



FOR IMMEDIATE RELEASE

Date: November 5, 2008

YMCA of Greater Kansas City and Platte Senior Services Fund are teaming up to offer Platte County Seniors FREE programming.

Platte County Seniors, ages 60 and older, are eligible to take a six-week health and wellness exercise class at either of the YMCA of Greater Kansas City operated Platte County Community Center locations free of charge, thanks to the Platte County Senior Fund.

Platte County Community Center North at 3101 Running Horse Road in Platte City and the Platte County Community Center South at 8875 Clark Ave in Parkville will offer the participating seniors opportunities to participate in land and water exercise classes.

The Platte County Senior Fund has designated \$30 per adult 60 years or older who reside in Platte County to cover the expense of the class. Eligible adults can take a class twice a year but there must be at least a three months span in between the six-week classes and they are limited to two six-week classes in a calendar year.

Additionally, if the participating adult chooses to join the YMCA at the completion of the class, the YMCA of Greater Kansas City will waive their \$150 joining fee.

"We concur with the Platte County Senior Fund's goal of empowering adults to remain independent in their homes. The YMCA 'Active Older Adult' programming strives to help the older adults remain happy and healthy so they can continue to enjoy life," said YMCA of Greater Kansas City District Center Executive Garry Linn.

Interested adults simply need to visit one of the Platte County Community Centers and provide the membership representative with proof of age and residency to get started.

Eligible adults can take any group land or water class offered at the two locations depending on their physical ability. The YMCA does offer some specialty designed classes specifically for senior citizens. In these specific land classes the older adults will increase cardio and muscle endurance through a variety of low impact exercises. For the person who prefers water, there are classes designed specifically for people affected by arthritis since the water offers a non-stressful way to exercise.

The YMCA of Greater Kansas City is suggesting the following four classes for a senior adult who is just starting on an exercise routine.

Silver Sneakers

Have fun and move to the music using a variety of exercises to increase muscle strength, range of movement, agility, balance and coordination

Zumba Gold (offered only at Platte County Community Center South)

Zumba Gold, designed for active older adults, is an aerobics class using music that will keep participants movin' and groovin' like never before using different styles of dance moves to keep the exercising fun.

Arthritis Foundation Water Exercise

Exercises designed by the Arthritis Foundation and the YMCA are performed in the shallow water to increase flexibility while decreasing pain and stiffness in joints. The range of motion is non-stressful and a good way to improve the quality of your everyday life.

Silver Splash (offered only at Platte County Community Center South)

This is a total-body aqua conditioning class. Using kickboards and focusing on increasing strength, balance, and range of movement. No swimming ability required to perform the shallow water movement choreography and kickboards resistance for a safe and fun class!

The YMCA of Greater Kansas City strives to offer programs and services that meet community needs. In an effort to build strong kids, strong families and strong communities, the YMCA offers services focusing on children and families, health and wellness, community development, sports development and swim lessons. Driven by their charitable mission and four core values of caring, honesty, respect and responsibility, the YMCA is committed to turning no one away due to inability to pay. Visit the Y online at www.KansasCityYMCA.org.

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