer long. When kids are out of school, they can face hurdles that prevent them from reaching their full potential. Research shows that without access to out-of-school learning activities, kids fall behind academically. Kids also gain weight twice as fast during summer than the school year. As spring turns to summer, Healthy Kids Day is a powerful reminder not to let children idle away their summer days. Instead, the Y wants families to focus on helping children imagine what they can accomplish over the summer.

Families looking for an epic summer adventure are invited to Camp Rally Night on Monday, April 9th from 5 to 7pm at the Y. This free carnival themed event will feature light snacks and games. It is an opportunity to meet some of the counselors who will be on our team this summer. There will be plenty of games and activities for kids while parents are able to get all their summer camp questions answered and children registered. Campers who register at the event will walk away with some gear for the summer. Campers registering for 11 weeks of camp or more will receive 15% off the whole summer but they must be present at the event to receive the discount. No payment is due at Camp Rally Night. Summer Day Camp at the Y promotes school readiness and prevents summer learning loss while keeping the day structured from beginning to end. Campers will learn, play, and grow at the YMCA. Developing social skills, teamwork, and responsibility. Each week has a special theme that incorporates fun, learning, and our core values of Caring, Honesty, Respect, and Responsibility.