



For Immediate Release

YMCA of Greater Moncton encourages healthy lifestyles for youth with free Grade 5 memberships

(MONCTON - September 27, 2022) – The YMCA of Greater Moncton is once again offering free Grade 5 membership in hopes of helping local youth develop healthy lifestyles.

“When we started this program in 2013, the idea was to get local youth moving and inspired to maintain an active, healthy lifestyle,” says Zane Korytko, CEO of the YMCA of Greater Moncton. “This is a program that families look forward to year after year. We’ve had lots of great feedback from kids and parents over the years and are really pleased to offer the Grade 5 Memberships once again.”

Free ‘Get Active!’ memberships are available starting Oct. 1, 2022 until June 30, 2023. This membership gives Grade 5 students access to programs offered at both YMCA locations in Moncton. Programs range from swim lessons, to group exercise classes and Tween activities.

“Physical activity is an important part of healthy living at any age and especially for our youth,” says Korytko. “Children who aren't active enough are at a higher risk of developing chronic diseases like Type 2 diabetes, high blood pressure, high cholesterol and other cardiovascular illnesses. We need to get our kids moving and continuing to do so throughout their lives.”

To sign up a student, simply accompany them to either YMCA location (parent or guardian must be present). Bring their final report card from the previous school year or a confirmation letter from this year's school. We'll get your Grade 5 student registered so they can start using their membership right away!

The YMCA of Greater Moncton is a registered charitable organization dedicated to building healthy communities. It is committed to nurturing the potential of children, youth and families, promoting healthy living and fostering social responsibility within the community. Its focus on inclusiveness and accessibility means it serves people of all ages, backgrounds and abilities through all stages of life.

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