YMCA urges community to get active & support young lives

Tuesday 20 June, 2017

A LOCAL youth charity is urging people to get active and help transform young lives in communities across North East Lincolnshire through a special fundraising event to be held in Grimsby on Sunday 20 August.

YMCA Humber's HumberThon is a fitness-themed fundraiser that will see participants tackle 40 minutes of yoga, 40 minutes of Tabata circuits and 40 minutes of Maracacise to help support the charity's continued development of young people in the local area.

Fundraisers can tackle one or all of the 40-minute sessions (a 10-minute rest period will be provided between sessions) with individual activities priced at £4.50 per person and all three exercises priced £10.

The event will run between 4pm and 7pm at YMCA Humber's Sports Hall, which is situated on Peaks Lane in Grimsby.

Leanne Kennedy is YMCA Humber's Events and Marketing Assistant and she is looking forward to a fun, energising event.

She said: "The idea for the event came from members of our support team.

"A number of them have fitness hobbies and regularly provide sessions for the young people of our housing projects as part of the enriching activities we deliver.

"We are asking people to sign up and take on one or all three of the fitness challenges and help raise funds to support the activities that YMCA provide, not just in our housing projects, but across North East Lincolnshire."

She continued: "Our sports hall at the Peaks Lane project in Grimsby is regularly used by hundreds of people in the local community to, so it seems like the perfect place to hold a fundraising event that everyone can enjoy."

To sign up for YMCA's HumberThon, please visit the website www.ymcahumberthon.me, email events@ymca-humber.com or call 01472 359 621 and ask to speak to one of YMCA's Events & Marketing Team.

YMCA Humber would like to thank Lincs Inspire for their generous donation of raffle prizes that will be available to win on the evening.

For more information on the work of YMCA Humber locally, please visit their website, www.ymca-humber.com

.

Related Sectors:

Charities & non-profits :: Health ::

Related Keywords:

Charity :: Exercise :: Fitness :: Fundraiser :: Fundraising :: Leanne Kennedy :: Maracacise :: Support :: Tabata :: YMCA :: YMCA Humber :: Yoga ::

Scan Me:

Company Contact:

YMCA Humber

T. 07898476710
E. jonathan.byrne@ymca-humber.com
W. https://www.ymca-humber.com

Additional Contact(s):
info@ymca-humber.com

View Online

Newsroom: Visit our Newsroom for all the latest stories:
https://www.ymcahumber.pressat.co.uk