



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FOR IMMEDIATE RELEASE

Contact:

Dana Rucker

Association Director of Communications
(202) 797-4497 Office
(202) 868-4009 Cell
dana.rucker@ymcadc.org

Annual Healthy Kids Day®

WASHINGTON, D.C. — On Saturday, April 29, 2017, the Y will be hosting the 26th Annual YMCA's Healthy Kids Day®. The event is free and open to the public.

Healthy Kids Day is the Y's largest national initiative, bringing children and families together and providing the education, activities and experiences that teach good health and foster connection through fitness, sports, fun and healthy habits. As a result, youth and families achieve greater health and well-being for the spirit, mind and body.

In addition to community service initiatives, the day will include nutrition education, including how to make healthy snacks, arts & crafts, swimming demonstrations, face painting, relay games, and more.

Our goal is to motivate and teach families how to develop healthy and fun routines at home, particularly during those summer months. Each participating Y branch and service center presents a day full of unique activities that promote active minds and healthy bodies," said Angie Reese-Hawkins, President & CEO of YMCA Metropolitan Washington.

As a nonprofit organization, community service projects will be at the heart of this year's Healthy Kids Day across the Washington metropolitan area. Below is are only a small example of planned community service projects:

YMCA Alexandria - children and families will be preparing care packs for the Bethany House and Alexandria Community Shelter.

YMCA Calomiris - will collect children's uniforms and "Socks in a Box" for the homeless, as well as purses and toiletries for the senior citizens in the community.

YMCA Bethesda-Chevy Chase - will be collecting summer readiness items (swimsuits, towels, sunscreen, etc.)

Healthy Kids Day event times vary by branch:

YMCA Alexandria

10 a.m. – 1 p.m.

420 E Monroe Ave. Alexandria, VA 22301
(703) 838-8085

YMCA Arlington

11 a.m. – 2 p.m.

3422 13th St. N., Arlington, VA 22201
(703) 525-5420

YMCA Loudoun

26B Fairfax St. SE, Leesburg, VA 20175
(703) 777-9622

YMCA Anthony Bowen

10 a.m. – 2 p.m.

1325 W St., NW
Washington DC 20009
(202) 738-5005

YMCA Bethesda-Chevy Chase

11 a.m. – 2 p.m.

9401 Old Georgetown Rd., Bethesda, MD 20814
(301) 530-3725

YMCA Reston

10 a.m. – 1 p.m.

12196 Sunset Hills Rd., Reston, VA 20190
(703) 742-8800

YMCA Prince George's County

6600 Laurel Bowie Rd., Bowie, MD 20715
(301) 262-4342

9601 Colesville Rd., Silver Spring, MD 20901
(301) 587-5700

YMCA Calomiris Program Center

10 a.m. – 2 p.m.

1906 Allison St. NE, Washington, DC 20018
(202) 526-4233

YMCA Capital View

10 a.m. – 2 p.m.

2118 Ridgecrest Ct. SE, Washington, DC 20020
(202) 889-0643

YMCA Goodwill Excel Center

Ongoing 04/24 – 4/28

1776 G St. NW, Washington, DC 20006
(202) 839-3650

YMCA at The Children's House

3:30 p.m. – 6:00 p.m.

451 7th St. SW, Washington, DC 20410

YMCA Youth Development Center in Sterling VA

10 a.m. – 2 p.m.

624 W Church Rd., Sterling VA 20164

YMCA Center

9 a.m. -12:30 p.m.

6600 Laurel Bowie Road, Bowie Maryland 20715

YMCA Youth & Family Services

New Hampshire Estates Elementary School

3 p.m. -5 p.m.

8720 Carroll Ave., Silver Spring, MD 2090

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About the Y

The YMCA of Metropolitan Washington is a 501©3 nonprofit charity organization. The Y's mission is to foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all. visit www.ymca.org, like us at [Facebook.com/YMetroDC](https://www.facebook.com/YMetroDC) or follow us at twitter.com/ymcadc.