

Childers Family YMCA presents



WIN by LOSING

What is Team Lean?

- Team Lean is a 10 week health & fitness competition sponsored by Childers Family YMCA and businesses in our community.
- Team Lean will begin January 12, 2011 and will end on March 16, 2011.
- Teams of 4 or 5 people compete to lose the highest number of inches during the competition.
- Cash prizes and gift baskets are awarded to the top teams & individuals at the end of the competition.

How Does Team Lean work?

- When a team registers to enter the competition, a one time team fee of \$80 is due (\$80 total, not per member). If every member of the team is a member of the YMCA, then the team fee is discounted to \$60.
- Each team member must be measured weekly at the Childers Family YMCA and must pay \$1/week at each measuring session.
- Weekly measuring sessions will be on Wednesdays and team members may come to the YMCA to be measured during the following times:
 Wednesdays 7am-9:30am, 11:30am-1pm or 4pm-6pm
- There will be no refund if you quit a team.
- Cash prizes and gift baskets will be distributed at the end of the competition to the top teams & individuals.
- A gift will be awarded to the team that loses the most inches each week.

How do teams register?

- Form a team of 4 or 5 people or sign up as an individual competitor.
- Choose a unique team name.
- Registration begins ***December 20, 2010*** at Childers Family YMCA. Each team member will complete & sign a registration form by Jan. 11, 2011.
- An awards ceremony will be held on Thursday March 31, 2011 at 6pm at Childers Family YMCA. All participants are invited.
- For more information call Crystal Winn, Fitness Director at the Childers Family YMCA (912)285-8660.