

# HEALTHY KIDS DAY®

APRIL 28 • 3 - 6 PM

YMCAs are celebrating Healthy Kids Day on April 28 with free community events at over 2,000 YMCAs around the country that help families find fun through active play and educational opportunities and inspire them to carry that spirit of fun throughout the year.

Through Healthy Kids Day, our national initiative to improve the health and well-being of kids, the Y challenges families to **Take on Summer** by addressing critical gaps in kids' health and education. Summer is the perfect time to make playing and learning a family goal.

As a leading nonprofit committed to youth development, healthy living and social responsibility, we encourage all families to attend Healthy Kids Day on April 28 at the YMCA in Greenfield. For more information check out [ymcaingreenfield.org](http://ymcaingreenfield.org).

### OUR Y'S SCHEDULE FOR APRIL 28

3 - 3:15 pm	Parent drop off / check in.
3:15 - 3:45	Gym games
3:45 - 4:15	Game Room / Kid Fit
4:15 - 5	Climbing Wall
5 - 5:45	Gym games
5:45 - 6	Snack / Closing Ceremonies

## WHY YOUR KIDS SHOULD GO TO Y CAMPS

Summer is the time for kids to get up, get out and grow, but sometimes when the school year ends, so does a child's exposure to activities that stimulate the body and mind.

### KEY FACTS AND STATS

1. Kids are less physically active and engaged in learning during the summer months. In fact, research shows that kids are **less active and gain weight three times as fast than during the school year.**
2. In addition, many kids fall behind academically because they don't have access to learning opportunities, while their peers move ahead. In fact, by fifth grade, many kids are two to three school years behind their classmates.

YMCA in Greenfield day camps are designed to stimulate children physically and mentally. Y campers come home tired but with smiles and stories of what they learned that day. See page 6 and 7 for more camp info.



The Springfield Armor basketball team partnered up with the YMCA in Greenfield for a group night on January 28, 2012 held at the MassMutual Center. Our Y's Teen Leaders Club and youth basketball players/parents attended an exciting Armor Basketball game. A fun night was had by all.



6 year old Andrew met the Springfield Armor's mascot, Steel, during the basketball game.