



Y-ired
ZONE

Earn Your 40 Hours of Community Service at the YMCA!

The YMCA has launched a Youth Leadership program to help high school students earn their Diploma (OSSD) required 40 hours of community service.

The Youth Leadership program provides the tools to help students develop leadership skills through meaningful involvement within the YMCA's new Y-ired Zones. As a member of the Y-ired team, you will be responsible for guiding younger students through fitness-gaming classes, organizing youth events and helping to make the YMCA's Y-ired Zone a safe and fun environment for local youth.

Each London and surrounding-area YMCA is equipped with the latest interactive eXergaming equipment.

Have fun playing virtual games while earning your 40 hours of credit!

The YMCA Youth Leadership program is a recognized community service opportunity that is open to all Ontario Secondary School students.

Contact your local YMCA for more information:

YMCA of London Centre Branch
382 Waterloo Street
London, Ontario N6B 2N8
519.667.3306
ndavirro@londony.ca

YMCA of Woodstock
808 Dundas Street
Woodstock, Ontario N4S 1G4
519.539.6181
dtasker@londony.ca

**YMCA of London
Bob Hayward Branch**
1050 Hamilton Road
London, Ontario N5W 1A6
519.667.3300
vholtby@londony.ca

**YMCA of Strathroy-Caradoc,
Marilyn Buttery Branch**
305 Frances Street
Strathroy, Ontario N7G 4H5
519.245.6075
ewoods@londony.ca



The YMCA of London is dedicated to making a significant impact in reversing the trends of childhood obesity, cardiovascular disease, type II diabetes and other lifestyle illnesses caused by a lack of physical activity and poor nutritional habits. A recent study by the internationally acclaimed Mayo Clinic reported that eXergaming activities more than doubled players energy expenditure compared with sedentary gaming and suggested its use for obesity prevention and treatment. The Y-ired Zone at the YMCA will get kids off the couch and into the game!

The YMCA of London is proud to operate five Health, Fitness & Recreation branches, including three in London, as well as branches in Strathroy & Woodstock. These branches currently serve over 12,000 members.

Each YMCA branch is unique, offering different programs, services and facility features based on the individual needs of each community. We invite you to begin your YMCA experience by finding the branch nearest to you, and exploring the variety of programs and services that await you and your family!

YMCA of London, Centre Branch
382 Waterloo Street
London Ontario N6B 2N8
519.667.3306

YMCA of London, Bob Hayward Branch
1050 Hamilton Road
London, Ontario N5W 1A6
519.667.3300

YMCA of London, East London Branch
2016 Dundas Street
London, Ontario N5V 1R1
519.451.2434

YMCA of Woodstock
808 Dundas Street
Woodstock, Ontario N4S 1G4
519.539.6181

**YMCA of Strathroy-Caradoc,
Marilyn Buttery Branch**
305 Frances Street
Strathroy, Ontario N7G 4H5
519.245.6075



www.londony.ca

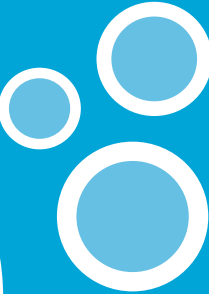
GET YOUR GAME ON AT THE YMCA'S



Y-ired
ZONE



video games + exercise = FUN!!!



Imagine Yourself...

Racing your friends **down a track** at 200 km per hour!

Flying down a mountain, **pulling awesome tricks** on your snowboard!

Making the **winning save** in the final game for your team!

Combining Healthy Activity with Virtual Adventure!

The new **YMCA Y-ired Zone** is a place that kids can call their own. Featuring the latest in interactive video and computer technology, the YMCA Y-ired Zone is an easy way to introduce kids to a lifestyle of fitness and improve their nutritional awareness - all while having FUN!

By mixing entertainment and exercise, fitness has never been so exciting! Challenge yourself or a friend to your favourite video games using interactive equipment such as the **X-board**, **DDR** (Dance Dance Revolution), **Cybex Trazer**, **Cateye GameBike**, **Sportswall** or the **iJoy Board**. For kids or adults, alone or with friends and family, the YMCA Y-ired Zone offers a fun way to keep fit!

Our personalized programs and numerous amenities ensure something for everyone. We encourage you to bring the whole family and discover why the **YMCA Y-ired Zone** is so unique. It's a place that kids (and their families) can truly call their own.



Get ready to **carve the slopes**, grind a rail or catch a wave!

Stomp, slide, spin & **dance** your way to the top of the competition!



Launch yourself into a world where reaction time, **speed, power & balance** drive on-screen activities.

An interactive & challenging new **team sport!**



Play your favourite **video games** controlling steering, speed and turns with your own body movement.

