



Avalon Park YMCA Olympic Challenge

**Official Event Schedule
August 2008**

Participate in
any of these
Y-Olympic
Events and
you will earn
BRONZE,
SILVER or
GOLD medals!

*You can
choose one -
or
do them all!*

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 Challenge Start	2 Last 300 Challenge 8 am
3 Staff Olympics	4 Opening Ceremonies 10 am & 6 pm Torch Run*	5 Push Up Challenge*	6 Treadmill Races*	7 South Village Night Dumbbell Dead-Lift*	8 U.S.A. Day Show your Olympic spirit every Friday!	9 Max the stretch class 10:15 am Badminton Game 1 pm
10 Week 1— Adult Volleyball Mile Bike for Time*	11 Over 30 Cartwheel Contest 10 am & 6 pm	12 Village 1 & 2 Night Sit Up Challenge*	13 Total Body Challenge 7:15 pm	14 Village 3 & 4 Night Dumbbell Clean/ Jerk Challenge*	15 Show your Olympic spirit every Friday!	16 Last youth basketball game Badminton Game 1 pm
17 Week 2— Adult Volleyball Max the Yoga class 3:15 pm	18 Tour De YMCA* Max the Step Class 4:45 pm	19 Village 5 & 6 Night Pull Up Challenge*	20 Treadmill Races*	21 NW Village Night Standing Triple Jump Challenge*	22 Show your Olympic spirit every Friday!	23 Member Olympics 9 am—12 noon
24 Week 3— Adult Volleyball Mile Bike for Time*	25 Total Body Challenge 7:15 pm	26 Burpee Challenge*	27 Max the Zumba Class 6:15 pm	28 Box Jumps Challenge*	29 Show your Olympic spirit every Friday!	30 Closing Ceremonies 10:30 am
31 Week 4— Adult Volleyball						