



# WINTER MELTDOWN FAQ'S



*Do I have to be a Union County Family YMCA member to participate in the Winter Meltdown contest?*

- *No, anyone can participate in the contest. However, you must be a YMCA member to use the facility. Non-Members interested in using the facility can purchase a 3-month membership at the Customer Service Desk.*

*Do I have to weigh-in? If so, when can I weigh-in?*

- *Everyone participating in the Winter Meltdown Contest must schedule a weigh-in at the beginning and the end of the contest. The Union County Family YMCA will offer optional weigh-ins on a bi-weekly basis.*
- *The first weigh-in will be the week of January 11, 2010 and is scheduled at Captain's meeting.*
- *If all team members are present at initial weigh-in, we will take a team picture. If not, please submit a team picture to the YMCA.*
- *The last weigh-in will be the week of March 29, 2010.*

*How much does the Winter Meltdown contest cost?*

- *Each team fee is \$125.00.*

*What should we expect for \$125.00?*

- *2 FREE body compositions available by appointment*
- *Bi-weekly optional weigh-ins; mini consultations available with each weigh-in*
- *Bi-weekly newsletters*
- *A chance to win \$250.00 or \$150.00 for your team in gift certificates*
- *20% discounts on Personal Training Packages, Last Chance Workouts and Massage Therapy during the Winter Meltdown contest*
- *Exciting FREE team challenges to keep your team focused and active (participation and results of the team challenges have NO impact on final weigh-ins)*

*How many team members do I need?*

- *Each team needs to consist of 5 team members. One team member must be designated as the team captain.*
- *A captains meeting will be held on January 5<sup>th</sup> at 6:00pm OR January 7<sup>th</sup> at Noon. (You do not need to attend both.)*

*What are the Team Captain Responsibilities?*

- *Determine a team name with help from your team members.*
- *The YMCA will communicate with the team captains on special dates and events.*
- *The captains will be responsible for communicating with their team and the YMCA.*

*How do you determine who wins?*

- *The winning team is determined by the highest percentage of combined weight loss.*

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[www.unioncountyyymca.org](http://www.unioncountyyymca.org)



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