

## FAQ YMCA Challenge 2022

**defiymca.org**

For any questions that do not appear below, please contact **Kashia Malinowska**, Donation and Event Advisor, at 514 849-5331, extension 1215 or at [kashia.malinowska@ymcaquebec.org](mailto:kashia.malinowska@ymcaquebec.org)

### **1. What is the YMCA Challenge?**

The YMCA Challenge is an inclusive and festive family event held in Montréal and Québec City by the YMCAs of Québec Foundation to promote the physical, mental, and overall health of children, youth, and adults at the Y.

This year, a hybrid formula enables you to personalize your participation.

- Register by May 5 and set three personal goals: one for physical health, one for mental health, and one for the collective health of your community. Then kick off your fundraising campaign to support the Y's financial assistance and Companion programs.
- From June 1 to June 17, tackle your challenges with your family or loved ones and don't forget to share your daily actions with them to promote your Challenge.
- On June 18, mission accomplished! The YMCA Challenge is done. Come celebrate the success of your challenge in person for a day of general health and wellness activities at the Notre-Dame-de-Grâce YMCA and the Saint-Roch YMCA.

### **2. When will the Challenge take place?**

The Challenge will take place from June 1 to 18, but you can register now at [defiymca.org](https://defiymca.org).

### **3. Who can participate in the Challenge?**

The Challenge is open to everyone: children, adults, families, and businesses who wish to raise awareness about the importance of overall health. To promote inclusion and accessibility to this event, you have the option to set your very own challenges!

### **4. Why are you raising money?**

The YMCA Challenge provides the necessary support for our teens, adults, and families. Its purpose is to provide access and to encourage inclusion in all our Y programs, specifically:

- Provide financial assistance to children, teens, and adults who would otherwise not have the means to take advantage of the Y's programs and facilities;
- Provide companion services for children with different needs and abilities in our day camps;
- Develop physical literacy activities to help all our youth discover the joys of being active and learn how to incorporate healthy habits into their daily lives.

Before the pandemic, over **7,534 children, teens, and adults** received more than **\$1.27 million** in financial assistance annually. For this reason, reopening our programs and facilities over the course of 2022 will have a significant impact on requests for financial assistance. The YMCA Challenge will help address the needs of those who receive this financial aid.

**5. Will the event be held in person?**

Yes. Come join us in person on June 18 to celebrate the end of the Challenge. You are invited to a day full of health and wellness at the Notre-Dame-de-Grâce YMCA and the Saint-Roch YMCA. Enjoy the activities in the different children and adult areas, while at the same time boosting your physical and mental well-being and that of your community.

The day will unfold in a fun and celebratory spirit filled with entertainment, music, a group picnic, and lots of surprises!

**6. Can I participate without raising money?**

Yes! Your contribution to the fundraiser is greatly appreciated, but if you do not want to create a fundraising page, you can choose to make a one-time donation. You can also just create your Challenge, or come celebrate with us on June 18 and take part in the activities either in Montréal or Québec City.

**7. Can I participate without making a donation?**

Yes! You can create a personal fundraising page and share it with your friends and family to get them to support you in your challenge.

**8. Can I raise money for my centre, or my Y Space or program?**

Yes. The funds raised at the different Y locations will be redistributed locally to help with financial assistance and inclusion at your Y. So, by participating in this Challenge, you can either choose to support your local community or the entire YMCAs of Québec network.

**9. How can I register?**

Just go to [defiymca.org](http://defiymca.org) and follow the instructions in the Participant Zone. If you have any difficulties, please feel free to contact us.

**10. Can I register with my family?**

Certainly! You can either create a team, where every member has their own fundraising page and their own goals, or you can create one single page for your entire family. Here's a tip: when you register, enter "Family" instead of your first name. That way you will be registered as the Lalonde Family, or the Vaillancourt Family, etc.

**11. Can children participate in the Challenge?**

Of course! The Challenge is for everyone, any age and any size! Also, on June 18, there will be customized activity courses for both children and adults at both our locations.

My centre is not currently open. How will the donations be used? The YMCA Challenge is a fundraising event organized by The YMCAs of Québec Foundation to support the youth and families that participate in our programs and facilities in Montréal and Québec City.

The funds raised will help us provide financial assistance to families who would otherwise be unable to send their children to camp; offer the benefit of companion services to kids with different needs and abilities; and develop inclusive physical literacy activities so that all kids and teens can discover the joy of being active.

The YMCA Challenge and the resumption of membership activities are thus two completely different things.