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FOR IMMEDIATE RELEASE

**PADDLE PLUNGE AND FAMILY FUN DAY SUPPORTS LOCAL FAMILIES  
Donations help send local youth to camp and safe after school programs.**

April 2, 2015 (Exeter, NH) – Nearly 6,000 school-age children throughout southern New Hampshire are engaged in Southern District YMCA programs each year. More than 100 kids from 95 families receive financial assistance so they can attend before and after school programs, as well as summer camp at YMCA Camp Lincoln. No one is ever turned away from the YMCA for inability to pay.

Financial assistance is supported through generous community donations and fundraisers such as the 5<sup>th</sup> Annual Paddle Plunge on April 11 from 10AM – 1PM. Paddle Plunge participants will don their best costumes and take a freezing dip in Kingston Lake to raise money to send local youth to camp and safe after school programs.

Community members are invited to join a team, donate online at [www.crowdrise.com/ymcaplunge](http://www.crowdrise.com/ymcaplunge) and attend FREE Family Fun Day, which will be held during the Paddle Plunge. Guests can participate in FREE activities like face painting, playing carpet ball and camp games, s'mores and a free lunch!

Some local organizations are hosting their own fundraisers. Parishioners at Stratham Community Church recently raised \$400 to help a camper in need attend summer camp at YMCA Camp Lincoln. Donations like this make it possible for the Y to offset the costs of child care and summer camp for families in need.

**WHAT:** 5<sup>th</sup> Annual Paddle Plunge and Family Fun Day

**WHEN:** Saturday, April 11 from 10AM-1PM

**WHERE:** YMCA Camp Lincoln, 67 Ball Rd, Kingston, NH 03848

**WHY:** No one is ever turned away from the Y for inability to pay. More than 100 kids from 95 families receive financial assistance so they can attend before and after school programs, as well as summer camp at YMCA Camp Lincoln. The Paddle Plunge is a fun way to celebrate the end of winter and raise money to support financial assistance.

**DONATE:** Join a team or support an existing one at [www.crowdrise.com/ymcaplunge](http://www.crowdrise.com/ymcaplunge)