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Dear Parent or Guardian:

The National Capital Region YMCA-YWCA would like to introduce you to our Y Kids Academy "Grade Six Healthy Active Living Initiative." The Y Kids Academy is a 12-hour program designed specifically for 10-12 year olds that combines cardio-vascular and muscular conditioning activities with educational sessions on healthy living. The programs will take place outside of school hours across the National Capital Region at six of our Y Health, Fitness and Recreation facilities. New sessions will start every four weeks.

The Y is excited to be the first in Canada to take things one step further by inviting all local grade six students in the National Capital Region to participate in the Y Kids Academy program for free, and, upon successful completion of the program, grade six students will also receive a free, one year, no strings attached membership to the Y!

According to the 2011 Active Healthy Kids Canada Report Card on Physical Activity, children and youth are:

- Sedentary 59% of the time after school,
- Getting a mere 14 minutes of moderate to vigorous physical activity per day and,
- Are spending roughly 6 hours per day in front of a screen outside of school time.

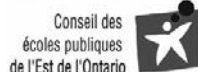
As part of the National Capital Region YMCA-YWCA's commitment to our community, and with growing concerns that children and youth are not getting sufficient physical activity to promote healthy growth and development, the Y Kids Academy is taking this proactive step to increase opportunities for kids to be more physically active while reducing some of the barriers to participation.

How do I enroll my grade six child in the free Y Kids Academy?

1. Call your local Y today to learn about upcoming session dates and schedules.
2. Complete the enclosed registration form and bring it to your local Y!

For more information please contact:

Y Kids Academy
613.237.1320, ext. 5136
yka@nationalcapitalregionymca-ywca.ca



Carlingwood Y
200 Lockhart Ave
613.729.7131

Clarence-Rockland Y
1-1525 du Parc Ave
613.446.7679

Kanata Y
1000 Palladium Dr
613.599.0280

Nepean Y
1642 Merivale Rd
613.727.7070

Ruddy Family Y
265 Centrum Blvd
613.830.4199

Taggart Family Y
180 Argyle Ave
613.788.5000