



YMCA of South Hampton Roads
We build strong kids, strong families, strong communities.

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FOR IMMEDIATE RELEASE

Youth, families, older adults and furry friends get involved at Great Bridge/Hickory Family YMCA Community Day

Chesapeake - Chesapeake residents can get active and learn about a variety of community-based resources for the entire family at the Great Bridge/Hickory Family YMCA's Community Day from 10 a.m. to 3 p.m. on Saturday, January 14.

In partnership with the City of Chesapeake, Sentara and other local businesses, the Great Bridge/Hickory Family YMCA will offer free health screenings, fun family activities and a schedule of classes designed specifically for public participation. Other participating community partners include Bank of America, Nikken, Goodwill and Home Depot.

Even the family pet can get in on the action! Animals from the Chesapeake Humane Society will be available for adoption on-site in the Great Bridge/Hickory Family YMCA lobby. Pictures of other adoptable pets will be on display as well. New 'pet parents' can meet Chesapeake Humane Society President, Cheryl Hindle and learn about pet safety from a Chesapeake animal control education officer and representatives from the local PetSmart store.

Youth and families can also test drive the new interactive equipment, which provides an exhilarating, full-body workout while playing video games, in the Interactive Zone. More than a computer game that makes you sweat; the equipment offers something for everyone, from simulated interaction training for athletes, to keeping youth and teens active and excited about fitness, to mental and physical coordination exercises for older adults and rehabilitation patients. Healthy snacks and water will be available to keep everyone hydrated and energized.

YMCA Chesapeake School-Age Child Care, YMCA Camp Silver Beach, and The First Tee of Hampton Roads will also be on hand with information about the programs and services they provide in the Chesapeake community.

Chesapeake residents can also start their 'fortune' of a healthy future at the Great Bridge/Hickory Family YMCA Chinese New Year Open House from Noon to 3 p.m. on Sunday, January 29. Everyone can enjoy a healthy cooking demonstration, Tai Chi class and meet YMCA personal trainers at this free event. For a complete schedule of free and open to the public events, please contact Great Bridge/Hickory Family YMCA Membership and Marketing Director, Shae Reilly at 546-9622 or sreilly@ymcashr.org.