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# NEWS RELEASE

June 18, 2014

FOR IMMEDIATE RELEASE

## MEDIA ADVISORY **“GYM-TASTIC”!! SCHOOL GETS A BOOST** *Grant from GoodLife Kids Foundation!*

It's “Gym-tastic” news for students at St. John Vianney Catholic School, thanks to a \$10,000 grant from the [GoodLife Kids Foundation](http://www.GoodLifeKidsFoundation.com).

On June 23<sup>rd</sup>, gym equipment will be unveiled for this Rexdale school's “Gymtastic” program, designed by teacher Patrick De Vuono. It encourages students to engage in physical activity in a fun and entertaining way through tumbling mats, balance beams and a horizontal climbing wall.

Students will celebrate with Canadian Olympian and Pan Am games ambassador Rosie Cassar, who will instruct students on the tumbling mats and even take to the wall with them. This program will provide students with an age appropriate circuit training program based on gymnastics.

This unique program will provide an under-served community the opportunity to experience gymnastics and stability training first hand. “I have seen first-hand that both boys and girls of all ages enjoy this program,” says teacher Patrick De Vuono. “Students will gain a life-long love and respect for physical activity, not only at school but for the remainder of their lives.”

Funds for the grant were generated by the GoodLife Kids Foundation “[Spin4Kids](http://www.Spin4Kids.com)” fundraising events. Spin4Kids is an annual eight hour spin-a-thon fundraiser that takes place at more than 80 GoodLife Fitness clubs across Canada. GoodLife representatives will be on hand to present a cheque to the school community.

**When:** Monday, June 23, 2014  
9:15 a.m. to 10:15 a.m.

**Where:** St. John Vianney Catholic School  
105 Thistletown Blvd., Etobicoke

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