

# Recorder Community Newspapers

RecorderNewspapers.com

## Madison Eagle > News

### Free family fun Saturday in Madison

#### **Madison Area YMCA to host games, swimming, open play**

[Print Page](#)

Published: Apr 17th, 3:54 AM

MADISON – The Madison Area YMCA invites families in the community to its “Healthy Kids Day” from 1 to 3 p.m. this Saturday, April 18, at the YMCA’s Family Center, 111 Kings Road.

Across the country, the fun day of active play and resources for healthier young people will bring more than 700,000 children and families to more than 1,700 YMCAs for a “Beach Party,” the theme of this year’s event. Admission is free.

“As families struggle to balance life’s daily demands and persevere during an economic downturn, it is important that we reach the entire community through this event” said Jennifer Casanova, associate fitness director and “Healthy Kids Day” coordinator at the Madison Area YMCA.

“The Madison Area YMCA and our partners have given our neighbors the opportunity to take their minds off daily stresses, and instead have fun and focus on positive sustainable healthy lifestyle changes together, as a family,” she said.

“Making play a priority brings a multitude of benefits for kids, including improved health and emotional well-being and increased positive academic performance.

More physical activity through play”, added Casanova, “helps children and parents better manage stress, succeed in school, reduce frustration, build energy and, most of all, learn skills that encourage a lifetime of activity.”

#### Need For Free Play

Casanova said fitness experts at the YMCA believe it is vital for children to enjoy a balance between structured activities or sports and relaxed free play. She said studies show that youngsters need at least 60 minutes of physical activity daily, and the YMCA continually supports more physical activities for youngsters. Among the activities planned for “Healthy Kids Day” at the YMCA’s Family Center in Madison are obstacle courses, games, healthy snacks, book readings, a “moon bounce,” open family swimming and swim lesson evaluations, and open play at the Kids Central indoor



The McTague family of Madison enjoys crafts at the 2008 edition of “Healthy Kids Day” at the Madison Area YMCA. From left are Tara McTague, 6; dad Robert McTague, and Emma McTague, 8. “Healthy Kids Day” will return from 1 to 3 p.m. this Saturday, April 18, with free games, activities, book readings, snacks and swimming at the YMCA Family Center at 111 Kings Road in Madison.

playground.

Local businesses and organizations will be on hand to provide information, including representatives of the American Red Cross, Morristown Memorial Hospital, the Madison Public Library, the Madison Police Department, the Madison Fire Department, the Junior League of Morristown, Whole Foods of Madison, Sysco Food Products, and Hollenbach Family Chiropractic of Madison.

For information, contact Casanova at (973) 822-9622, ext. 2281, or [jcasanova@madisonymca.org](mailto:jcasanova@madisonymca.org), or visit [madisonareaymca.org](http://madisonareaymca.org).

Copyright © 2009 - Recorder Community Newspapers

---

[x] Close Window