



## TOWNSHIP OF HILLSBOROUGH

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# News Release

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FOR IMMEDIATE RELEASE  
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### **Township Partners with YMCA for Senior Programs**

The Township Committee took action to memorialize an agreement between the Township the YMCA in order to offer the participants in the Senior Exercise Program improved exercise programs and services.

“Our Seniors are very important to us,” stated Mayor Doug Tomson at Tuesday’s meeting, when discussing the agreement, “and as such, it was only fitting to partner with the YMCA so that we would be able to offer supplemental benefits to those participating in the Township’s Senior Exercise Program.

The Mayor assured the public that the regular Senior Exercise classes would remain at the Municipal Complex, but through this partnership with the YMCA there would be many other benefits that the participants would be able to take advantage of.

“I am also happy to report that this partnership and all of the enhanced benefits available to the participants comes at no increase in expense to our taxpayers,” concluded Mayor Tomson.

“We are excited to partner with Hillsborough Township by offering these additional programs for the members of the Hillsborough Senior Exercise Program,” added Valerie Giacobelli, Interim CEO Somerset Valley YMCA.

Some of the programs benefits include FREE, unlimited usage of all SVY Facilities in Bridgewater, Hillsborough an Somerville; FREE, unlimited use of three aquatic centers which includes lap pools, therapy pools and hot tubs, FREE fitness orientation addressing total health and wellness with two follow-up sessions per calendar year and FREE monthly wellness classes at limited locations. A complete listing of the benefits is available at the Township’s Social Services Department.

“I think the plan is great; to have access to all the “Y” programs and it won’t cost us anything,” commented Helen Haines, a Senior Exercise Participant.

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