



YMCA

We build strong kids,
strong families, strong communities.

FOR IMMEDIATE RELEASE

November 16, 2007

Contact: Megan Appello
YMCA of Eastern Union County – Five Points Branch
(P) (908) 688-9622
Email: mappello@ymcaeuc.org

YMCA OF EASTERN UNION COUNTY'S FIVE POINTS BRANCH ANNOUNCES FREE SEVENTH GRADE MEMBERSHIP

YMCA to offer free memberships to Township of Union students enrolled in seventh grade

(Union, NJ) – The YMCA of Eastern Union County is pleased to announce that its Five Points Branch is now offering free memberships to all current seventh grade students residing in the Township of Union. As the percentage of young people who are obese and overweight continues to rise, it is our goal to help combat this serious health crisis by increasing youth and teen enrollment in YMCA programs. This free membership will allow seventh graders the opportunity explore the many programs available at the YMCA while developing a positive self image and an appreciation for healthy living.

The YMCA has targeted seventh grade students as we believe that this is an underserved and difficult to reach age group in which youth are at a critical stage of emotional and physical development. Studies have shown that children who develop healthy eating and exercise habits while they are young are more likely to continue to lead healthy lifestyles through adulthood.

With this membership, seventh grade students can work-out in the fitness center, enjoy recreational swim or shoot hoops in our basketball gym. This program will run Monday-Thursday from 3:00-5:00 PM and Friday “Teen Night” from 7:15-9:45 PM.

Registration will begin November 26th and the membership will be valid from December 1, 2007 – August 31, 2008. Upon registration, a parent or guardian must be present and a valid school ID is required.

The Five Points Branch is an Activate America YMCA, a national initiative that is rallying YMCA's across the country to further enhance their service and support to kids, adults and families. This seventh grade initiative is one of several programs the Five Points Branch is planning to promote the importance of developing a healthy lifestyle.

The YMCA of Eastern Union County is a community-based organization committed to building healthy lives through programs that strengthen the spirit, mind and body for people of all ages, religions and cultures. Through our three branches located in Elizabeth, Union and Rahway, the YMCA currently serves 18,000 members. The Five Points Branch serves nearly 12,200 of our total membership in our Five Points facility, located in Union

Should you need any additional information on the YMCA of Eastern Union County, the Five Points Branch and/or our programs, please feel free to contact the Five Points Branch at (908) 688-9622.