



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March Mania Stay On Track Senior Walking Challenge

- Who:** Members and nonmembers ages 55+
- What:** A contest through the month of March to see who walks the most laps around the Kalona Y indoor track
- Where:** Kalona YMCA
- When:** March 1st – March 31st
- Price:** Free to members/nonmembers pay \$2 to walk on the track each day
- How to join:** Register at the front desk

Every time you walk on the track, keep track of how many laps you completed and report it to the front desk!

If you walk during non-staffed hours, report it the next time you are in during staffed hours.

www.washingtony.org

Winner gets a t-shirt, prizes also rewarded to 2nd and 3rd place!

