

Fredericton YMCA *Cycle for Kids*

Presented by Epsilon Y Service
Club

**Ignite Potential.
Transform Lives.
Strengthen Our Community.**

Fredericton YMCA | 570 York St
October 25, 2025 | 10am - 2pm

BE THE SPARK THAT IGNITES POTENTIAL.

Raise more than your heart rate at this year's Fredericton YMCA *Cycle for Kids* event! While you ride, you will raise funds for low-income children and at-risk youth. All funds stay local and provide access to subsidized membership and vital Y Child and Youth Development programs - all at no cost.

Together we are opening new doors and opportunities for our neighbours who are most in need. This would not be possible without people like YOU!

Presented by



Ride and Shine!

YMCA Cycle for Kids is a one-day, action-packed event combining fitness and community spirit, all in support of local children and youth in need.

Teams of enthusiastic riders sign up, raise funds, and come together for an exhilarating indoor cycle class.

- ▶ Four 45-minute fun classes on stationary bikes
- ▶ 20 bikes, 80 riders, and 180 minutes of **pedal power for hope and change**
- ▶ **Kids can ride too!** Junior riders (ages 10 - 15) can join in on the fun by joining for 20 minutes of a ride
- ▶ **Awards** for top fundraisers, best spirit, most enthusiasm and creativity

But that's not all - the whole community is invited to drop by and watch, make donations and learn more about our community partners.



For corporate team registration or questions, email Nat at nat.young@ymcafredericton.org

Register or Donate



Get involved!

Your support, your impact.

1- Register to ride

Reserve your bike by signing up as an individual or a team.

Fundraising Goals

- ▶ Adult riders must raise a min. of \$250
- ▶ Jr. riders encouraged to raise \$150

Choose your ride time

- ▶ 10:00 am - 10:45 am
- ▶ 11:00 am - 11:45 am
- ▶ 12:00 pm - 12:45 pm
- ▶ 1:00 pm - 1:45 pm

2- Welcome the challenge

Your goal is to **raise a minimum of \$250 per rider** (\$150 per junior rider encouraged) through donations and join a 45-minute cycle class. Hit your goal in order to ride and receive rider swag!

3- Unleash your creativity

Stand out from the crowd with team uniforms, themed costumes, or unique fundraising ideas. You may even win an award!

4- Spread the word

Share your goals and progress on social media and invite friends and family to drop by on the event day.

5- Make an impact

Whether you're on a bike, cheering on your loved ones, or lending a hand as a volunteer, there's a place for everyone to ride and shine! Those who can't join us in person can make a difference by donating.