



## **FOR IMMEDIATE RELEASE**

June 29, 2009

**CONTACT:** Heather Ruggeri, Director of Communications & Marketing  
(908) 236-7879 x 24 OR [hruggeri@hcymca.com](mailto:hruggeri@hcymca.com)

### **Hunterdon County YMCA Provides Complimentary Membership to 200 Local Seventh Graders**

During this past school year, the Hunterdon County YMCA provided 200 seventh graders with a full YMCA membership at no cost. Beginning in September 2008, the YMCA invited all seventh graders in the county to receive a complimentary YMCA membership. The Strong Kids Seventh Grade membership initiative is a part of the Hunterdon County YMCA's ongoing effort to improve the health and wellness of Hunterdon County youth. Seventh grade has proven to be an important time for children to continue to remain active and gain the life-long fitness practices that will help them develop healthy habits. Kids in seventh grade begin to formulate habits that continue into adulthood. This membership initiative is being offered at many YMCAs statewide.

"I am pleased with the success of our first year offering the Seventh Grade membership. It has been a joy to see the seventh graders come into the YMCA, work with our staff to learn about health and wellness and develop their own fitness routines," said Bruce Black, President/CEO.

The Hunterdon County YMCA will continue the Seventh Grade membership initiative for the 2009/2010 school year. Those entering seventh grade in September are eligible to register for this membership beginning on September 1, 2009.

This membership must be taken out in person at either the Deer Path Branch in Flemington or Round Valley Branch in Annandale. Proof of grade is required, along with parent or guardian permission. This membership will be active 9/1/09 through 8/31/10. Seventh graders must complete an orientation with a YMCA Wellness Mentor prior to beginning an exercise routine.

The Seventh Grade membership initiative is underwritten by the YMCA Strong Kids Campaign and is made possible through the generosity of individuals, local businesses, and foundations giving to the YMCA's annual support campaign. The Strong Kids Membership will allow Hunterdon County seventh graders to strengthen behaviors of remaining active, staying fit, gaining a better understanding of nutrition and the importance of continuing these habits into their adult lives.

To learn more about the Hunterdon County YMCA, please visit [www.hcymca.org](http://www.hcymca.org) or call 908-782-1030 for the Deer Path branch or 908-236-0055 for the Round Valley branch.