

## **SPIN-A-DAY AWAY! West Family YMCA Holds Unique Event To Help Community Families In Need**

Written by Scott County Family Y  
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DAVENPORT, Iowa – February 16, 2009 – One of the most popular Scott County Family Y group fitness classes is picking up the pace all in an effort to help area families in need. The West Family YMCA, a branch of the Scott County Family Y, will hold a SPIN-A-DAY AWAY event on Saturday, March 7.

This biking event will span 8 hours and will offer participants a variety of cycles including uprights, recumbent, air dynes and spinners along with music that begs your legs to pedal all while having tons of fun, all benefiting Quad City area children and families who are seeking quality childcare, mentoring and health and fitness programming. “Cycling is the hottest aerobic class in town,” says Sherry Emerick, West Family YMCA Executive Director. “Participants come from all walks of life but have the same common goal – getting into the best shape they can. They do it with determination and energy like no one has ever seen so what better way to raise some much needed monies than by harnessing this energy and putting a whole new spin on the a traditional fundraiser.”

SPIN-A-DAY AWAY biking fundraiser costs \$25 per hour or \$150 per bike for the day. Individuals and teams are encouraged to sign-up. The event pushes off at 8am on Saturday, March 7, at the West Family YMCA, 3503 West Locust Street, Davenport. Each hour will offer a different musical theme in addition to door prizes, giveaways, healthy snacks and drinks and party favors. Every dollar raised goes directly to the Scott County Family Y’s Partner with Youth/Kids to Camp Annual Campaign. Currently there are more than 10,000 area children who are seeking quality childcare, mentoring and health and fitness programming. In addition, more than 2,500 youth, families and seniors are in need of financial assistance to become YMCA members. Participation in this event will help ensure that no one is turned away due to their inability to pay.

The West Family YMCA is a branch of the Scott County Family Y. For more information about this event or to make a reservation, call (563) 386-4414 or for more information about the programs and services offered through the Scott County Family Y, visit [www.scottcountyyfamilyy.org](http://www.scottcountyyfamilyy.org).