



America's health crisis is the defining issue of this generation and the next. It has been brought about by a myriad of factors – the most evident being physical inactivity and unhealthy eating – that are within our society's power to influence. **YMCA Activate America**® is an innovative public health initiative created in response to this predicament.

Individually, each of us must take responsibility – and help our children and families take responsibility – for healthy living.

The goal of the Ocean County YMCA is to help reduce barriers and increase supports for healthy living. Our efforts begin with the STRONG KIDS MEMBERSHIP. This membership initiative is being offered at many YMCAs statewide and is free to all 7th graders.

It is a priority at the Ocean County YMCA to help children and youth develop good lifestyle health habits. Through our STRONG KIDS MEMBERSHIP, we hope to encourage and support healthy living.

YMCA Activate America® is at the core of our mission as an organization and at the heart of what drives us as individuals to help all those who seek well-being in spirit, mind and body.

**Join us in activating Ocean County's
7th graders through the
STRONG KIDS MEMBERSHIP Initiative!**

**Free STRONG KIDS
MEMBERSHIPS are
available to all 7th graders
in Ocean County from
9/1/07 through 8/31/08**



Ocean County YMCA

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Toms River, NJ 08755

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Ocean County YMCA

**We Build Strong Kids, Strong
Families, Strong Communities**



**STRONG KIDS
MEMBERSHIP
7th Grade Initiative**

What is the STRONG KIDS MEMBERSHIP Initiative?

7th 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 7th grade begin to formulate habits that continue into adulthood. The STRONG KIDS MEMBERSHIP will allow Ocean County 7th 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.



STRONG KIDS MEMBERSHIP

The Ocean County YMCA is offering a **FREE** Full Privilege Membership to all 7th graders throughout Ocean County. This membership must be taken out in person at the Ocean County YMCA. Proof of grade is required, along with a parent or guardian permission. This free membership will be active September 1, 2007 through August 31, 2008. Registration for Fall begins August 6th.

What is available at the Ocean County YMCA?

YMEMBERSHIP

YSWIM LESSONS

YSWIM TEAM

YAQUATICS

YWATER FITNESS

YYOUTH

YDAY CAMP

YAFTERSCHOOL

YHEALTH & FITNESS

YGROUP EXERCISE

YPERSONAL FITNESS

A Full Privilege Membership to the Ocean County YMCA includes: Open Recreational Swim & Lap Swim in the 6 & 12 lane pools, Open Gym Time & Teen Basketball Time, and use of the 2 Wellness Centers after completion of the Youth & Teen Strength Training class. **Free Classes include:** Judo, Teenage Cardio Kickboxing, Teen Leaders Club, Aquatic Leaders, Special Needs Recreation Swim, Teen Volleyball, Teen Basketball– Pick up Games, Walking Club. **For a full schedule and program times, please visit our website or call to request a brochure.**

Help build STRONG KIDS at the Ocean County YMCA:

▶ JOIN

Become a member of the Ocean County YMCA– a safe environment for kids to be active. The YMCA is open M-F 5:45 a.m.-10 p.m., Sat. 7 a.m.-6 p.m., Sun. 8 a.m.-6 p.m. Take a tour any time. Pass the word about our **FREE STRONG KIDS MEMBERSHIP**, and let's see how many Ocean County 7th graders get active!

▶ VOLUNTEER

Make a difference– volunteers are essential to the Ocean County YMCA. Every hour you spend translates into the caring attention a child needs to grow up healthy and active. Your time and talent can help us go a long way, and we are counting on it! Please contact Barbara Serpi, Volunteer Coordinator at 732.341.9622 x2400 or bserpi@ocymca.org

▶ DONATE

The Ocean County YMCA is a nonprofit 501(c)(3) community organization committed to helping people grow spirit, mind and body since 1974. YMCAs serve people of all ages, backgrounds, abilities and incomes regardless of ability to pay the full cost of membership or programs. The current cost of an individual student membership is \$204. annually. Help us build strong kids! Please contact Lisa Bierly Reulbach, Development Director, 732.341.9622 x4250 or lbierly@ocymca.org

