



FREE access to YMCA from July 6th to August 29th

Register by Thursday, June 4th

Crouse employees and their families have FREE access to YMCA Greater Syracuse branches from 7/6-8/29. Employees are also encouraged to participate in the Wellness Challenge and/or any of the events below.

Please contact Chrissy Lanigan at x8034 or email christinalanigan@crouse.org to sign up for YMCA access, register for the Wellness Challenge and/or any of the events below.

Help build Crouse Hospital teams for the 2015 Events!

Only teams with sufficient interest will be formed, spots are available on a first come/first serve basis

Event	Date	# Participants per Team
Dodgeball	Saturday 7/11	Teams of 7
Futsal	Wednesday 7/15 - Thursday 7/16	Teams of 6
Indoor Mini Tri	Sunday 7/19	Not applicable
Beach Volleyball	Friday 7/24 – Saturday 7/25	Teams of 5
Recreational Basketball	Wednesday 7/29 – Friday 7/31	Teams of 7
Kickball	Saturday 8/8	Teams of 11
Softball	Saturday 8/15	Teams of 11
Badminton	Tuesday 8/18	Teams of 8
Pickleball	Thursday 8/20	Teams of 8
Racquetball	Friday 8/21	Teams of 8
Tennis	Saturday 8/22	Teams of 8
Frisbee Golf	Saturday 8/22	Teams of 4
5k Run and Awards	Saturday 8/29	Not applicable

The events will take place after business hours on the weekdays and throughout the weekend days listed. As teams are set and the schedule is finalized, more information will be distributed to registered participants.

