



FOR IMMEDIATE RELEASE:

Pittsfield Family YMCA Opens Its Doors on April 17th to All Youth in the Community

March 29, 2010—PITTSFIELD, MA: National YMCA Healthy Kids Day is April 17, 2010 and the Pittsfield Family YMCA is looking to make it a memorable day for our city's youth this year. The FREE event will take place at 292 North Street in Pittsfield from 10 a.m. to 1 p.m. There will be a bouncy house in our gymnasium, WIC will be present, parachutes games will be led by our Child Care Director, a Jump Rope for Heart fundraiser will be taking place upstairs, healthy snacks and nutritional advice will be available and we will host a Family Zumba class. The first 50 kids will also receive complimentary T-shirts! An exact schedule for this event will be released a few days prior to its occurrence.

“Jump Rope for Heart is a new aspect that will be tied in this year”, states Executive Director, Randy Kinnas. Pre-registration is required for the Jump Rope for Heart aspect of Healthy Kids Day. Children will partake in jump rope activities to raise money for the American Heart Association and win prizes along the way. **In order to receive an informational fundraising packet on Jump Rope for Heart please contact Randy Kinnas at 413-499-7650 ext. 12 or by email at Rkinnas@nycap.rr.com.**

YMCA's Healthy Kids Day will be celebrated across the country at nearly 1,500 YMCAs. Last year, more than 700,000 people participated in YMCA Healthy Kids Day events nationwide, enjoying games, demonstrations, arts and crafts, educational resources, healthy treats, giveaways, and more. **For more information on our local event that is open to all children in the community visit pittsfieldfamilyymca.org.**

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