

GO FOR GOLD

Level Three | Summer Games 2024

- Complete a 5k run/walk
- Do the "Workout of the Week" at Maple
- Take and post a selfie with YMCA staff
- 15,000 steps on 3 consecutive days
- Fill out a "Why the Y" form
- Swim 10 laps in the Y pool
- Do 15 minutes on the stair stepper
- Play a game of tennis at the Y*
- Do 50 push ups
- Eat three servings of fruit daily for a week
- Meditate 10 minutes daily for a week
- Complete a Sprint8 Matrix workout
- 30-minute bike ride
- Go vegetarian for a week
- No takeout for a week
- Jump rope for three minutes total
- Play a family board game
- Swim in Lake Michigan
- Donate to the Y
- Do a random act of kindness

Complete at least 10 activities and trade in this card at the Welcome Center. Fill out your Medal and collect a shirt, while supplies last. ***Bring this to waive court fees (thru 8/11/24).**



Let the Games Begin:

In the spirit of the Paris Olympic Games, the Y is challenging you to expand your horizons.

From July 22 to August 11, complete 10 of the activities on each card to earn medals, enter drawings, advance to the next level, and win a free t-shirt (available on a first-come, first-served basis).

Win free months of membership, merch, and more! The final prize drawing will be held Monday, August 12. Members need not be present to win.

Shoot for the stars! You got this.

