



**For Immediate Release**

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## **The Central Connecticut Coast YMCA Invites Connecticut Families to Kick Off a Healthy, Active Summer at 2026 Healthy Kids Day®**

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

**New Haven, CT April 7, 2026** - The Central Connecticut Coast YMCA's branches are hosting the Y's annual Healthy Kids Day® on April 18, 2026. These free, annual events feature a variety of family-friendly activities to encourage healthy kids, healthy families, and a healthy start to the summer season.

Sponsored nationally by [Peanuts](#) and [Gatorade](#), Healthy Kids Day's mission is to prepare families for a safe, healthy and fun summer. Some featured activities include games, nutrition education, family activities, and more.

*"It is so important for kids to stay active over the summer, both physically and mentally," said Tim Bartlett, President & CEO. "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."*

In honor of its 175th anniversary in the United States, YMCAs nationwide are expanding their commitment to nurturing healthy, confident kids through their annual Healthy Kids Day celebration. Healthy Kids Day reflects the Y's long-standing mission of strengthening communities and helping youth reach their full potential, a mission that has guided the organization for 175 years and continues to shape its work today. The Central Connecticut Coast YMCA has been serving Greater New Haven and surrounding communities for 166 years.

### **About the Central Connecticut Coast YMCA**

The Central Connecticut Coast YMCA is a charitable, not-for-profit organization serving 24 towns and cities across Connecticut and Massachusetts, with 11 branches including YMCA Camp Hi-Rock in Mount Washington, MA.

We strengthen communities through youth development, healthy living, and social responsibility, working to address challenges like health, poverty, food insecurity, and homelessness. Through programs for children, seniors, and families, the Y provides safe spaces to grow, supports those in need, and helps ensure fewer go to bed hungry. Every day, we build stronger, healthier communities for all. For more information, contact the Central Connecticut Coast YMCA at 203-777-9622 or visit [cccymca.org](http://cccymca.org)

