



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY HARD WORK BETTER LIVE WELL

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.

Events

- 5K
- BASKETBALL
- BOWLING
- CAMP DAY
- DODGEBALL
- FLAG FOOTBALL
- GOLF (at TopGolf)
- HEALTHY LIVING CHALLENGE
- SOCCER
- SOFTBALL
- TENNIS
- ULTIMATE FRISBEE
- VOLLEYBALL

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

- › 2-Week Guest Pass to any First Coast YMCA location
- › \$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 a YMCA location
- › Opening and Closing Ceremonies
- › Opportunity for corporate teams to earn bonus points through Volunteerism and Community Wellness

Refer a Team

Our goal is to welcome 30 teams to the field at our Opening Ceremonies on March 3rd and we are well on our way... but we'd love to continue to introduce new companies to our corporate wellness program and we're hoping you can help.

Here are some quick and easy steps:

1. Refer a NEW company to Dana Troeger (contact info below)
2. New company signs up and receives \$250 OFF registration
3. Your team will receive 10 EXTRA Bonus Points
4. YOU will receive a gift card of your choice as a thank you

We can't wait to kick-off this year's Games! Thank you for all that you do in support of the First Coast YMCA and our community.

Questions about First Coast Games? Contact:

Dana Troeger | dtroeger@fcymca.org | 904.265.1809

Register online at FirstCoastYMCA.org.
JUST SEARCH FOR "FIRST COAST GAMES."