



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **YMCA INVITES TREASURE VALLEY 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.*

[BOISE, IDAHO] — The Treasure Valley Family YMCA is hosting the Y's annual Healthy Kids Day® on April 18, 2026 at all four Treasure Valley YMCA locations. This free, annual event features 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 Treasure Valley families for a safe, healthy, and fun summer. Each location will feature a variety of fun activities for families and kids of all ages and information on summer camps and programs.

"It is so important for kids to stay active over the summer, both physically and mentally," said David Duro, Treasure Valley Family YMCA 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."

Parent or guardian supervision is required for all youth at Healthy Kids Day and a valid government issued photo ID is required for all non-member guests age 18+.

For more information, contact any of the Treasure Valley Family YMCA locations or visit [www.ymcatvidaho.org](http://www.ymcatvidaho.org).

- Caldwell YMCA – 3720 S Indiana Ave, Caldwell ID 83605, 208-454-9622
- Downtown Boise YMCA – 1050 W State St. Boise ID 83702, 208-344-5501
- Tomlinson South Meridian YMCA – 5155 S Hillside Ln, Meridian ID 83642, 208-331-9622
- West Boise YMCA – 5959 N. Discovery Way, Boise, ID 83713, 208-377-9622

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### **ABOUT THE TREASURE VALLEY FAMILY YMCA**

Established in 1891, the [Treasure Valley Family YMCA](http://www.ymcatvidaho.org) (the Y) is a cause-driven, nonprofit organization that works to strengthen the foundation of our community by developing successful youth, engaging people in healthy living, and instilling a commitment to social responsibility. Annually, it operates over 100 programs that serve more than 110,000 youth and families throughout its 4 facilities, 440-acre summer camp, and more than 30 child development sites. The Y believes all people deserve the chance to achieve their highest potential: therefore, it does not turn anyone away due to an inability to pay. The Treasure Valley Family YMCA provides more than \$4 million in financial assistance every year to ensure access to resources, relationships, and opportunities for all to learn, grow and thrive. Learn more at [ymcatvidaho.org](http://www.ymcatvidaho.org).