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Frost Valley YMCA

Frost Valley YMCA Hosts Free Healthy Kids Day on May 19th

As a part of the Y's National Initiative, Frost Valley invites children and families to explore healthy activities.

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CLARYVILLE — Frost Valley YMCA invites children and their families to participate in **Healthy Kids Day** on Sunday, May 19, 2019. This free event will take place from 1-4 p.m. at 2000 Frost Valley Road in Claryville.

This fun-filled day has something for the whole family to enjoy from archery, a climbing tower, arts and crafts, healthy snacks, a bounce house, and educational exhibits. The event encourages children to stay active and engaged during the summer months, and inspires families to create their own healthy routines all year long.

"Whether it's participating in sports like climbing and archery on our gorgeous grounds, making healthy snacks together, or learning about health and safety from local community organizations, Healthy Kids Day offers families a wonderful opportunity to enjoy healthy activities while spending quality time together," says Jessie Emmons, Director of Community Programs for Frost Valley.

Frost Valley hosts this annual event as a part of the Y's national initiative to improve family health and well-being through sports, fitness, games, healthy eating, and outdoor activities. **Healthy Kids Day** is celebrated by more than 1,300 YMCAs across the country, making it the nation's largest health day.

For more information about Healthy Kids Day visit frostvalley.org/healthy-kids-day or call 845-985-2291 ext. 305.

About Frost Valley YMCA Frost Valley YMCA is a values-driven organization with a mission to foster youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, family weekends, school trips, teambuilding and more. Frost Valley, a not-for-profit organization chartered through the YMCA of the USA, is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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Photo: Frost Valley YMCA’s Healthy Kids Day.jpg