



POWERED BY



COMMUNITY IMPACT
BUILDING A BETTER JACKSONVILLE TOGETHER.



3,000+ EMPLOYEES
PARTICIPATED IN A
SINGLE YEAR

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

"First Coast Games is amazing. What a great way to stay healthy, compete against employees from other companies, and relive fun times from your youth. The only bad thing about First Coast Games is the closing ceremony – that it comes to an end."

- Dan Hofacker, Chase

"The First Coast Games has been a great way for Baptist Team Members to meet co-workers from other campuses and the event encompasses the state of social connections which is so essential to well-being."

- Mary Beth Torres, Baptist Health

"I love this city of ours, and appreciate the opportunity to participate with other leading companies in a healthy spirit of competition that celebrates Jacksonville!"

- Dan Spadora, ProCare Therapy

FIRST COAST GAMES

PLAY HARD • WORK BETTER • LIVE WELL

March 9 – June 15, 2024

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!



HEALTHY LIVING CHALLENGE

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

CORPORATE WELLNESS



EVENTS:

OPENING CEREMONY
FIELD DAY
PICKLEBALL
CORNHOLE
SCAVENGER HUNT
VOLLEYBALL
SOFTBALL
BASKETBALL
FLAG FOOTBALL
SOCCER
BOWLING
KICKBALL
TENNIS
DODGEBALL
CLOSING CEREMONY 5K

+SURPRISE
MID-SEASON EVENT!

+NETWORKING EVENTS

+SPONSORSHIP
OPPORTUNITIES
FOR EACH EVENT



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

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