



YMCA RECHARGE GUIDELINES 2025

Important Dates:

- Registration open through February 7th, 2025
- Program dates: February 2nd – March 29th
- Who: Mattoon Area Family YMCA/Neal Center YMCA members

Program:

- **Recharge:** for those who would like a gradual approach to getting into a habit of a healthier lifestyle (weekly point chart is shown below) Fun challenge update: we have taken our Wellness Challenge from before and added it to Recharge. If you are looking for a way to earn EXTRA points complete wellness activities and earn extra entries! Wellness fundamentals are grouped as: emotional, intellectual, physical, social and spiritual.

Tracking Points:

- 30 minutes = 1 point, 15 minutes = 0.5 points (no smaller increments)
- **Track points with a paper log (located in the front Y lobby)**
- Paper logs can be taken home BUT must be returned to lobby each week no later than **10am on Mondays** for weekly point calculations! We encourage you to keep them at the Y or CFHL locations if possible and record your YMCA360 workouts when you stop in instead if possible.
- 4 point (2 hour) limit per visit at all locations, you can make multiple visits in one day
- Points cannot be called in or emailed
- Points cannot be carried over; each week is a new week (Sunday-Saturday)

Exercise:

- ANY exercise is counted
- Workouts can take place anywhere

Weekly Goal and Incentives:

- Must meet weekly goal to receive entries for that week towards the goals.
- No one is removed from the program if weekly goal is not met.
- More entries = more prizes you earn and more chances you have for winning one of the grand prizes raffled off at the end of the program.
- All prizes will be handed out at the END of the challenge (this is a change to previous years)
- 5 entries = Hand Sanitizer
- 20 entries = T-shirt
- 30 entries = Y Travel Bag
- *All entries will also be included in the giveaway drawings at the end of the program at each location!* **2025 Grand Prize will be an activity bundle including a Garmin watch + \$100 Visa Gift card for new shoes!**

Weekly Point Chart:

Weekly Point Goals	Goal	Entries Awarded
Week 1	2 points	2
Week 2	3 points	3
Week 3	4 points	4
Week 4	5 points	5
Week 5	6 points	6
Week 6	7 points	7
Week 7	8 points	8
Week 8	8 points	8

Contact Lisa Jones or Alex Swango with questions.

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