

# THE Y IS FOR ALL

Name \_\_\_\_\_

Phone \_\_\_\_\_

Complete a physical activity outdoors

Visit the chapel or a sensory room

Check out the Flyer Board to see what is going on at the Y

“Like” us on Facebook



Do 20 minutes of cardio in the Wellness Center

Schedule a Wellness For Life Orientation

Complete a volunteer project at the Y; ask the front desk for details

Try a group exercise class of your choice

Make 5 baskets in the gym

Try out Pickleball; see the wellness desk or front desk for supplies

Visit a different YMCA in the Greater Fort Wayne association

Take a YMCA virtual class at [fwymca.org](http://fwymca.org)



Meet a staff from each area: Sports, Facility Maintenance & Child Care

Try a group exercise class of your choice

Stop by the front desk & request a day pass; share with a friend

Take a Bang the Drum class

Complete 5-10 minutes of stretching exercises in the upstairs stretching area

Take a tour of the facility; ask the front desk for details

Meet a staff from each area: Membership, Wellness & Aquatics

Take your age minus (-) 3 & walk that # of laps on the track

One of the Y's Core Values is Caring; complete an act of kindness at the Y

Park at a spot far away and get some extra steps in

Have your blood pressure taken at the Y (Wellness Center)

Swim (or walk) 5 laps in the pool or take an Aquatics class

## Y BINGO Instructions:

- Complete all 5 squares (BINGO) in a row or diagonal to win a prize.
- Complete all 25 squares on the card to win a swag bag full of goodies.
- Upon completion of an activity, a YMCA staff member must date & initial the square.
- Present your card to the Wellness Director when completed to claim your prize.