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A Membership at the Y Strengthens Community

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Princeton, January 2011 In times of need, people need a place to go where they can feel supported, improve their well-being and create meaningful experiences in their lives. And we know that this can happen when people not only become part of an organization, but join a cause that benefits them, as well as their neighbors.

At the Y, we exist to strengthen community through youth development, healthy living and social responsibility. When people join the Y, they become part of a cause that gives them the opportunity to learn, grow and thrive, while also making their community healthier and happier.

Last year, the Princeton Family YMCA helped thousands of children and adults take charge of their health, spend quality time together as a family, develop relationships with neighbors, learn new skills, improve their grades and enjoy a laugh with staff and other members. The Y has been working hard at helping local youth through its Y Scholars program. The Y Scholars program is an extracurricular educational and team mentoring program that supports minority youth in the 5th - 12th grades that features leadership training, career exploration, character and values development, service learning opportunities, and support for the college application process.

On March 7, residents of Princeton are invited to see the impact of joining the Y and we encourage community members to come see what the Y has to offer. We are interested in learning more about you and getting to know you at our Strong Kids Campaign Rally. Come listen to testimonials from members who have been supported by the Princeton Family YMCA in the areas of youth development, healthy living and social responsibility.

[More reasons to get involved with your local YMCA.](#)

Volunteer – Giving back and supporting neighbors benefits everyone involved. It helps develop new relationships and teaches children and teens the value of helping others. There is no other volunteer organization quite like the Y. The Y needs adult volunteer mentors who are willing to attend two sessions per month with middle and high school students, share in group sessions, and be matched with one or two students to encourage and support their achievement throughout the year.

Learn Something New – Step out of your comfort zone, have fun and grow by exploring personal interests. Try something new that you've always wanted to do, like zumba, youth mentoring or water aerobics.

Start a New Family Tradition – Traditions are an excellent way to create activities that bring families together. Talk with each other to discover common interests and then create an activity everyone can participate in at the Y weekly, monthly or yearly.

Be Active – It's important to get at least 60 minutes of physical activity each day. Incorporate physical activity into your daily routines and spend more time walking places instead of driving improve your health and well-being. The Y offers many fun opportunities for families to be active together.

To learn more about the impact we're making in the Princeton community and to get involved, contact us at 609-497-9622 or visit princetonymca.org for more information.

Join our cause. It's good for the heart.

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The Princeton Family YMCA is a charitable, cause-driven organization dedicated to youth development, healthy living and social responsibility. For more information about YMCA programs visit princetonymca.org or call 609-497-9622