

SHEBOYGAN FALLS YMCA

305 Buffalo Street, Sheboygan Falls, WI 53085

P 920-467-2464 • F 920-467-4641

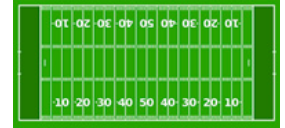
www.sheboygancountyyymca.orgFOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**SHEBOYGAN YMCA**

812 Broughton Drive, Sheboygan, WI 53081

P 920-451-8000 • F 920-451-8019

www.sheboygancountyyymca.org**Be coin toss ready:**

SHEBOYGAN COUNTY YMCA "BACK THE PACK" FITNESS CHALLENGE SEPTEMBER 7, 2025 - JANUARY 4, 2026



- Create a team of 4 Sheboygan County Y members
- Register each team member at the welcome desk with payment (\$5/person=\$20/team)
- Each team member records their completions every day, including times and locations that can be verified by staff
- Rack up points completing Football Plays using key below:

FOOTBALL PLAY	POINT VALUE	WORKOUT/ ACHIEVEMENT	LIMITS
EXTRA POINT!	1	Workout 20 minutes on the treadmill, arc trainer, bike, or rowing machine NOTE: To encourage the use of the YMCA, outdoor walks, biking, and skiing (when the snow flies) are limited to 3 days per week per person.	3x's per day=3 points/day per person
Go for 2!	2	Attend a workout in a branch/facility other than your usual (including a YMCA outside Sheboygan County noted on the tracking sheet)	1x per day=2 points/day per person
Field Goal!	3	Cybox Circuit or other weightlifting session minimum of 20 minutes	3x's per day=9 points/day per person
TOUCHDOWN!	6	Attend a fitness class, personal training, adult sport activity, etc.	12 points/day per person
Touchdown + Extra Point	7	Attend a Group Fitness Event	7 points/day per person
Touchdown + 2 Point Conversion	8	Achieve a weekly Fitness Focus, featuring a new fitness class, workout or challenge sent to the teams every week	8 points/wk per person

- Total points per day per person=33
- Total per week per person=231 plus the one-time 8 point activity
- Total points allowed per team per week=956

SHEBOYGAN COUNTY YMCA 2025 "BACK THE PACK" FITNESS CHALLENGE

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

Captain _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____ Team Name _____

Team Members:

Cost: \$5/person = \$20/Team

1. _____ Email _____

2. _____ Email _____

3. _____ 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.

Member Signature _____ **Date** _____