

**24 HOUR CHALLENGE**  
**JANUARY 23 - FEBRUARY 21, 2018**



**Age 18 & Older**  
 The challenge: to work out at least 24 hours in 30 days! Six hours may be completed outside or at home. Forms to record your hours will be in the Lifestyle Centers and at the Desk. If you complete the challenge, you will receive a cool dry-fit work out shirt - along with bragging rights! Shirts are available in mens and womens styles.

**IRONMAN CHALLENGE**  
**MARCH 20 - APRIL 18, 2018**

**Age 18 & Older**  
 Sign up for our 30-day Ironman competition. This event will consist of three phases: 2.4 mile swim, 112 mile bike, 26.2 mile run. T-shirts will be given to those who complete the entire competition within the 30 days and \$40.00 in program dollars will be awarded to the winner!



**LEVEL UP!**  
**MAY 8 - JUNE 5, 2018**



**Age 18 & Older**  
 This challenge will not only test you physically, but also mentally. With 3 different levels to choose from, there's something for everyone! Once you commit to a level, you have to stick with it for the whole month; that's the mental challenge! For an extra physical challenge you can try one level for run/walk and one level to bike. Prizes will vary.

Level	Run/Walk	Bike
Level 1.....	30 miles .....	60 miles
Level 2.....	60 miles .....	120 miles
Level 3.....	100 miles .....	200 miles



**SHEBOYGAN YMCA 2018 WINTER-SPRING FITNESS CHALLENGES**

Return to the Sheboygan YMCA, 812 Broughton Drive, Sheboygan, WI 53081 | 920-451-8000

Name \_\_\_\_\_ Birth Date \_\_\_\_\_  M  F  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone 1 \_\_\_\_\_ Phone 2 \_\_\_\_\_ Email \_\_\_\_\_

**HOLD HARMLESS AGREEMENT**

I hereby agree to waive any claim or liability I may have on the YMCA arising out of use of the facility, and further agree that I will indemnify and save harmless the YMCA from any and all claims brought against the YMCA, its members and volunteers, on account of death, injury, or damage to persons or property received by any persons by reason of the acts or omissions of the users in their use. I also agree to waive any claims against the YMCA, its members and volunteers for injuries or damages that may result from the conduct of other persons, including participants in the program. I understand the above responsibilities and I give permission for my child to participate and be photographed in YMCA activities.

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**24 Hour Challenge 18W1-1F24CHALLENGE**

\$24.00 YMCA Member Only

**Ironman Challenge 18W2-1FIRONMAN**

\$10.00 YMCA Member Only

**Level Up! 18S1-1FLEVELUP**

\$10.00 YMCA Member Only

Receipt # \_\_\_\_\_ Amount Paid \_\_\_\_\_ Rec'd By \_\_\_\_\_ Date \_\_\_\_\_