



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE ACTIVE GET POINTS EARN PRIZES



The **90 Days of Summer Challenge** is a 'go at your own pace' program designed to keep you healthy, active and motivated during the Summer. From June 1 - Aug 31, earn points for checking in and participating in programs at the Y! **Points = prizes!**

Cost: \$10 per person (Earn 15 bonus points if you register by Jun 7)

HOW TO EARN POINTS

Check in at the Y = 2 points (Limited to 1 check in per day)

Attend a special Y activity = 5 points

- July 20, 5:50pm | Outdoor Zumba Meltdown | South Y
- July 21, 4:30pm | Wacky Water Games | Central Y
- July 25, 6pm | Flick & Float (movie in the pool) | Valley Y

Kids Events = 5 points

July 9 | Kids Extreme Fun Run | North Y (no charge for 90 Days of Summer registered participants)

Aug 12 | Y Kids Ninja Warriors | Valley Y (no charge for 90 Days of Summer registered participants)

Bonus Points:

- Register for 90 Days of Summer by June 7 = 15 points
- Like the Y on Facebook or Instagram (See Member Services to receive points)
- Share your Y story with us (See Member Services to receive points)
- Complete 90 Days of Summer contests at the Y
- Watch for additional activities at your Y branch

WIN PRIZES

- Earn 30 Points: Win a 90 Days of Summer T-shirt
 - Earn 60 Points: Win a YMCA Cinch Sack
 - Earn 90 Points: Win a YMCA Sweatshirt
- All registered participants entered into a drawing for a FREE 3 month membership.

