

Frequently Asked Questions

1. Is there a theme to this event?

Yes! The theme for this year's event is superhero! Which Superhero are you?



2. What should I wear?



If you are cycling, walking or doing a class for 45 minutes or more, it's best to wear clothing that is light and breathable along with indoor running shoes. Cycle shorts are a good option for spinning, but not necessary. Of course your favourite superhero costume is a great option to go with the theme!

3. What is the minimum age to participate?

For the family events, any age is welcome, and those under 13 must be accompanied by an adult. For cycling, the minimum age to participate is 13 years old with a minimum height of 4'8".

4. If I don't exercise regularly, can I still participate?

Absolutely! This event is meant to be fun. You can go at your own speed on the indoor bikes or choose to walk at your own speed on the track. Aquafit and other family events are geared toward those participating. This is a challenge by choice event.

5. How do I sign up?

The best way to sign up is through the online registration page at ymcaofniagara.org. Follow the instructions to register as an individual, family, or as part of a team.

6. How do I become part of a team?

If you have two or more people, you have a team. You can create a team page on the website at ymcaofniagara.org and invite friends and family to join you. Otherwise you can add yourself as a participant on an already existing team. You can find a team to join by searching the team name in the search bar on the home page.



Presented by:



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7. What if I want to donate but not participate?

If you would like to donate but are unable to participate, you can do so in a number of ways. You can sponsor a rider online or sponsor a team online by pressing the Donate button. You can also visit your local YMCA branch to donate to the *Move for Kids* event. Donations of \$20 or more will qualify for a tax receipt.

8. Can I ride and walk on the same day?

Yes. It is a \$25 minimum donation for each 45-minute activity.

9. Is there child care provided?

Child minding will be provided free of charge for all members as well as for non-members who require care for their young children while they are participating in the event. Please make sure that you indicate that you require child minding when you register. Photo ID is required when dropping off and picking up all children.