

For Immediate Release



Media Contact:

Jessica Williams
Marketing Director
507.287.2260 x 1092
jessw@rochfamy.org

NBA player, Kris Humphries, visiting the Rochester Area Family YMCA on Friday with the Kris Humphries Foundation Basketball Clinic.

Rochester, MN. July 18th, 2017 – Kris Humphries will be returning to the Rochester Area Family YMCA this Friday, July 21st, to host the Kris Humphries Foundation Basketball Clinic from 9am until 3pm. The basketball clinic will take place in the Red/Blue Gym on the third floor at the Y, located at 709 1st Ave. SW, Rochester, MN, 55902.

The Y is dedicated to strengthen the Rochester area community through quality programs featuring youth development, healthy living and social responsibility. The Kris Humphries Foundation Basketball Clinic will allow community youth an opportunity to learn valuable athletic skills while also staying active. The clinic includes practicing basic skills such as passing, dribbling and shooting, as well as an opportunity for participants to meet professional NBA player Kris Humphries.

"This is a fun and exciting event for our Y and the kids in the community. The Foundation provides a great camp and it is a privilege to host this again." – Jessica Williams, Marketing Director at the Rochester Area Family YMCA

The Kris Humphries Foundation was formed as a resource for community organizations that serve disadvantaged youth. The focus of the foundation revolves around the areas of health, education and wellness, three pillars that strongly reflect the values of the YMCA. Through the basketball clinic, Kris Humphries and the foundation aim to teach youth the importance of healthy living and physical activity.

Fifty children are registered to attend the event on Friday. A waiting list is available if any spots become available. For additional information or to register, visit www.rochfamy.org or contact Jessica Williams, Marketing Director at the Y, at 507.287.2260 x 1092 or send an e-mail jessw@rochfamy.org.

About the Rochester Area Family YMCA

The Rochester Area Family YMCA has been part of the Rochester community since 1867, when a reading room for young men was organized. The Y continues to be one of the leading nonprofits that strengthens the community through youth development, healthy living and social responsibility. The Y's mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. This organization helps the community, regardless of age, income or background, has provided over 2,700 individuals in the community a membership through the Open Doors Scholarship program in 2016. More information can be found at www.rochfamy.org.

709 1ST AVE SW, ROCHESTER, MN 55902
507.287.2260 | www.rochfamy.org

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