

For Immediate Release  
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## **Greater Cincinnati's Most Popular Overnight Camp, YMCA Camp Ernst Offering New Action Packed Adventure Programs In 2010**

March, 2010 -- YMCA Camp Ernst, voted Greater Cincinnati and Northern Kentucky's most popular overnight camping experience, is expanding its Adventure Trips series with new action packed programs that will take skill development to new heights.

"Olympic gold medalist Shaun White – one of the world's best and most-recognized snowboarders – learned all of his tricks thanks to the mentorship he found at his local YMCA's skatepark. We've seen firsthand how young people grow when they're encouraged to challenge their bodies and minds," said Bill Easley, program coordinator for YMCA Camp Ernst's Adventure Trips. "One of our new camps is a skateboarding camp and we're already getting a lot of interest."

### **Learn More About YMCA Camp Ernst and YMCA Camp Ernst Adventures**

Registration for the Greater Cincinnati's most incredible overnight camping experiences – at YMCA Camp Ernst – will officially be kicked off *Sunday, March 14 from 7:00 p.m. to 7:45 p.m. at Ollies Indoor Skate Park* (8171 Dixie Highway) in Florence. One of many new camp adventures for teens this year will be skate boarding at Ollies and interested families are encouraged to attend.

YMCA Camp Ernst Open Houses are March 28 and April 25 from 1:00 p.m. to 4:00 p.m. at YMCA Camp Ernst grounds - 7615 Camp Ernst Road in Burlington, Kentucky (41005). Adventure staff leaders will be available at all Open House gatherings.

### **What's New?**

#### Adventure Experiences Added To Camp Ernst

Students, entering grades 7 to 9, can choose to add to their YMCA Camp Ernst experience by spending part of their day mountain biking or skateboarding. Beginner to intermediate bike riders will build their confidence on scenic trails and curvy dirt mazes. All participants will be supplied with a bike, safety gear and will receive training from certified instructors.

The mountain biking experience is made possible by a generous grant from the Paula Nye Memorial Bicycle – Pedestrian Educational Grant from the Kentucky Bicycle and Bikeway Commission. Funding for the Paula Nye Grant comes from the proceeds of the Kentucky Share the Road license plates.

Teens in the Skateboard program will bring their own equipment to spend part of their YMCA Camp Ernst day having fun with instructor supervision on the progressive ramps at Ollies World Class Indoor Skatepark.

Each program is an additional \$95 beyond the traditional camp fee; and they are not available every week. For a schedule, the public can call YMCA Camp Ernst at 859-586-6181 or visit [www.myycamp.org](http://www.myycamp.org).

### Adventure Trips

Distinctly different, new outdoor adventure trips will have teens (and three camping trips will include parents with their teens) exploring the region's most beautiful terrains on bicycle, mountain bike, horseback, canoe, raft, and backpack. Summer wilderness trips will include:

- A girl's only journey to magnificent Mammoth Cave National Park where they will horseback ride, do spelunking, and camp in tents under the stars.
- A co-ed journey to the beautiful Greenbrier River where they will bike ride through West Virginia's on the Greenbrier River rail trail, ride a steam locomotive, mountain bike, and white water raft down the rapids on the New River.
- A co-ed extreme bike challenge in upstate New York and Vermont that will involve cycling on scenic roadways and trails, tubing in the Adirondack Mountains, and outdoor camping.
- A co-ed journey in to the heart of Utah's Unita Mountains where participants will back pack in the King's Peak region for an unforgettable wilderness camping experience.
- A co-ed exploration of the Little Miami River Valley and beautiful Clifton Gorge where teens will canoe, mountain bike and swim.
- Three parent/teen trips will offer families unique close-to-home camping vacation type experiences

"Canoeing, biking and rafting together with expert guides was a great bonding experience for my son and I last year. We've already registered for this year," said Scott Glum.

Named best summer camp by Cincinnati Magazine, Cincinnati Family Magazine, and the U.S. Local Business Association, it is also accredited by the American Camp Association (as are other local YMCA day camps)

For more information on any of these programs or to register, the public is invited to call YMCA Camp Ernst at 859-586-6181 or visit [www.myycamp.org](http://www.myycamp.org) and click on the Adventure page.

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