



For Immediate Release
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YMCA of Owen Sound Grey Bruce Launches YMCA Gym

FREE YMCA Virtual Physical Education Resources for Local School Boards



In response to facilities closures across the country, in collaboration with YMCAs across the country, the YMCA of Owen Sound Grey Bruce launched YMCA at Home as a free virtual YMCA, connecting people to fitness classes, children’s programs and personal wellness resources.

Now, in partnership with the Bruce Grey Catholic District School Board, the YMCA has launched YMCA Gym, an online platform for educators to deliver virtual physical education programming to their students as a part of their school’s e-learning platform.

“Whether it is through basketball or swimming lessons, volleyball or summer camp, the YMCA has an over 100 year tradition of innovative programs and activities that get young people active. We see YMCA Gym Class as an extension of this type of innovation – a virtual gym class in a time of social distancing.” said Gayle Graham, Chief Executive Officer for YMCA of Owen Sound Grey Bruce.

YMCA Gym Class is instructed by a YMCA certified fitness coach and features content based on YMCA Canada's Health & Fitness programs and Canada's Physical Activity Guidelines. With activities designed to complement physical education course curriculum, the YMCA has made this resource available for schools to use for free.

The YMCA is a charity serving Grey Bruce communities for over 140 years. During these unprecedented times, the Y needs your help more than ever to be able to serve those most in need in our community. Donations will continue to be accepted during this pause of YMCA programs. Visit www.ymcaowensound.on.ca to make your gift and help the YMCA continue supporting those in need.

YMCA of Owen Sound Grey Bruce is dedicated to the growth of all persons in spirit, mind and body with a sense of responsibility to each other and the global community.

For further information, please contact:

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