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Central Connecticut Coast YMCA Helps Youth Experience Their Best Summers Ever

Programming keeps kids moving, exploring and learning

[New Haven, CT March 28, 2016] – The Central Connecticut Coast YMCA Branches are offering day camp to give kids and teens in Bridgeport, Fairfield, Trumbull, Stratford, Valley, Milford, New Haven, Hamden, North Haven and Branford communities an adventurous, active and healthy summer—one that will surely be described as “the best summer ever” for years to come. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime.

Summer is the ideal time for kids to get up, get out and explore. But, for some kids summer means no access to recreational and educational activities to help them learn, grow and thrive during out-of-school time. As a result, some kids can experience learning loss and gain weight twice as fast than during the school year. Attending CCC Y summer camp is a wonderful opportunity for kids to keep their minds *and* bodies active.

“YMCA summer camp supports the social-emotional growth, cognitive development and physical well-being of kids,” says David Stevenson, Central Connecticut Coast YMCA President & CEO. “In our day and resident camps, kids are in a welcoming environment where they can belong, they’re building relationships, developing character and discovering their potential. We really encourage parents to give their kids the gift of camp to keep their kids active and engaged throughout the summer.”

David Stevenson says there are five reasons why children and teens should attend summer camp:

1. **ADVENTURE:** Summer camp is all about a wide variety of new experiences and exploring the outdoors. YMCA camps have a new adventure for every child and teen. Visit www.cccymca.org for details.
2. **HEALTHY FUN:** Day and resident camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their healthy eating habits.
3. **PERSONAL GROWTH:** While in the welcoming environment of camp, youth have a chance to learn new skills, and develop confidence and independence by taking on new

responsibilities and challenges. Camps offer cognitive learning and social-emotional development opportunities for achievement.

4. **FRIENDSHIPS:** Amidst the fun of camp games, songs, swimming, canoeing and talent shows, campers meet new friends and strengthen existing friendships. The bonds formed at camp are important and lasting for many youth.
5. **MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories (and camp traditions) that will last a lifetime. Youth return to school with plenty of camp stories to share!

Camp Open House events are scheduled for Saturday, April 30 10am-1pm and Saturday, May 14 10am-1pm. Meet our summer camp staff, ask questions and learn more. For further information about Central Connecticut Coast YMCA day and resident camp programs contact 203 777 9622 or visit cccymca.org.

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The Central Connecticut Coast YMCA is a charitable, not-for-profit, community service organization dedicated to putting Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The Y strengthens the foundations of communities and families through youth development, healthy living, and social responsibility in twenty-four towns and cities in the Greater Bridgeport and New Haven areas. Additionally, programs and services are offered through YMCA Camp Hi-Rock located in Mount Washington, MA.