



YMCA

We build strong kids,  
strong families, strong communities.

**FOR IMMEDIATE RELEASE**

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**SPRING INTO SUMMER AT THE YMCA OF EASTERN UNION COUNTY'S  
FIVE POINTS BRANCH - Spring II Session to run April 28 – June 22, 2008**

(Union, NJ) – The YMCA of Eastern Union County's Five Points Branch is pleased to announce our new Spring II schedule with numerous new class offerings and lectures planned. With this session set to "Spring into Full Bloom" on April 28<sup>th</sup>, the YMCA is now accepting registrations for both full and basic members. With the summer fast approaching, join now to get healthy and fit for Summer Fun!

The YMCA is offering numerous swimming lessons and fitness classes for children and adults of all ages. Children can enjoy classes such as: Gymnastics; Toddler Gym & Swim; Indoor Soccer; Basketball; Tee Ball; etc. Family Swim and Open Gym is also available for full privilege members.

Our adult members can swim, use the fitness center, participate in sports such as Co-Ed Volleyball, Adult Soccer and Basketball, and/or take part in numerous classes such as: All Abs; Kickboxing; Line Dancing; Power Sculpt; Yoga; Pilates; and much more. New adult specialty classes include Soul Sweat Yoga and Boot Camp in which members can tone up, trim down and challenge their bodies while having fun.

At the request of our adult and senior members, the Five Points Branch is also now offering our popular Arthritis Foundation Exercise Program and Tai Chi from the Arthritis Foundation twice a week in the morning and evening. On Tuesdays and Thursdays, the Arthritis Foundation Exercise Program will run from 9:15-10:15am and 6:30-7:30pm and Tai Chi from the Arthritis Foundation will take place at 10:30-11:30am and 7:30-8:30pm. Based on an overwhelming demand, an additional session of the Arthritis Foundation Aquatic Program has also been added on Friday mornings from 9-9:45 am.

Also this session, the Five Points Branch will offer a lecture series, provided by Donna Visco, entitled "The Spiritual Laws of Success." This lecture series is free for all members and will run on Tuesday's April 22 – June 17, 2008 from 9:30-10:30am. Topics to be covered include the laws of Pure Potentiality, Karma, Least Effort, Intention and Desire, Detachment and Dharma.

Dedicated to serving our teen members, the Five Points Branch would like to remind families that the YMCA offers various well-supervised teen activities that encourage behaviors that exemplify our four core values of caring, honesty, respect and responsibility. The YMCA is now offering "Teen After Hours" on Saturdays from 6-9pm. During "Teen After Hours" the Five Points

Branch opens its doors for an additional 3 hours exclusively to our teen members (ages 12-17) to take part in activities including the Fitness Center, Open Swim, Basketball and interactive games such as Wii, Table Tennis, Nok Hockey and Dance Dance Revolution. Teens may also enjoy "Teen Hours" (Monday – Thursday 3-5pm and Fridays 7:15-9:30pm), in which they may participate in programs such as: Recreational Swim; Open Gym; and Teen Strength and Fitness.

Child care slots are also currently available at both of our child care locations located in Union, NJ. The Five Points Branch site provides full day child care to children ages 6 weeks to 5 years old. Our second site, Preschool Campus, located on Berwyn Street in Union, offers both full day, half day and part-time care options for children ages 19 months to 5 years old. Space is limited and waiting lists may apply for some classrooms.

Summer Day Camp 2008 is fast approaching! The Five Points Branch encourages families to register soon as space in some camps may be limited. One week sessions are available from June 23-August 29<sup>th</sup> and camp hours are 7:00am-6:30pm each day. Day Camp options include Traditional, Specialty and Super Sports Camps. New camps this summer include Mad Science Camp, Ultimate Sports Camp and Gymnastics Camp.

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