



FOR IMMEDIATE RELEASE – March 11, 2016
Quinte Region, ON

YMCA of Central East Ontario – Ontario Senior Games 55+ Invitational Swim Meet

The YMCA of Central East Ontario – Quinte West Branch is hosting an Ontario Senior Games 55+ Invitational Swim Meet. The meet will take place Wednesday, March 16, 2016 1-4pm and Thursday, March 17, 2016 8:30-11:30am. This province wide swim meet includes participants coming from as far west as Waterloo, east from Cornwall and north from Huntsville. There are 30 participants ranging in age from 55-80 years competing in events such as individual sprints, butterfly, backstroke, breaststroke and freestyle. There will be relays and predictors. Patrons are welcome to come and cheer us on with a voluntary donation to Strong Kids.

The Y strives to reach the needs of its community and is dedicated to making Ontario healthy. According to Stats Canada, 1 in 4 adults over the age of 65 reported they would have liked to have participated in more social activities in the past year. Some studies say up to 30% of Canadian seniors are at risk of social isolation. The links to health and social isolation are well documented. Initiatives such as this invitation swim meet have a demonstrable impact locally and regionally. Some of the participants representing the local chapter would never have considered themselves competition swimmers. With encouragement and teamwork, this key group has travelled to compete in other meets and has worked to bring this first ever Senior Games Invitational to this region. For more information about the Ontario Senior Games Association, visit www.ontarioseniorgames.ca or the Ministry of Tourism, Culture and Sport www.mtc.gov.on.ca.

The YMCA of Central East Ontario would like to thank the area businesses that have supported or sponsored this event, including Tim Hortons, McDonald's, Sam the Record Man, Scotia Bank, Thrashers, and the Chamber of Commerce, to name just a few.

As a charity dedicated to strengthening the foundations of community, our organization believes that everyone deserves the opportunity to belong to a place that helps them grow, a place that is welcoming where people feel a sense of belonging and community. Our commitment is that no one will be left out, no child, youth, adult or senior.

For more information please contact

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