



YMCA of Central Florida

FOR IMMEDIATE RELEASE
March 30, 2010

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YMCA HEALTHY KIDS DAY 2010

TEENS GET PERKS AT YMCA DURING THE NATION'S LARGEST HEALTH DAY FOR CHILDREN AND FAMILIES

Families Encouraged to Visit Their Neighborhood YMCA on Saturday, April 17

WHAT: The YMCA of Central Florida will join more than 1,700 YMCAs nationwide in the annual Healthy Kids Day, Saturday, April 17. Teens will be the winners with the special \$1 a day membership rate for ages 12-18. More than 600,000 kids and families will attend events nationwide.

Families are encouraged to help teens to "Put Play In Your Day" at twenty Central Florida YMCA locations. Activities will include: Summer Camp Registration, Child Development Activities, Sports Signups, Family Activities, Exercise Classes, Safe Start Swimming Survival Signups, Learn to Swim Registration and Swim Team Signups for all ages.

WHEN: Saturday, April 17, 2010 www.trytoday.com

WHERE: 20 YMCA of Central Florida Family Center Locations in Brevard, Seminole, Osceola, Orange, Lake and Marion Counties. For more information www.centralfloridaymca.org

Aquatic & Family Ctr. 8422 International Dr. Orlando 407-363-1911	Avalon Park YMCA 12001 Avalon Lake Drive Orlando 407-381-2512	Blanchard Park YMCA Family Center Orlando 10501 J. Blanchard Trail 407-381-8000	Cocoa YMCA Family Center at Brevard Community College 1519 Clearlake Rd., #18 Cocoa 321-433-7770
Downtown Orlando YMCA Family Center 433 N. Mills Ave. Orlando 407-896-6901	Dr. P. Phillips YMCA Family Center 7000 Dr. Phillips Blvd. Orlando 407-351-9417	Golden Triangle YMCA Family Center 1465 David Walker Rd., Tavares 352-343-1144	Lake Nona YMCA Family Center 9055 Northlake Pkwy., Orlando 407-852-3520
Marion County YMCA Family Center 3200 SE 17 th Street, Ocala 352-368-9622	Osceola County YMCA Family Center 2117 W Mabbette St., Orlando 407- 847-7413	Oviedo YMCA Center for Health & Wellness 7900 Red Bug Lake Road., Orlando 407-359-3606	Peggy & Philip B. Crosby Wellness Center 2005 Mizell Ave., Winter Park 407-644-3606
South Orlando YMCA Family Center 814 W. Oak Ridge Road, Orlando 407-855-2430	Suntree YMCA Family Center 6300 N. Wickham Rd, #114 321-259-2929 Melbourne	Roper YMCA Family Center 100 Windermere Rd., Winter Garden 407-656-6430	Titusville YMCA Family Center 2400 Harrison St., Titusville 321-267-8924
Tangelo Park YMCA Family Center 5160 Pueblo St., Orlando 407-351-3584	J. Douglas Williams YMCA Family Center 665 Longwood-Lk Mary Rd. Lake Mary 407-321-8944	Winter Park YMCA Family Center 1201 N. Lakemont Ave., Winter Park 407-644-1509	Wayne Densch YMCA 870 N. Hastings Street Orlando, FL 407-299-4350

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433 North Mills Avenue Orlando, FL 32803 407-896-9220

The Leader in Health, Wellness and Prevention Programs that Strengthen Kids, Families and Communities