AN HOUR OF ACTIVITY GOOD FOR THE MIND, BODY, AND SOUL… OF OUR KIDS
Annual Titan Youth Summer Programs at Cal State Fullerton A Great Way to Stay Active This Summer

FULLERTON, CA — According to the Centers for Disease Control (http://www.cdc.gov), the U.S. Department of Health and Human Services recommends that young people aged 6–17 participate in at least 60 minutes of physical activity daily. Staying active when young offers many important benefits, beyond basic physical well-being. It builds and maintains healthy bones and muscles; reduces the risk of developing obesity and chronic diseases; reduces feelings of depression and anxiety; promotes psychological well-being; and improves academic achievement, grades, concentration and attentiveness in the classroom.

Titan Recreation, a program of Associated Students, Inc. at Cal State Fullerton, is encouraging children to be healthy and active this summer by offering the Titan Youth Summer Camp from June 18 – Aug. 10 on the CSUF campus. Eight, single-week sessions are available for children enrolled in K-8th grade, offering programming and activities such as basketball, flag football, soccer, bowling, tennis, rock wall climbing and team building exercises.

“It’s important for us to not only offer recreational services to the Cal State Fullerton community, but to reach out to young people as well,” said Farron Fowler, Intramural Sports Coordinator. “Our annual summer camp is intended to help children stay active over the summer and develop healthy habits that can be carried into their collegiate years and beyond.”

This year, the program will also feature a weekly “Family Fun Fridays” event at 5 p.m. Camp participants and their parents are invited to a hosted barbeque at the CSUF Student Recreation Center pool to enjoy food, light refreshments and to socialize with other participants and their families after a healthy and productive week at camp.

The Learn to Swim program, offered June 18 – Aug. 11 at the CSUF Student Recreation Center pool, is a water safety/group swim instruction program certified by the American Red Cross. Staffed by certified instructors and lifeguards, children as young as six months old can attend the program and will feel comfortable learning and developing their water skills in a safe and fun environment.

Registration for Titan Youth Summer Programs is now open. For more information including session times, pricing and registration, visit http://tysc.fullerton.edu or call (657) 278-5548.
Titan Recreation is a program of the Titan Student Centers and Associated Students, CSUF, Incorporated (ASI). This program operates the Student Recreation Center, a comprehensive fitness facility for the Cal State Fullerton community, and offers a variety of activities and services, including: intramural sports; wellness programs; aquatics; as well as youth day-camps and instruction.

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