



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HONOR, COURAGE, AND CHALLENGE

YMCA 9/11 Memorial Stair Climb Challenge

Our YMCA will mark the 23rd year since the September 11th attacks by hosting a "stair climb" challenge in honor of the fallen 9/11 firefighters.

WEDNESDAY, SEPTEMBER 11TH, FROM 5AM – 8:30PM

Members will be able to sign up for a time slot starting August 26th, and sign-up sheet will be located in Family Fitness Center.



THE CHALLENGE:

Complete 110 flights of stairs in honor of our September 11th victims. Light refreshments will be served. Those who complete the challenge are eligible to be recognized on our Facebook page, and may have their picture taken.

How long does it usually take to complete 110 flights you may ask?

It may take approximately 30 minutes to complete 110 flights which equaled 1103 feet climbed.



Those who complete the challenge will be entered into a raffle for a chance to win 3 Free Personal Training sessions.

Before you begin the challenge, find a fitness attendant, and let them know you are about to begin the challenge, and once you complete it, take a picture of the console that shows your time and total flights/feet climbed.

Special recognition will be given to the member that completes the challenge in the fastest time!

Cumberland Cape Atlantic YMCA

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