

SHEBOYGAN FALLS YMCA

305 Buffalo Street, Sheboygan Falls, WI 53085

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www.sheboygancountyyymca.org



YMCA WINTER OLYMPICS CHALLENGE
FEBRUARY 9 - FEBRUARY 25, 2018

Adults Age 18 & Older

The objective of this program is to complete Olympic "events" between February 9 - 25. Events include equipment in the Riverview and/or Lakeview Centers and fitness class participation as listed below. The more you do, the higher medal you achieve. Please fill out the registration form below and turn it in at the Welcome Desk with payment.

Program Details

- All events must be completed at the Sheboygan Falls or Sheboygan YMCA between February 9 - 25. Prior workouts are not eligible.
- Eligible workouts in the Riverview and/or Lakeview Centers include:
 - Intervals on the treadmill, stationary bicycles, arc trainers and elliptical machine.
 - Crunches or sit-ups, lunges and squats - **these must be observed by a staff member!**
- Eligible fitness classes include:
 - Boot Camp, Butts 'n Guts, HIIT, POUND, Total Conditioning, Yoga, Yogalates and Zumba.
- Request a free consultation with Kayla for a BMI evaluation and measurements to receive a gold medal.
- The "platinum" award is an hour personal training (value of \$35.00.) It will be given to the male and female with the highest points accumulated over the span of the contest. Other prizes will be awarded as well.
- A chart will be posted in the lobby of the Sheboygan Falls YMCA with the medals achieved. Results will be updated throughout the contest.
- The log book with details of each event will be on the desk in the Riverview Center. A staff member must sign the log for all events. Please note events cannot be combined. For example, squats done in a class cannot be counted as a separate event.
- The fee below includes a t-shirt. **The registration deadline is February 8, 2018.**



SHEBOYGAN FALLS YMCA 2018 WINTER OLYMPICS CHALLENGE

Please return to the Sheboygan Falls YMCA, 305 Buffalo Street, Sheboygan Falls, WI 53085

Name _____ Date of Birth _____ M F
Email _____ Phone 1 _____ Phone 2 _____

Fee for Members Only

\$10.00 *includes a t-shirt*

T-Shirt Size

- Adult Small Adult XL
- Adult Medium Adult XXL
- Adult Large

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 myself and/or my child to participate and be photographed in YMCA activities.

Signature _____ **Date** _____

Receipt # _____ Amount Paid _____ Rec'd By _____ Date _____