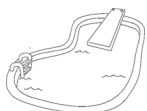


ULTIMATE Y CHALLENGE

January 14, ages 5-12

Test your skills in 5 stations throughout the
Champaign Family YMCA!



1. POOL CHALLENGE!

Test your aquatic talent! Challenges include diving for rings and laps in a large t-shirt.

Move on to the aerobics room and race the clock in push-up, sit-up, and squat challenges.

2. FITNESS CHALLENGE!



3. BRAIN CHALLENGE!

In the lobby, we'll be testing the strength of your brain! Answer YMCA trivia questions to earn points.

On the track, you'll run, skip, and jump to the finish.

4. STAMINA CHALLENGE!



5. OBSTACLE CHALLENGE!

Finally, an obstacle course in the gym that will test every muscle in your body!

Registration Fee: \$15

(or, ask how you can help fundraise for our Flying Fish Swim Team!)

Athlete heats run 2 PM - 5 PM | Challenge Course will take approx. 1 hr

Full schedule posted by Jan 12

Registration deadline: January 9

Register at the Y Welcome Center or online at
www.champaignfamilyymca.org

Contact Chelsea Richardson with Ultimate
Y Challenge or swim team questions:

chelsear2083@gmail.com
(614) 327-2303

