

PRESS RELEASE

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For Immediate Release:

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YMCA Offering Outdoor Fitness Programs for Youth

The YMCA of Marquette County has opportunities for area youth to get fit and have fun all summer long with the following programs.

Hiking will be offered at 1:00 p.m. on Saturdays in Marquette in June. Experienced hikers will take the participants on a guided tour of Marquette's beautiful waterfalls and exciting hiking trails. Everyone is encouraged to bring a camera for pictures! Registration is not required, but encouraged. This program will run on a drop in basis and a minimum of 2 participants are required for each week. Hikers will be broken into age group categories: 10-13, 14-17, 18 and up. Cost is \$5 per hike for YMCA members and \$10 per hike for non members.

YKidsFit is a kid's fitness program designed to improve children's health and knowledge of fitness in a fun way. Activities will be held both inside and outside. This program is offered at the Bell Memorial YMCA in Negaunee on Tuesdays from 4:00 p.m-4:45 p.m. for ages 6-9 and from 4:45 p.m.-5:30 p.m for ages 10-13. It is also available at the Marquette YMCA on Mondays from 4:45 p.m-5:30 p.m. for ages 6-9 and from 5:30 p.m.-6:15 p.m. for youth age 10-13. Cost for this program is \$32 for Y members and \$64 for non members at either facility.

Registration deadline for these programs is two days prior to the start of the session. For more information about YMCA offerings, call 227-YMCA or 475-9666.

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