



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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FOR IMMEDIATE RELEASE

YMCA OF RAPID CITY SETS KIDS UP FOR A SAFE, HEALTHY & FUN SUMMER AT HEALTHY KIDS DAY ON APRIL 26

Free and open to the public, this annual event features a day of fun-filled activities to celebrate kids being kids.

RAPID CITY, SD April 3, 2025 – The YMCA of Rapid City is hosting the Y's annual Healthy Kids Day® on Saturday, April 26th from 10am to 2pm at two YMCA locations: 815 Kansas City Street in Rapid City and the Liberty Center YMCA 401 Main Street in Box Elder.

This free, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season.

Sponsored nationally by Peanuts, Healthy Kids Day's mission is to prepare Black Hills area families for a safe, healthy and fun summer. Some featured activities include face painting, Strider bike course, life size Jenga, Rapid City Public Library, obstacle course, a photo booth and kids' races and yoga.

"It is so important for kids to stay active over the summer, both physically and mentally," said Elaina Kempin, Marketing Director YMCA Rapid City. "At the Y, we believe in providing resources for families to create healthy habits, no matter the time of year. Healthy Kids Day is a fun, free community-wide event that encourages families to take advantage of all the great summer activities the Y has to offer."

The YMCA's Healthy Kids Day will also welcome local police, fire, United States Air Force, C.O.R.E. Impact and South Dakota Game, Fish & Parks representatives, who will be in attendance at the event.

Locally, Healthy Kids Day is sponsored by Community Champion Monument Health, Fun Summer Finalist Strider Bikes, Media Sponsor the Rapid City *Journal* and In Kind Donor Builders FirstSource.

For more information, contact Elaina Kempin at 605-719-5081 or visit www.rcymca.org.

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About the YMCA of Rapid City

Driven by its founding mission, the YMCA of Rapid City has served as a leading nonprofit committed to strengthening community for more than 76 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at rcymca.org.