

**For Immediate Release**  
**January 11, 2010**  
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**Somerset Valley YMCA**  
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**Somerset Valley YMCA Summer Camp**  
***Plan Now for a Summer of Fun...a Lifetime of Memories***

Summer sun and fun may seem far away during these frigid winter days, but here at the Somerset Valley YMCA, we've already getting ready for Summer Camp 2010. Now is the time to start planning for the warmer months ahead when school is not in session.

Our camps provide children with summer adventures that promote a healthy spirit, mind and body. Children spend time indoors and outdoors as experienced staff lead campers in a wide variety of activities each day, including arts and crafts, games, sports, instructional and/or recreational swimming and weekly field trips. Favorite camps are back, as well as new and exciting additions to the camp line-up i.e., Fun with Fashion Camp, Jewelry Camp, K-Nex Camp, Reporter's Camp, Y Multimedia Studios, Wonders of Flight plus lots more. See our complete listing of summer camps on-line at [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org).

In addition, we continue to integrate our Healthy U curriculum into our camp programs so children learn how to incorporate proper nutrition, exercise and positive self images into their everyday lives. And with the YMCA, everyone can afford to keep their kids healthy and safe this summer. As a non-profit organization, the Somerset Valley YMCA is able to provide a summer camp experience for families, regardless of their ability to pay. For more information on financial assistance and scholarships, contact one of our Somerset Valley YMCA branches.

Space is limited, so register early. Camp begins June 28th and runs through September 2nd, Monday-Friday, 8:30 – 4:30 p.m. with extended care offered before and after regular camp hours.

Summer Camp Open House dates at all three branch locations are as follows:

- Saturday, January 23<sup>rd</sup> – 10am to 1pm
- Sunday, February 21<sup>st</sup> – 12 to 2pm
- Friday, March 5th - 6 to 8pm
- Saturday, March 13th – 10am to 1pm
- Saturday April 17th – 10am to 1pm \*also Healthy Kids Day

The Somerset Valley YMCA also offers the following summer programs: preschool and youth aquatics, gymnastics, open gym and recreational swimming. For more information on summer camp or any of our nationally recognized YMCA programs, contact the Bridgewater Family YMCA at (908) 526-0688, Hillsborough Family YMCA at (908) 369-0490 or the Somerville Family YMCA at (908) 722-4567 or log onto [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org). At the Somerset Valley YMCA, we build strong kids, strong families and strong communities. We look forward to seeing your child at camp this summer!