

PLAY HARD WORK BETTER LIVE WELL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

First Coast Games 2018 March 3 - June 9

Our annual, corporate challenge focuses on participants' health and wellness goals, while still offering some friendly competition. Our goal is to introduce fun, healthy activities into the workplace while promoting networking and team building with businesses across the First Coast.



THE EVENTS

NEW! Recreational and Challenge Divisions - more to come!

- BASKETBALL
- FLAG FOOTBALL
- SOCCER
- SOFTBALL
- TENNIS
- VOLLEYBALL
- HEALTHY LIVING CHALLENGE - NEW EVENT!
- BOWLING
- DODGE-BALL
- GOLF (at TOPGOLF)
- CAMP DAY
- ULTIMATE FRISBEE
- 5K

HEALTHY LIVING CHALLENGE

The 2-month challenge (April-May) is an **official team event** in 2018 and each company can field a roster up to 10 participants. HLC participants will receive an Activity Card that is completed to earn points while getting connected at the Y during the challenge. Points will also be awarded based on the positive changes recorded by a pre and post assessment, which will lead to the improvement of the company's Y rating. For more details, please visit the First Coast Games page at FirstCoastYMCA.org.

PRICING (Includes Healthy Living Challenge)

NUMBER OF EMPLOYEES	PICK SIX:	PICK SIX: Corporate Accounts or PATH	ALL EVENTS	ALL EVENTS: Corporate Accounts or PATH
up to 25	\$ 4250	\$ 4000	\$ 4500	\$ 4250
up to 50	\$ 4750	\$ 4500	\$ 5000	\$ 4750
up to 100	\$ 5250	\$ 5000	\$ 5750	\$ 5500
up to 150	\$ 6250	\$ 6000	\$ 6750	\$ 6500
up to 200	\$ 7250	\$ 7000	\$ 7750	\$ 7500
up to 250	\$ 8250	\$ 8000	\$ 8750	\$ 8500

In addition to all the fun events, every participating company gets access to:

- › 2-Week Guest Pass (10 visits) to any YMCA location on the First Coast
- › \$50/month Florida's First Coast YMCA Monthly Membership offer for 3 months (March-May) for NON Y MEMBERS
- › Pre and Post FCG Fitness Assessments at YMCA locations
- › Opening and Closing Ceremonies
- › Opportunity for corporate teams to earn bonus points through Volunteerism and Community Wellness

Questions about First Coast Games? Contact:

Dana Troeger 904.265.1809 • dtroeger@firstcoastymca.org

Questions about Corporate Membership? Contact:

Andrew Stack 904.265.1822 • astack@firstcoastymca.org

REGISTER ONLINE AT
FirstCoastYMCA.org.
JUST SEARCH FOR "FIRST COAST GAMES."