



**For Immediate Release
June 5, 2009**

YMCA-YWCA & SUPPORTING BUSINESSES SPIN FOR KIDS

Local businesses will take part in a unique exercise program while helping to raise money to support kids at the same time during the 3rd annual YMCA-YWCA Spin for Kids Challenge. Spin bike classes will be held at participating businesses between June 8 and Jun 18, with 100% of funds raised through pledges going directly to the Y’s Strong Kids Campaign. Currently 1 in 4 children receive financial assistance at the Kelowna Family Y to access membership or participation in YMCA-YWCA programs.

A spin bike class is a stationary cycling experience that mimics a variety of real road rides and cycling drills and will be held on the following dates and times at these supporting businesses:

Monday, June 8	3:00pm	BMO, Capri Centre Branch
Tuesday, June 9	9:30am	Interior Savings Executive Group, Downtown Branch
Wednesday, June 10	9:30am	Interior Savings Credit Union, Mission Branch
	3:00pm	Interior Savings Credit Union, Rutland Branch
Thursday, June 11	9:00am	Home Depot
	3:00pm	BMO, Orchard Park Branch
Tuesday, June 16	11:45am	Urban Systems, Landmark II
	2:45am	RBC Investments, Landmark II
	3:30pm	Ross Langford Team, Landmark II
Wednesday, June 17	10:00am	Spider Agile Tech
	3:30pm	KPMG
Thursday, June 18	1:30pm	Lululemon
	4:00pm	Fire Department, Enterprise Detachment
	4:30pm	Fire Department, Enterprise Detachment

“Besides being an amazing team building experience for these businesses and getting their employees active, everyone who participates takes pride in knowing that ultimately they are helping a child who can benefit from financial assistance and make programs, such as summer day camps, a reality” says Allison Ramchuk, Strong Kids Coordinator.

Registered businesses just need to provide 10 or more people to take part. The Y will provide an instructor and deliver spin bikes from the Kelowna Family Y to their office location, thanks to the support of the Points West Reality van.

“We have participated in the Spin for Kids Challenge for the past two years and we have so much fun,” says Lori Heczko, ISCU Rutland Branch. “We really believe in the work the Y does with children, youth and families and we are committed to becoming more active, so this event is a perfect combination for us”, says Lori Heczko, ISCU Rutland Branch.

The media is invited to attend any of the above Spin for Kids events at the business location as listed. For further information, please contact Allison Ramchuk at 250-764-9621 ext 306.

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Come Home to the Y

Kelowna Family Y – Out of School Care – Career Contact Centres for Youth – Community Programs
375 Hartman Rd, Kelowna, BC, V1X 2M9
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