



Cortland County Family YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

February 2011
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Cortland County Family YMCA
22 Tompkins Street
Cortland, New York 13045
(607) 756-2893

For Immediate Release

Keep Your Kids ‘Active’ during Winter Break

CORTLAND—The Cortland YMCA’s Active Kids will be hosting a full week program for children in grades K-6, during the Winter Recess, Feb. 21 through Feb. 2., with days running from 8 a.m. to 6 p.m. Parents must provide a bagged lunch.

Active Kids is the YMCA’s afterschool program for children in grades K-6 and is designed to promote physical activity and healthy living. In addition to healthy snacks there will be plenty of physical activities, from swimming to rock climbing! Participants can look forward to walking distance field trips (local parks) to sledding and skating!

There are fees associated with the full week and regular Active Kids programming.

Contact the YMCA at 607-756-2893 for more information.

The Cortland County Family YMCA has been proudly serving the Cortland community for the past 143 years. Check us out online at www.cortlandymca.org, and “like” us on Facebook!

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