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Help build Strong Kids at the Hunterdon  
County YMCA

**JOIN**

Become a member of the Hunterdon  
County YMCA– a safe environment for  
kids to be active. Pass the word about  
our complimentary STRONG KIDS  
MEMBERSHIP, and let's see how many  
Hunterdon County 7th graders get  
active!

**VOLUNTEER**

Make a difference– volunteers are  
essential to the Hunterdon County YMCA.  
We have volunteer opportunities for  
individuals age 12 and over. Your time  
and talent can help us go a long way, and  
we are counting on it! Please contact  
Kathy Martini, Volunteer Program  
Administrator at 908-236-7879 x14 or  
kmartini@hcymca.org.

**DONATE**

The Hunterdon County YMCA is a  
nonprofit 501(c)3 community  
organization committed to helping people  
grow in spirit, mind and body for over  
100 years. 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 teen membership is  
\$492. annually. Help us build strong kids!  
Please contact Hilary Kruchowy,  
Development Director, 908-236-7879  
x11 or hkruchowy@hcymca.org.

Hunterdon County YMCA  
144 West Woodschurch Rd.  
Flemington, NJ 08822



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

**Hunterdon  
County YMCA  
Strong Kids  
Membership  
7th Grade Initiative**

**Complimentary Strong Kids  
Memberships are available  
to all 7th graders in  
Hunterdon County from  
9/1/10-8/31/11.**

## 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 Hunterdon 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 Hunterdon County YMCA is offering a complimentary Full Facility Membership to all 7th graders throughout Hunterdon County. This membership must be taken out in person at either the Deer Path or Round Valley branch of the Hunterdon County YMCA. Proof of grade is required, along with a parent or guardian permission. This membership will be active 9/1/10 through 8/31/11.

Deer Path Branch  
144 W. Woodschurch Rd.  
Flemington, NJ 08822  
908.782.1030

Round Valley Branch  
1410 Route 22 West  
Annandale, NJ 08801  
908.236.0055

## What is included with a YMCA 7th Grade Strong Kids membership?



- Access to both Deer Path and Round Valley branches fitness centers (ages 12+)
- ▼
- Access to the Deer Path Be-Fit room
- ▼
- Access to the Deer Path pool for recreational and lap swimming
- ▼
- Orientation and workout program
- ▼
- FitLinxx enrollment - computerized workout tracking system with web access
- ▼
- Open gym time for basketball on Saturdays 4:00-7:00 pm and Sundays 9:30 am-5:00pm
- ▼
- Teen/youth classes  
Kid's Jazz & Hip Hop  
Pilates • Boot Camp • Yoga Kids  
Leader's Club
- ▼
- Teen nights (Glen Gardner Youth Center) at least twice a month
- ▼
- Adult fitness classes including Group Power, Group Step, and Group Groove, Zumba
- ▼
- Opportunity to register for fee-based classes and leagues at the full facility member rate
- ▼
- Special rate for YMCA Summer Camp

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<sup>®</sup> 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 Hunterdon County YMCA is to help reduce barriers and increase supports for healthy living. The STRONG KIDS MEMBERSHIP exemplifies our efforts in this regard. This membership initiative is being offered at many YMCAs statewide and is complimentary to all 7th graders.

It is a priority at the Hunterdon County YMCA to help youth develop good lifestyle health habits. Through our STRONG KIDS MEMBERSHIP, we hope to encourage and support healthy living. YMCA Activate America<sup>®</sup> 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 Hunterdon County's 7th graders through the STRONG KIDS MEMBERSHIP Initiative!