



SUMMER



GO FOR THE GOLD

Get your **SUMMER GAMES CARD** from **Member Services** & complete any of the challenges below between 7/26 – 8/11 to enter to win. The more you complete the better your chances.

Climb the Eiffel Tower on our Stairmaster

- 1665 steps/129 Floors

Walk or Ride Around Paris = 35 Miles

- Milam Center Walking Track = 805 Total Laps
- Espresso Bikes (Adventure Center) or TRUE bikes (Family Fitness Center)
- Any treadmill

Swim across the Seine River = 652 feet

- 8 laps in our Kontes Pool

Bring the Kids & Join Us FREE Family Fun Night!

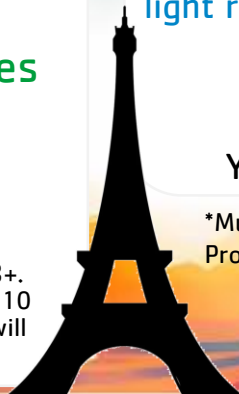
Friday July 26th

6:30pm – 7:30pm

Milam Center

- Parent vs Child Challenges
- Prize Bingo
- Games & More!

Must have an active Facility or Program Membership and be 8+ with a parent/adult 18+. ChildWatch is available for youth 6 months to 10 years old for an additional fee. Concessions will be available; Credit Card Minimum \$10.



Watch the Olympics while working out in the Y Family Fitness Center

**Friday,
July 26, 2024 –**

**Sunday,
August 11, 2024**

Baguettes & Bingo Games and More!

Monday August 5th

11:30am – 12:30pm

Riggins Room

Sample various charcuterie boards and light refreshments while you play to win.

\$10 Registration Fee*

All proceeds benefit the YMCA Bless it Forward Program

*Must be an active Facility or Program Member to register.

Cumberland Cape Atlantic YMCA

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