



For Immediate Release
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YMCA of Saskatoon Launches YMCA Gym Class

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 Saskatoon** launched YMCA at Home as a free virtual YMCA, connecting people to fitness classes, children’s programs and personal wellness resources. We have offered Saskatoon Public, Catholic School Bards as well as the Saskatchewan School Board Association how the YMCA has launched YMCA Gym Class, 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 **Dean Dodge**, CEO for **YMCA of Saskatoon**.

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 our communities for over **112** 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. Click [YMCA of SASKATOON](#) to make your gift and help the YMCA continue supporting those in need.

YMCA of Saskatoon 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.

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