



# Downtown Y Healthy Rewards Reward List



<u>POINTS</u>		<u>REWARDS</u>
150	Points	YMCA Keychain
300	Points	YMCA Stress Ball
500	Points	YMCA Water Bottle
1,000	Points	YMCA T-Shirt
1,250	Points	YMCA Sweatshirt
1,500	Points	YMCA Sports Bag
2,500	Points	1 Month YMCA Membership
5,000	Points	YMCA Jacket
7,500	Points	\$150 Y Gift Card
10,000	Points	6 Month YMCA Membership
25,000	Points	1 Year YMCA Membership

## Rules:

1. Each Member may only turn in a maximum of 300 REDEEMABLE POINTS per month.
2. You must be an active member to earn and redeem your points.
3. You may accumulate points for greater rewards or redeem them as you reach each level. Once points are redeemed they will be subtracted from your total.
4. Points are surrendered if membership is terminated.

## To Redeem Your Points:

1. Fill out a Points Redemption Card at the Welcome Center.
2. Submit Points Redemption Card at the Welcome Center.
3. Welcome Center Staff will verify your points and give you your reward.
4. YMCA t-shirt, YMCA Sweatshirt and YMCA Jacket will be ordered after you have redeemed your points.

## How Can I Earn Points...

- Earn 1 Point For Every Mile Completed on a Bicycle and Cycling Class
- Earn 2 Points For Every Mile Completed on a Elliptical
- Earn 3 Points For Every Mile Completed on a Treadmill
- Earn 4 Points For Every 30 Minutes Completed on a Stair climber
- Earn 5 Points For Every Fitness Class Taken
- Earn 6 Points For Every Mile Swam

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