



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Walk / Jog / Run

Get Ready with us for the
Dempsey Challenge: October 8th & 9th



Couch to 5K

Are you ready to commit to increasing your level of physical activity, but don't know where to start? If so, then the "Couch to 5K" is for you. The "Couch to 5K" is an introduction to getting the body moving, starting off alternating between walking and running short distances and slowly building up until after 8 weeks, you're ready to do a 5k (3.1 miles) non-stop!

5K to 10K

Have you competed in a 5K and would like to run a 10K? If so, join us for a program geared toward just that, with a step up in mileage and intensity. Train with others and set a goal of competing in the 10K at the Dempsey Challenge!

BOTH Couch to 5K, and 5K to 10K Participants will meet together, but train separately.



This year's Couch to 5K offers a Family Rate*.

Participating Children must be 8 years old or older.



REGISTER TODAY AT THE Y

For more information visit www.alyymca.org, call the Y at 795-4095 or e-mail Rachel Doanne, Wellness Director, at rdoanne@alyymca.org



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REGISTER TODAY AT THE MEMBER SERVICE DESK

- Participants meet once a week for 7 weeks **August 23rd – October 4th** – Rain or Shine
- **Tuesday evenings from 5:45pm-7:00pm**
- **Cost**
 - **\$26 for Y Members**
 - **\$48 for a Family*** (*Active Y members that are part of the same family can register for \$55 – children must be at least 8 years of age)
 - **\$48 Non Y Members**
- The first **meeting (8/23) will take place in the gym at the Y.** Each class thereafter, we will meet at Festival Plaza on Main Street in Auburn.

The program is designed to have 20 minutes of instruction and then 30-40 minutes of exercise. Program Participants should wear comfortable clothing and shoes. **Most of the program will be done outside, so please come dressed accordingly.**

CLASS SIZE LIMITED REGISTER TODAY

Auburn-Lewiston YMCA

62 Turner Street, Auburn (next to the county courthouse)

Y members can register on-line at www.alyymca.org or by phone @ 795 4095

Questions ? – Contact Tish Caldwell at 795 4095; tcaldwell@alyymca.org
Or Rachel Doane at 795 4095; rdoane@alyymca.org

Auburn-Lewiston YMCA Mission: The Auburn-Lewiston YMCA is a character-building organization dedicated to strengthening Christian principles of Caring, Honesty, Respect and Responsibility through programs that will build a healthy spirit, mind and body for all.

Financial Assistance is available for qualifying individuals and families. The YMCA is a non-profit 501c(3) charitable organization.