



FOR IMMEDIATE RELEASE

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Irving Park YMCA's Olympics Camp

Irving Park YMCA campers learn about the Olympics, importance of physical fitness and participate in mock Olympic games

EDITOR'S NOTE: PRINT-QUALITY PHOTOS AVAILABLE UPON REQUEST

CHICAGO—This week at the Irving Park YMCA, children have been learning about the importance of physical fitness and exercise in a special Olympics-themed summer day camp program. The campers, ages six through fifteen, spent their week with camp counselors and YMCA Fitness Director Kathy Karnuth learning about the Olympics and the many ways in which they can all stay physically fit. The week was also filled with many Olympic-style activities and games.

The children ended their week of camp with a special outing to Caldwell Woods at the Forest Preserve District of Cook County where they hosted their own Olympic competition. One hundred fifty kids participated in various games, including balloon 'n' rings, arm wrestling, shot put, an obstacle course, a three-legged race, a 100-meter relay, jump the creek, Olympic trivia and bozo buckets.

“We wanted to teach the children that staying physically fit is not only important to a healthy lifestyle, but that it can also be tons fun,” said Jamie Hamilton, child care director at the Irving Park YMCA. “What better way is there to do that, than by joining in the spirit of the Olympic Games and the enthusiasm of Chicago’s 2016 Olympic bid.”

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#### **About the YMCA of Metropolitan Chicago**

*Through its 65 locations and more than 100 extension sites, the YMCA of Metropolitan Chicago helps children learn and grow, teaches young people to lead, brings families closer, and encourages individual health and well-being. As the fourth largest non-profit in Chicago and one of the largest human services organizations in the nation, YMCA programs impact hundreds of thousands of lives annually, helping to strengthen neighborhoods and respond to community needs across Chicagoland. To learn more, visit [www.ymcachgo.org](http://www.ymcachgo.org).*

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