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Tampa YMCA Keeps Kids Moving & Learning this Summer

Tampa, FL (May 7, 2013) –The Tampa Metropolitan Area YMCA is offering day camp to give kids and teens in Hillsborough and East Pasco counties an adventurous, active and healthy summer. YMCA camp programs offer youth fun and unique experiences with an opportunity to explore the outdoors, meet new friends, discover new interests and create memories that last a lifetime. As a leading nonprofit working to prevent summer learning loss, the Tampa Y intentionally integrates academic components into its summer curriculum. So, while they're having fun, campers are learning about nature, cooking, math and more!

Nearly 50 percent of U.S. parents say technological distractions, such as television, cell phones or video games make it difficult to maintain a healthy lifestyle for their children. That's according to the latest findings of the YMCA's Family Health Snapshot, a survey that gauges children's activity levels during the school year. With more free time in summer, ensuring kids practice healthy habits could be a greater challenge. The Y encourages parents to help their kids unplug from technology and explore [all Y summer camp has to offer](#).

"Attending Tampa Y's summer camp is a wonderful opportunity for kids to keep their minds and bodies active," says Lalita Llerena, communications director for the Tampa Y. "When at day camp, kids get to learn about nature, take on new responsibilities, gain independence, and develop essential social skills and new relationships. We really encourage parents to give their kids the gift of camp so that every child can benefit from the experience."

The Y believes there are five reasons why children and teens should attend summer camp:

1. **ADVENTURE:** Summer camp is all about a wide variety of fun adventures and new experiences, and especially exploring the outdoors. YMCA camps have a new adventure for every child and teen. [Click here](#) to read about the variety of camp programs available, including our 65-acre outdoor adventure camp: [YMCA Camp Cristina](#).
2. **HEALTHY FUN:** Day and resident camps offer fun, stimulating activities that engage the body and mind, and also help children and teens learn the importance of nutrition to help improve their eating habits.
3. **PERSONAL GROWTH:** While being away from the routine back home, youth have a chance to learn new skills, and develop confidence and independence by taking on new responsibilities and challenges.

4. **NEW FRIENDSHIPS:** Amidst the fun of camp games, songs, swimming and talent shows, campers meet new friends and strengthen existing friendships.
5. **MEMORIES:** Summer camp is an unforgettable experience that will give each camper memories (and campfire stories) that will last a lifetime. Youth return to school with plenty of camp stories to share!

Committed to nurturing the potential of youth, the Tampa Y has been a leader in providing summer camp for more than 120 years, giving kids an enriching, safe experience with caring staff and volunteers who model positive values that help build their child's character.

To ensure all kids have the chance to experience camp, the Y offers financial assistance to those in need. Ask if you qualify at [your nearest Y welcome center](#).

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About the Y

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 142,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org