



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE A FITNESS CHALLENGE

IRON MAN CHALLENGE SEPTEMBER 23 - OCTOBER 22, 2024 Age 15 & Older

Complete an Iron Man in 30 days and receive a cool finisher t-shirt! 2.4 miles swimming, 112 miles on a bike, and a 26.2 mile run/walk. Rowers can be used for those that choose not to swim in the pool. There will be a log sheet in the fitness center to keep track of your progress throughout the 30 days. **Pre-registration required.**



Sheboygan County YMCA Member Only \$20.00

For more information, please contact:

- Matt at the Sheboygan YMCA: mmueller@sheboygancountyyymca.org or 920-451-8000 x117
- Jen at the Sheboygan Falls YMCA: jkovacs@sheboygancountyyymca.org or 920-467-2464 x208

BINGO BLAST CHALLENGE OCTOBER 1 - 31, 2024



Age 15 & Older

Register for this challenge and receive your Bingo card full of fitness activities, exercises, and wellness goals before October 1st. You have the month of October to achieve a Bingo to win a prize. Each card has two ways to win:

1. Earn a traditional Bingo vertically, horizontally or diagonally and earn a YMCA Water Bottle. Limit one traditional Bingo per card.
2. Earn a blackout Bingo when you clear all the challenges on the card and win a YMCA logo t-shirt.

Some squares need employee stamp/initials in order to be valid. **Pre-registration required.**

Sheboygan County YMCA Member Only \$10.00



ROW-VEMBER CHALLENGE NOVEMBER 4 - 30, 2024



Age 15 & Older

Row from Sheboygan to Bay City Michigan (243 miles / 377 kilometers) during the month of November using our inside rowers to earn prizes. Top finishers will receive a t-shirt and the rest of the finishers will be entered in a drawing for other prizes including water bottles, towels, bags, t-shirts, and more! **Pre-registration required.**

Sheboygan County YMCA Member Only \$10.00

SHEBOYGAN COUNTY YMCA 2024 FALL ADULT FITNESS CHALLENGES

Please return to Welcome Desk at the Sheboygan YMCA or Sheboygan Falls YMCA

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

Participant Signature _____

Date _____

IRON MAN CHALLENGE

- \$20.00 Member Only 24F1-1FCHALLENGE - Sheboygan
- 24F1-2FCHALLENGE - Falls

BINGO BLAST CHALLENGE

- \$10.00 Member Only 24F1-1FCHALLENGE - Sheboygan
- 24F1-2FCHALLENGE - Falls

ROW-VEMBER CHALLENGE

- \$10.00 Member Only 24F2-1FCHALLENGE - Sheboygan
- 24F2-2FCHALLENGE - Falls

Email form to: jkovacs@sheboygancountyyymca.org OR mmueller@sheboygancountyyymca.org

Payment

Cash Check Credit Card # _____ Exp Date _____ 3 Digit Code _____

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