



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE BACK!



**33 CORPORATE TEAMS
IN PAST YEARS**

- › NETWORKING OPPORTUNITIES
- › VOLUNTEER OPPORTUNITIES FOR EMPLOYEES AND THEIR FAMILIES



**WE'VE HAD 3,000+ EMPLOYEES PARTICIPATE
ACROSS THE FIRST COAST IN A SINGLE YEAR**

FIRST COAST GAMES

PLAY HARD • WORK BETTER • LIVE WELL

Coming Summer 2021



"I've seen people who have lost weight because of First Coast Games, become more active, and have brighter spirits because they build team camaraderie."

- KENDALL McCRAE
Baptist Health, FCG participant

The First Coast YMCA's Annual Corporate Wellness program invites companies to get out of the office, get healthy and have fun with some friendly competition among other companies on the First Coast!

CORPORATE WELLNESS

HEALTHY LIVING CHALLENGE
Earn points for your team by getting connected at the Y and making positive changes toward a healthier lifestyle.



 Visit [YouTube.com/FirstCoastYMCA](https://www.youtube.com/FirstCoastYMCA) to see videos of past years' events!

- EVENTS:**
- 5K
 - BASKETBALL
 - BOWLING
 - DODGEBALL
 - FLAG FOOTBALL
 - SOCCER
 - SOFTBALL
 - TENNIS
 - TOPGOLF
 - VOLLEYBALL

For more information:
Dana Troeger
904.265.1809
dtroeger@fcymca.org

The safety and well-being of our members, staff, volunteers and participants has and always will be our top priority. We are reviewing our safety protocols regularly as guidance from the CDC and our local health experts changes, and we will do everything we can to keep you and your family **safe**.