

SPIN@THON

9am - 12PM (9,10 and/or 11am rides) in Studio I

11am - 12PM ZUMBA in Studio II

11am - 12PM MAT PILATES in Art Room

Come join us at the Raritan Valley YMCA in celebrating the Leap Year by participating in our different classes to help you leap into action!

Your participation supports the Y's efforts to honor a member, support senior fitness, fund child care needs, support drowning prevention efforts, fund camperships, provide youth sports, and support family and teen activities.

FEBRUARY 29TH

ADMISSION FEE: \$35/Class PER PERSON



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LEAP INTO ACTION!

RARITAN VALLEY YMCA-A-THON 2020
SUPPORTING THE YMCA STRONG KIDS CAMPAIGN

February 29, 2020

What is the Strong Kids Campaign?

The YMCA Strong Kids Campaign is an annual fundraising campaign focused on providing memberships and program assistance to kids and families who might not otherwise be able to afford to pay for opportunities they need to live healthier, happier lives. YMCA programs such as child care, camp, swim lessons and youth sports do more than teach skills, they instill confidence and responsibility. These experiences have a strong impact on kids, helping them grow into healthy and productive adults. With your help, everyone can have the opportunity to benefit from a YMCA membership no matter their financial limitations.

For example:

- \$100.00 provides a special needs child swim lessons.
- \$200.00 prevents a child from being home alone or on the streets, because they are funded in the YMCA after school program.
- \$300.00 sends one child to summer camp for one week.
- \$1000 underwrites the costs of our support to the homeless
- \$2000 funds our free outreach instructional swim program

Want to ride?

- Make it a challenge! Reserve a bike for yourself and find sponsors for your ride.
- Make a team! Recruit teammates to ride and get sponsors for your team.
- Let us find you a team – you find sponsors to support your ride & we assign a team.

Zumba Instead... not a cyclist? Dance with YMCA staff and friends in support of youth!

Mat Pilates... not a dancer or a cyclist? Join YMCA staff and get your Pilates on!

Secure your bike seat, Pilates or dance spot with registration fee of \$35 pp.

Each participant is also asked to raise a \$100 in donations or sponsorships

There will be a virtual ride, trivia, refreshments, raffles and giveaways, throughout the event!

How can you raise money to participate?

Ask friends and family or check with your company to see if they will offer a corporate sponsorship to help you raise your goal amount. Go on line a seek grants or event sponsors.

If you cannot participate, please donate to the Y's Strong Kids Campaign. Make checks payable to Raritan Valley YMCA or visit www.raritanvalleyymca.org and click on DONATE.