



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STAY HEALTHY THIS SUMMER AND EARN REWARDS!

Visit the YMCA 20 times or more in the months of July and August and receive a free YMCA T-shirt!

Member Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

T-Shirt Size:    Small            Medium            Large            XL            XXL

What activities have you participated in this month? (please circle)

Cardio Vascular

Sports

Swimming

Strength Training

Group Exercise Classes

Get Started

Personal Training

Boxing

Other: \_\_\_\_\_

Are you currently meeting your fitness goals?

\_\_\_\_\_

How long have you been a member?

\_\_\_\_\_

What can we do to motivate you?

\_\_\_\_\_

Members age 13 and older are eligible to receive one shirt at the end of the promotion. Visits can be spread over both months or completed in a shorter time period. No shirts will be given out until the end of the August. Members must swipe key tags on every visit. Multiple visits per day only count once towards total.

**Please return your completed registration form to the Welcome Center by July 1, 2023.**