



YMCA RECHARGE GUIDELINES 2022

Important Dates:

- Registration dates: December 1st – February 12th
- Program dates: February 6th – April 2nd
- Who: Mattoon/Neal Center YMCA members

Program Options:

- **Recharge:** for those who would like a gradual approach to getting into a habit of a healthier lifestyle (weekly point chart is shown below)
- **Supercharge:** for those who would like an additional challenge, weekly point goal is doubled compared to Recharge (weekly point chart shown below)
- **ALL rules still apply to both programs, the weekly point goal is the only difference**

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 Tuesdays for weekly point calculations! We encourage you to keep them at the Y or CFHL locations if possible and record your Virtual Y 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 prizes
- 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.
- Recharge and Supercharge participants have the same rules, except the weekly point goals are doubled
- 5 entries = t-shirt (will be ordered after challenge—participants will give front desk sizes during Daxko registration)
- 10 entries = Y bucks
- 20 entries = towel, shaker or tumbler
- 30+ entries = chance for 3 mo. free membership
 - *All entries will also be included in the giveaway drawings at the end of the program at each location!*

Weekly Point Chart:

Weekly Point Goals	Recharge Goal	Supercharge Goal	Entries Awarded
Week 1	2 points	4 points	1
Week 2	3 points	6 points	2
Week 3	4 points	8 points	3
Week 4	4 points	8 points	4
Week 5	5 points	10 points	5
Week 6	5 points	10 points	6
Week 7	6 points	12 points	7
Week 8	6 points	12 points	8

Contact Hannah Robinson with questions: hrobinson@nealcenterymca.org