



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Central Connecticut Coast YMCA Branches Keep Youth Moving, Learning and Exploring this Summer

[New Haven, CT April 4, 2014] – Branches of the Central Connecticut Coast YMCA are offering summer camp to give kids and teens an adventurous, active and healthy summer. 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 Y summer camp is a wonderful opportunity for kids to keep their minds *and* bodies active.

“YMCA summer camp supports the social-emotional, cognitive development and physical well-being of kids,” says Christian Engle, CCC Y Senior Vice President & COO. “In our Y camps, kids are in a welcoming environment where they can belong, build relationships, develop character and achieve – discovering their potential. We really encourage parents to give their kids the gift of camp so that every child can benefit from the experience.”

There are five reasons why children and teens should attend summer camp:

1. **ADVENTURE:** Summer camp is all about a wide variety of fun adventures and new experiences, and especially exploring the outdoors. YMCA camps have a new adventure for every child and teen. Visit 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 being away from the routine back home, 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. **NEW FRIENDSHIPS:** Amidst the fun of camp games, songs, swimming, canoeing and talent shows, campers meet new friends and strengthen existing friendships. The relationships 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!

To ensure that all youth have the chance to experience camp, all Branches of the Central Connecticut Coast YMCA offer financial assistance to those in need.

A leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for nearly 130 years. We continue to give youth an enriching, safe experience with caring staff and volunteers who model positive values that help build their kids' character.

For more information, visit one of our day camps during an Open House 10 am – 1 pm on Saturday, April 12 or Saturday, May 17, 2014 or visit cccymca.org.

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About Us: The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2013, the CCC YMCA served 87,000 kids, families and adults in twenty-five towns and cities. Approximately 32,000 youth participated in child care, youth sports, summer camping and Youth in Government programs. 7,441 children took advantage of the Y's instructional swimming lessons and water safety education programs; 46,304 youth and adults participated in health, wellness, education, physical activity and diabetes prevention programs and services. With a team of social workers and an inventory of 415 apartments, the Y continued to serve as the largest provider of affordable and supportive housing in the state. The CCC YMCA also provided \$2.8 million in direct financial assistance to approximately 5,691 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven with eleven Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622