



FOR IMMEDIATE RELEASE

July 7, 2010

HUNTERDON COUNTY YMCA OPEN HOUSE

The Hunterdon County YMCA invites everyone to come out of the heat and into the YMCA! On Wednesday, July 21 both branches of the Hunterdon County YMCA will be open to everyone in the community at no cost. The fitness centers at both branches, which include cardio equipment, Cybex strength equipment, and free weights, will be available for use by adults and teens 15 years and over. In addition, all fitness classes will be open to the public, including the YMCA's popular Group Power, Group Kick, Group Step, Group Groove and Indoor Cycling classes. Babysitting is available for parents of young children who would like to try out the Y facilities. Please visit our website for www.hcymca.org, for the fitness class schedule and babysitting hours.

The Deer Path Branch is located at 144 West Woodschurch Road, Flemington, NJ 08822, (908) 782-1030 and the Round Valley Branch is located at 1410 Route 22 West, Annandale, NJ 08801, (908) 236-0055. The Hunterdon County YMCA will be open to the community during its regular operating hours: 5:15 am – 10:00 pm at the Deer Path Branch and 5:15 am – 9:30 pm at the Round Valley Branch. For more information about the Hunterdon County YMCA visit www.hcymca.org.



The Hunterdon County YMCA has been serving the community for more than 100 years, and is committed to helping people grow in spirit, mind, and body. We are a (501)c3 community service organization founded upon Christian values, which today embraces all faiths, serving individuals regardless of age, race, or economic means. The YMCA is guided by our core principles of caring, honesty, respect, and responsibility. The YMCA offers a wide variety of programs that include fitness, aquatics, sports, child care, senior services, teen leadership opportunities, family programs, summer camp and volunteer opportunities. The Hunterdon County YMCA has two main branches in Flemington and Annandale, New Jersey. There are 23 satellite locations that include before/after school programs at 18 county schools, 2 preschool locations, 4 summer camps and the YMCA North Hunterdon Senior Center in Glen Gardner, New Jersey.