

# Start Your ‘Someday’ Today: The YMCA of Western Monmouth County Wants To Help Bring Resolutions to Reality

OLD BRIDGE, N.J., Jan. 5, 2015 (SEND2PRESS NEWSWIRE) – It seems nearly everyone has a “New Year’s resolution,” but statistics indicate that less than a quarter of these resolutions are kept. Creating personal change takes effort, and support. To encourage individuals and families to make their resolutions a reality, YMCAs across the state have come together for the first time and agreed to hold an Open House event. The Y of Western Monmouth County invites the community to come in on January 10 to use their facilities in Freehold and Old Bridge for the day and see all the Y has to offer.

Whether you’re interested in group exercise classes, swim lessons, youth sports classes or summer camp, there’s something for everyone at the YMCA. The Freehold and Old Bridge branches offer seniors, families, and others a place to gather and support each other in a healthy social environment.

“Everyone resolves to improve,” says Cynthia Joy, President & CEO of the YMCA of Western Monmouth County. “We all say, ‘Someday I’ll get on a regular workout routine.’ ‘Someday I’ll play sports again.’ ‘Someday I’ll have more time to spend with my kids.’ Our message is: why keep waiting? YMCAs are a place where you can do this today.”

“We’re a community that supports individuals and families in reaching their goals. This year, we’re taking things even further with a free, state-wide event hosted by dozens of YMCAs at their own locations to promote healthy change,” adds Joy.

Visitors as well as existing members who bring a friend to try the Y on January 10 will receive a gift. In addition, both branches will have summer camp tables in their lobbies with summer camp information available and camp directors will be on hand to answer any questions from 9 a.m. – 1 p.m. The Freehold Y is located at 470 E. Freehold Road, Freehold, and can be reached at 732-462-0464. The Old Bridge Y’s address is 1 Mannino Park Drive, Old Bridge, and can be reached at 732-727-0704.

The YMCA is a nonprofit and believes all should have the resources to achieve health and wellness. Financial assistance is available for those who qualify. To learn more about the YMCA of Western Monmouth County, please visit <http://www.ymcanj.org/>.

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