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YMCA Healthy Kids Day April 12 Brings Free Safety, Nutrition and Exercise Activities To Area Neighborhoods

For the 17th year, neighborhood YMCA of Greater Cincinnati (YMCA) branches are organizing free fun-filled, energy-packed activities all designed to teach and encourage children about healthy and safe lifestyles. It's all part of the YMCA Healthy Kids Day, April 12, a celebration of spring for the whole family.

With branches throughout Greater Cincinnati and Northern Kentucky, the community-based safety, nutrition and health fairs will feature booths, workshops, demonstrations, games, nutritious food, and more. Local fire and police departments will be on hand at many of the locations. Exact times and activities will vary by branch. For specific programming in each neighborhood, the public is invited to call their local branch directly or call the YMCA at 513-362-2100 to be referred to the closest branch,.

One of the largest health awareness days for children, more than 500,000 kids and families nationwide participate in YMCA Healthy Kids Day each year. The annual event is part of YMCA Activate America, a public health initiative.

"Healthy Kids Day is part of the YMCA's commitment to promoting an environment where children grow and thrive mentally, physically, and spiritually," said Donnie Kalb, YMCA of Greater Cincinnati director of health and wellness. "It will be a lot of fun for the whole family."

For the one day, the YMCA will waive the entire initiation fee for all new members who enroll on Saturday, April 12.

About the YMCA of Greater Cincinnati

The YMCA is the largest non-governmental, non-profit community services organization in this area that is committed to helping everyone reach their God-given potential in spirit, mind, and body – regardless of their ability to pay. Each year tens of thousands of people from children to seniors are able to participate in YMCA programs and services because of financial assistance, including health and wellness, active older adult programs, youth and teen camp, swimming and water safety lessons, teen achievers, college readiness, and job preparedness. With 60 locations, the YMCA of Greater Cincinnati is also the largest provider of child care programs, that in 2007, served nearly 10,000 kids on YMCA scholarships. The annual Strong Kids Campaign helps make that possible.

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YMCA Healthy Kids Day Branch Locations

Location	Time	Phone
Kentucky		
Campbell County YMCA		859-781-1814
R.C. Durr YMCA, Boone County		859-534-5700
Kenton County YMCA		859-356-3178
Dayton Kentucky YMCA Teen Center		859-291-0490
Cincinnati-area		
Blue Ash YMCA		513-791-5000
Carl H. Lindner YMCA		513-241-9622
Clermont Family YMCA		513-724-9622
Clippard YMCA		513-923-4466
Gamble-Nippert YMCA		513-661-1105
Melrose YMCA		513-961-3510
M.E. Lyons YMCA		513-474-1400
Powel Croseley YMCA		513-521-7112
Richard Lindner YMCA		513-731-0115