



**FOR IMMEDIATE RELEASE**

Amy McNeil, Director of Communications  
E-mail: a.mcneil@ymcanwnc.org  
Phone: 336-777-6252  
Fax: 336-777-6345

**FULTON FAMILY YMCA SUMMER CAMP WILL PUMP YOU UP!**

**Winston-Salem, NC – July 9, 2009** – Do your children love to play sports but get tired quickly? Do the kids like to “work out” but do not know the proper way? Then the Fulton Family YMCA is the place to go for their Strength and Conditioning Camp.

The YMCA is offering a week-long camp designed exclusively for children 9-12. A personal trainer will lead the campers through a variety of exercises to improve their agility and build up their strength and endurance. Campers will make new friends, build self-esteem and confidence and learn the best ways to exercise and keep fit.

The YMCA is offering this week-long camp session starting on August 3<sup>rd</sup> and ending on August 7<sup>th</sup>. Strength & Conditioning Camp will run from 9:00 a.m. - 12:00 p.m.

Registration is going on now! The YMCA is committed to making the experience affordable for all families. The fee for YMCA members is \$60, while the fee for non-members is \$90. As with all YMCA programs, financial assistance is available through the YMCA’s Open Doors program.

For more information about the YMCA’s Strength & Conditioning Camp, contact Lori Lennon at (336) 661-1093 or [l.lennon@ymcanwnc.org](mailto:l.lennon@ymcanwnc.org). Or visit: <http://fulton.ymcanwnc.org/content187.html>. The Fulton Family YMCA is located at 385 West Hanes Mill Road in Winston-Salem.

**About YMCA of Northwest North Carolina**

When the first YMCA was established in 1844 in London, England, its mission was to promote positive Christian values as well as healthy behaviors and activities. Today, the YMCA movement has spread to more than 130 countries around the world, supporting and influencing the lives of millions of men, women and children of all backgrounds. The YMCA of Northwest North Carolina association, a United Way agency, has been serving Winston-Salem and the surrounding areas since 1888. We have created a tradition of enhancing the lives of people in our community through an ever-growing list of programs and opportunities. We’re proud to serve the people of Northwest North Carolina by helping to build strong kids, strong families and strong communities. Our association currently serves more than 51,000 YMCA members and more than 100,000 people with our memberships and programs. The YMCA of Northwest North Carolina has adopted Healthy Community 2015 initiatives to prepare youth and teens to succeed, strengthen and support families, develop caring communities and adopt healthy living habits. The YMCA offers financial assistance for memberships and programs through the Open Doors Program. Learn more about the YMCA of Northwest North Carolina at <http://www.ymcanwnc.org>.

For more information on the YMCA of Northwest North Carolina and its many branches and services, visit <http://www.ymcanwnc.org> or contact Amy McNeil, Director of Communications, at a.mcneil@ymcanwnc.org or 336-777-6252.

###

**Administrative Offices**

**Winston Tower · 301 N. Main Street, Suite 1900 · Winston-Salem, NC 27101 · 336-777-8055**

