

Welcome to the YMCA /Star Courier



Rules of the Game:

1. **Must weigh-in at the YMCA during one of the designated times.**
2. **If you do not weigh-in, your weight will be recorded as last month's weight. You will not be eligible for monthly weigh-in prizes**
3. **After each weigh-in, the Star Courier will print an article giving only the team name with total pounds lost. If no pounds were lost, then it would just say zero.**
4. **The winnings: a portion to each member of the winning team (top three teams), a portion to the YMCA and a portion to the Star Courier. Several team prizes will be awarded throughout the contest. Weigh-in prizes, Percentage weight loss, top individuals, and special teams!**

Weigh-ins will be held:

January 9 (Saturday) 10 am- 2 pm (YMCA Open House/ Health Fair 10 am- 2pm!)
January 11 (Monday) 8:00 am-6:00 pm

February 5 (Friday) 4:30-6:30 pm
February 6 (Saturday) 8:30 am-12:00 pm
February 8 (Monday) 8:00 am-6:00 pm

March 5 (Friday) 4:30-6:30 pm
March 6 (Saturday) 8:30 am-12:00 pm
March 8 (Monday) 8:00 am-6:00 pm

Final Weigh-in:

April 9 (Friday) 7:00-10:00 am
April 10 (Saturday) 8:00 am-12:00 pm
April 12 (Monday) 8:00 am-6:00 pm