



MEGAthon

Program Guide 2024





MEGAthon

Helping Healthy Spirits, Minds,
and Bodies **thrive.**

Mission

The YMCA of Pictou County inspires healthy spirits, minds and bodies to thrive.

We understand that a healthy lifestyle is about more than just physical fitness. We believe in nurturing the whole person, from the mind to the body and beyond. Our programs and facilities are designed to inspire and support you on your journey towards optimal health and wellbeing, whether you're looking to improve your fitness, connect with like-minded individuals, or simply have fun. We believe that everyone deserves the opportunity to thrive.

Vision

To create a healthy and connected Pictou County.

Our vision is to create a Pictou County where individuals are empowered to make healthy choices and are supported by a community that values their well-being. We believe that a healthy community is a connected community, where people come together to share resources and build relationships.

Values

Caring, Honest, Respect, Responsibility, Diversity and Inclusion.

At the YMCA, our values are the foundation of everything we do. From the programs we offer to the way we interact with our members, our core values of Caring, Honesty, Respect, Responsibility, Diversity, and Inclusion guide our decision-making and behaviors.



About MEGathon

Join us for MEGathon and become a part of the movement that's bringing the community together. Our collection of fundraising events are designed to deliver financial support to Pictou County residents in need, helping them access childcare, camps, swimming lessons, and important fitness programming. At the YMCA, we believe that everyone deserves a chance to live their best life, and we're committed to making that a reality for our community. So come on out and participate in our collection of events that will leave you feeling empowered, active and proud to make a difference.



1 in 5
Members Receive Subsidy



20%
of Camp spots are subsidized each summer, which is expected to increase in 2024.



\$1200
Provides subsidy for 1 family for 1 year



310 000+
Dollars given in financial assistance in 2023



MEGAthon

Family Events

Chocolate Bar Bingo

Tue Mar 12, 6 PM | \$5.00 per Card

Join us for Chocolate Bar Bingo on March 12th at 6 PM. Bring your lucky charm and a sweet tooth! Family friendly.

MEGA Science

Thur Mar 14, 2 PM - 4 PM | \$15.00 per Person

Calling all Little Scientists to the Mega Maker Space! Ages 7 - 12! A maker space is a collaborative work space where people can come together to make, learn, share and explore their creativity. For this maker space event, children will have the opportunity to explore STEM (science technology engineering and math) by completing and testing their own creations at a sequence of stations.

Children's Carnival

Saturday 16th 10 AM - 1 PM | \$5.00/10 tickets

Come one, come all to the ultimate MEGATHON Family Carnival on March 16th, 2024! Get ready for a whirlwind of fun with a bake sale, cake walk, face painting, games, prizes, and so much more. Everyone, from little ones to the young at heart, is invited to join in the excitement!

MEGA-Family Swims

Join us and make a splash at the MEGathon Family swim. Come together with your community and support a great cause while having fun. Only **\$5.00 per person**, so bring the whole family! Dates & Times available on our schedule.

Splash and Dash

Sun Mar 17, 10 AM - 11 AM | \$10.00 per person

Get ready to make a splash and dash! Inspired by a triathlon, kids will compete in this energetic and fun race, where they will swim and run their way to the finish line. The mini splash and dash is a perfect opportunity for kids to show off their skills and have fun. All abilities, Lifejackets available. Prizes will be awarded.

Children's Glow Dance

Thur Mar 7, 7 PM - 8:30 PM | \$5.00 per person

Get ready to bust a move! Our Thursday night dance for kids is the perfect way to end the week. Come join us for a night of music, laughter, and fun!

Big hearts,
little hands,
endless
possibilities.



MEGAthon

Fitness Events



Fitness Medley

Mon Mar 4, 6:00 PM-7:30 PM | \$15 + tax per person

Join us for a fun, high-energy workout with a purpose. Our class combines the best of step fitness, barre, kickboxing, and pound to give you an invigorating and satisfying workout. And the best part? Proceeds from the class go to our community, so you can feel good about doing good while you sweat it out. Instructors for this medley will be Amber, Jenn, Marla, Devin.

Behind the Scenes Group Power

Mon Mar 11, 9 AM - 10 AM | \$15 + tax per person

Ever wonder how your instructors learn new Group Power tracks? Join us in a never before seen behind the scenes Group Power class. Train alongside your favourite YMCA instructors as MOSSA pro instructors lead the new April release through video projection. Instructors for this class will be Amber, Kathryn, and Michelle.

Pilates

Wed Mar 6, 9 AM - 10 AM | \$15 + tax per person

A Pilates mat class offers a dynamic sequence of core-strengthening exercises emphasizing controlled movements and precise alignment. Participants enhance flexibility, stability, and muscular endurance while engaging in fluid transitions and deepening their understanding of Pilates principles. Our guest instructor for this class is Elisabeth Lagerlof.

Cyclefit Showdown

Tue Mar 12 6 PM - 7 PM | \$15 + tax per person

Join Merton and Kathryn for an exciting game of who spun it better. Instructors will each play music from their glory days. Which decade will come out on top?

Yoga Medley

Sun Mar 17, 10 AM - 11:15 AM | \$20 + tax per person

Our Vinyasa Flow class combines mindfulness, strength and balance to leave you feeling nourished, invigorated and centered. With hands-on assists to help you go deeper into your practice, you'll feel supported every step of the way. Plus, your practice will have an impact off the mat, with proceeds from every class supporting your community.

Led by guest duo, Clare Steele and Brianna MacIsaac.

Work out, give back.



MEGAthon

Fitness Challenge



March Fitness Challenge

All March Long! | \$10.00 + tax per entry

Get ready to make every day count! During the March Fitness challenge, we want to help you build healthy habits, one sticker at a time. Each day that you are active at the YMCA, add a sticker to our public calendar under your name and watch your progress grow. Let's get moving and stay motivated with a supportive and growing community this March!

