



Cortland County Family YMCA

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

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For Immediate Release

Active Kids returns to the Y

CORTLAND-- Parents, the summer is here, but not for long.! However the end of summer does not mean the fun has to end...Cortland YMCA's Active Kids After School Program is heading into its third year of fun and activity!

Active Kids is a program so much more than childcare. Dave Burnette, Program Director at the Cortland YMCA says that along with homework help, healthy snacks, arts & crafts, and games, kids will be engaged in heart pumping physical activity on a daily basis.

The Active Kids will have the opportunity to swim 2-3 times a week including a swim lesson, play all sorts of games in the gym or outside on the new playground, and climb on our new YMCA rock wall!

Burnette said there was plenty of growth in the kids who participated last year. "All of our shallow end swimmers have excelled to deep enders in just a few weeks into the school year. Hesitant climbers found their way to the top of our wall with their new climbing skills."

Burnette adds that encouragement from friends and parents help kids go home knowing they got the physical activity their young bodies need. "This encouragement helps raise

the child's self esteem to try new things, which is what this program is all about," said Burnette.

Bussing is available within the Cortland School District, and financial assistance is available to those with a demonstrated need. "Sign up today and give your kids the outlet they need," said Burnette.

For more details call the Cortland YMCA at 756-2893, or visit us on the web at www.cortlandymca.org.

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www.cortlandymca.org

YMCA MISSION:

To put Christian
principles into practice
through programs that
build healthy body,
mind and spirit for all
