

# PLAY HARD WORK BETTER LIVE WELL



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## First Coast Games 2019 March 2 - June 8

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

#### Recreational and Challenge Divisions Available

- BASKETBALL
- FLAG FOOTBALL
- SOCCER
- SOFTBALL
- TENNIS
- VOLLEYBALL
- 5K - CLOSING CEREMONY EVENT, ALL PARTICIPANTS WELCOME!
- BOWLING
- DODGE-BALL
- GOLF (at TOPGOLF)
- CAMP DAY
- ULTIMATE FRISBEE
- KICKBALL - BACK BY POPULAR DEMAND!

#### TEAM PACKAGES (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

Register online at [FCYMCA.org](http://FCYMCA.org).

JUST SEARCH FOR "FIRST COAST GAMES."

Questions about First Coast Games? Contact:

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**WATCH 2018 HIGHLIGHTS!**  
[www.youtube.com/firstcoastymca](http://www.youtube.com/firstcoastymca)

### HEALTHY LIVING CHALLENGE

The 2-month challenge (April-May) is an **official team event** in 2019 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 [FCYMCA.org](http://FCYMCA.org).

#### 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 Ceremony
- › Opportunity for corporate teams to earn bonus points through Volunteerism and Community Wellness

**EARLY BIRD  
DISCOUNT!**

10% OFF FOR ALL TEAMS WHO  
CONFIRM & MAKE A PAYMENT  
BY DECEMBER 1