MARCH 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Wed March 13th 6PM-8PM | \$10.00 per entry

Are you ready to lift for a good cause? Join us for the **Raise the Bar bench press challenge** and help raise funds for Strong Kids. Show off your strength and support your community. Prizes available for the top reps in each category

Four Divisions:

6:00 PM - 7:00 PM

1. 45 lb weight (bar only)
2. 75 lb

7:00 PM - 8:00 PM

1. Body Weight
2. 135 lb



Challenge yourself, change the world



MEGAthon

Aquatic Events



Mardi Gras Aquafit

Fri Mar 8, 9 AM - 9:45 AM | \$15 + tax per person

Splash into the party with our Mardi Gras AquaFit class! Join us for a vibrant and upbeat workout experience, complete with colorful feathers, beads, and exciting music. Class led by YMCA instructor Kim.

Viva Las Vegas Master Class Aquafit

Wed Mar 13th, 10 AM - 11 AM | \$15 + tax per person

Splash into the Vegas heat with our Aquafit class! Our expert trainers will have you feeling like a high roller as you move to the beat of the hottest poolside tunes. Get ready to sweat and soak in the ultimate party atmosphere.

This class will be in two pools, led by multiple Master Trainers: Tammy, Lori and Amber, featuring honorary Aquafit Instructor Alex.

Breaststroke Clinic

Thu Mar 14, 7 PM - 8 PM | \$15 + tax per person

Take your swim game up a notch and join our 1-hour breaststroke clinic. Our coach will break down the technique, from the pull to the kick, to help you swim stronger, faster, and with more confidence. You'll leave the pool feeling energized and ready to take on your next challenge.

Front Crawl Clinic

Tue Mar 5, 7 PM - 8 PM | \$15 + tax per person

Join Tri Club Coach Mike Stevenson for a vibrant and knowledgeable 1-hour clinic on perfecting your front crawl technique. You'll leave feeling confident and ready to take on your next race.

Indoor Triathlon

Sun Mar 17, 8 AM | \$25 + tax per person

Join us this March for an indoor triathlon that's all about community. Push your limits, break a sweat, and feel the warmth of the crowd as you cross the finish line. All proceeds go to support local community and help us build a stronger, healthier Pictou County.

Make a Splash





MEGAthon

Community Events

That 70's Luncheon and Game Show

Mon Mar 11, 12 PM - 2 PM | \$15 + tax per person

Join us for a day of giving and games! Our Gameshow luncheon is the perfect way to connect with friends and have fun. Sip on refreshing drinks and indulge in delicious bites as we raise funds for a good cause. Plus, with exciting games and lively entertainment, you won't want to miss out on the chance to win great prizes.

Pancake Breakfast

Date: Sat Mar 9, 8 AM - 11 AM

Adult Size: 2 Sausages and 3 Pancakes for \$7.00

Child Size: 1 sausage and 2 pancakes \$5.00

Purchase tickets in advanced or the day of

Join us for a delicious start to your day at our pancake and sausage breakfast fundraiser. Our community-driven event is the perfect opportunity to gather together, share stories, and enjoy a scrumptious breakfast. Stop by our Indoor Garage sale starting at 10 AM! .

Adult Paint Night

Thu Mar 7, 6:30 PM | \$45 + tax per person

Adult paint night with Helen Boucher with 3 different painting templates to choose from! All 3 will be spring themed.

MEGA-Garage Sale

Sat Mar 9, 10 AM - 1 PM

Discover treasures, and make a difference at our indoor garage sale. All table sales go towards supporting a great cause, so come by and shop with heart.

Table Sales \$20.00

Door entry: \$2.00

50/50 Tickets available on-site

Join us in Making a Difference.





MEGAthon

Sporting Events

Basketball Skills Clinic

Sun Mar 10, 12:30 PM - 2:00 PM, U14 | \$15.00 per person

Sun Mar 10, 2 PM - 3:30 PM, U12 | \$15.00 per person

Join us for a 1-hour basketball skills clinic led by our amazing community coaches. You'll learn new techniques, sharpen your skills and meet fellow basketball lovers. Don't miss out on this one-of-a-kind opportunity to take your game to the next level.

Hockey Skills Clinics

U9 Clinic | Mon Mar 11 9 AM - 10:10 AM | \$25 + tax per person

U11 Clinic | Mon Mar 11 10:15 AM - 11:30 AM | \$25 + tax per person

Get the inside scoop from former NHL player Jon Sim himself. Learn new skills, perfect your moves, and bring your game to the next level. Join us for a hockey skills clinic that's sure to energize your passion for the sport.

Indoor Triathlon

Sun Mar 17, 8 AM | \$25 + tax per person

Join us this March for an indoor triathlon that's all about community. Push your limits, break a sweat, and feel the warmth of the crowd as you cross the finish line. All proceeds go to support local community and help us build a stronger, healthier Pictou County.

Cornhole Tournament

Sun Mar 3, 2 PM - 4 PM | \$30 Per team

Join us for an exciting Indoor Cornhole Tournament, where we're Tossing for Good! Come show off your skills with friends and family while making a positive impact on your community. Register with a partner.



Play for a purpose

Thank you For your Support

Each year, the YMCA Megathon fundraising events come to life through the generosity of local businesses, volunteers, families, and community members. Their donations not only make these events possible but also serve as a strong pillar of support for our community, ensuring that we can continue to empower individuals, families, and children through our programs and services. Together, we create a vibrant and warm community where everyone can thrive.

Host Sponsor



Event Sponsors



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Community Sponsors

