



FIRST COAST GAMES



Starts Spring 2026 – Register Now!

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
- 3,000+ Employees participated in a single year
- Networking opportunities
- Volunteer opportunities for employees and their families
- Visit [YouTube.com/FirstCoastYMCA](https://www.youtube.com/FirstCoastYMCA) to see videos of past events

Sponsorship opportunities for each event!

EVENTS

Opening Ceremony
PickleBall
Cornhole
Scavenger Hunt
Volleyball
Softball
Basketball
Flag Football
Soccer
Bowling
Kickball
Tennis
Dodgeball
5K / Closing Ceremony

What people are saying: ★★★★★

Now in their 20th year, the First Coast Games provide a fun, engaging, and healthy way for companies and their employees to connect, compete, and support their community. There is something for everyone, regardless of their fitness level or interests.

Dan Hofacker
Managing Director, JPMorgan Chase

Deutsche Bank looks forward to the FCG every year. While competing, staff get to focus on individual health and well-being and, of course, meet lots of new folks at the Bank as well as those who work for other competitors.

Brian Fay
America's Head of Operations, Head of Jacksonville, Deutsche Bank

Wow 20 years!! FCG came around when I was looking for an after-work activity in 2012. I came across a single flyer in our employee cafeteria and the rest as they say is history. Thank you for creating a respected set of events for us weekend warriors. Cheers to 20 more years!!

Antuane Stevens
Specialist, Mayo Clinic



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