



# Cortland County Family YMCA

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

**CONTACT:**

Matthew Kemak  
Cortland County Family YMCA  
22 Tompkins Street  
Cortland, NY 13045

*For Immediate Release*

## **Leaf Raking, Spooktacular, Walk This Way highlight Saturday at the YMCA**

CORTLAND-- The Cortland County Family YMCA is planning a fun filled Saturday YMCA on Tompkins Street. The Y and the community will be hosting the Great Leaf Raking, Walk this Way and the Halloween Spooktacular.

The day begins at noon for the Great Leaf Raking when members of the Cortland community can meet at the YMCA with rakes in hand. YMCA Program Director Dave Burnette, said the community group will then branch out in to the neighborhood, raking and cleaning around areas that otherwise might not have received the attention, assisting neighbors who need help. Burnette says a big thank you has to go out to Price Chopper; donated bio-degradable bags to compost the leaves, and Builders Best for some extra rakes.

Following the Raking at 2 p.m., "Walk this Way," a Healthy NOW initiative, kicks off the 1st of 20 new walking routes throughout Cortland County with the 2.3 mile walk that starts and ends at the Y. Burnette said everyone is encouraged to attend and walk with us. Upon returning from the walk, Rebecca Canzano, Supervising Public Health Educator, will be discussing and promoting pedestrian safety tips for Trick or Treaters this Halloween.

The Halloween Spooktacular wraps up the event filled day at the Y from 3-6 p.m. The Y will be hosting traditional and new Halloween and Harvest activities for kids and families. Y families are FREE community families are a nominal fee. Burnette said, "The dancing, apple bobbing, costume contest, relay races, crafts, snacks, trick or treating, and haunted house are among the fun things you don't want to miss." For more details call the Cortland YMCA at 756-2893, or visit us on the web at [www.cortlandymca.org](http://www.cortlandymca.org).

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*22 Tompkins Street  
Cortland, NY 13045*

*Phone: 607.756.2893  
Fax: 607.756.2895*

[www.cortlandymca.org](http://www.cortlandymca.org)

**YMCA MISSION:**

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

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