

NAME: \_\_\_\_\_

<b>Y</b>	<b>M</b>	<b>C</b>	<b>A</b>
<b>merrY Christmas!</b> Visit the Y wearing a YMCA shirt or sweatshirt!	<b>Christmas STAY-cation!</b> Complete an online workout at home!	<b>Christmas Cookies!</b> Try a healthy cookie recipe at home!	<b>Go Dawgs!</b> Come to the Y in UGA gear!
<b>7 Swans a Swimming!</b> Workout in the indoor pool!	<b>Better with a Bestie!</b> Bring a friend to the Y! Stop by the front desk to get a pass!	<b>Working up a SWEATER!</b> Visit the Y in a Christmas Sweater.	<b>Season's Greetings!</b> Send a Christmas Card to the Y!
<b>Having a Ball at Christmas!</b> Play a game on the racquetball or basketball courts!	<b>Walking in a Winter Wonderland!</b> Workout at the outdoor track!	<b>Merry Christmas!</b> Introduce yourself to someone new! (**write their name below)	<b>Hang Up Your Stockings!</b> Wear your favorite Christmas socks to the Y!
<b>Jingle Bell Rock!</b> Listen to Christmas Music during your workout!	<b>12 Days of Christmas!</b> Visit the Y 12 times in December!	<b>Family Christmas Vacation!</b> Visit the Y with a family member! Stop by the front desk to get a pass!	<b>Christmas Spirit Saturday!</b> Visit the Y on a Saturday!