



# GET CONNECTED AT THE Y

Your challenge is to complete at least eight of the following. Your accomplishing this will earn you three raffle tickets. Earn more tickets for specific boxes. See below.

YOUTH DEVELOPMENT	HEALTHY LIVING	SOCIAL RESPONSIBILITY
<p><b>Visit the Childcare Center and learn about YMCA childcare programs.</b></p> <p>Childcare staff initials _____</p>	<p><b>Workout on one or all below. (each one worth 1 ticket)</b></p> <p>_____ <u>Group</u> <u>Weight</u> <u>Pool</u> <u>Cardio</u>  <b>Class training</b></p> <p>Instructor's initials on lines above.</p>	<p><b>Donate canned goods to the YMCA food drive.</b></p> <p>Front desk staff initials _____</p>
<p><b>Introduce yourself to the Youth Sports Director and learn about our Sports Philosophy.</b></p> <p>Youth Sports Director initials _____</p>	<p><b>Sign up for a Blood Pressure check. (Schedule TBA) (one extra ticket)</b></p> <p>Staff initials _____</p>	<p><b>Purchase a Montecito Family YMCA Cookbook. (2/1-2/29/12)</b></p> <p>Staff initials _____</p>
<p><b>Learn about our Youth Outreach programs in the community from a Director or the Front Desk. (one extra raffle ticket)</b></p> <p>YMCA staff initials _____</p>	<p><b>Bring a Guest to work out with you. ( check on Guest Policy)</b></p> <p>Your initials _____</p>	<p><b>Wipe down your equipment after using.</b></p> <p>Your initials _____</p>
<p><b>Meet any YMCA Director and learn about the Core Values used at the YMCA.</b></p> <p>YMCA Director's initials _____</p>	<p><b>Learn about TRX and/or participate in a Pre-season workout . (one extra raffle ticket)</b></p> <p>TRX Staff initials _____</p>	<p><b>Do an Act of Kindness. What did you do?</b></p> <p>_____</p> <p>Member or YMCA staff initials _____</p>
<p><b>Learn about our YMCA Youth Aquatic Programs from the Aquatics Coordinator.</b></p> <p>initials _____</p>	<p><b>Try a special interest class (includes NIA, Karate, Belly Dancing, Tai Chi).</b></p> <p>Instructor's initials _____</p>	<p><b>Make a Donation/Pledge to the Campaign for Youth and /or attend a Report Night. ( ask about report night date &amp; time, three extra raffle tickets). YMCA Director's initials _____</b></p>



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