



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## START PLAYING BUDDY BINGO

1. Fill in the information to the right, then check in with the Welcome Center to register. You and your buddy will share one card.
2. Each time you complete a square, please ask any of our friendly staff members to sign their initials on the dotted line of that square.
3. When you exit the Y, please leave your Bingo Card at the Welcome Center. That way you won't have to worry about misplacing or forgetting it.
4. On your next visit, grab your card from the Welcome Center and continue completing squares.
5. Finished at least 8 squares? Swing by the Welcome Center to claim your prize!

**Remember, you have up to 30 days to collect Bingo.**

**HAVE FUN!**

**WEST SEATTLE FAMILY YMCA**  
3622 SW Snoqualmie St, Seattle, WA 98126  
P: 206 935 6000 westseattleyymca.org

# BUDDY BINGO

## Two Is Better Than One

### Information for Buddy (if not an active member)

Name .....

Address .....

City ..... State ..... Zip .....

Email .....

Phone .....

Start Date ..... Staff Signature .....

Photo ID .....

Account # .....

### YMCA Member(s) Information

Name .....

Email .....

Name .....

Email .....



This pass is good for 30 days from date of issue or until Bingo Card is completed, whichever occurs first. Photo ID required. You must be 18 years old and accompanied by a current YMCA facility member when using the facility during your trial period and to redeem this offer. Other restrictions may apply — please see Welcome Center for details



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BUDDY BINGO












Members and guests, your challenge over the next few weeks is to complete 8 squares on this Bingo Card together and you both will win a prize! It's a great way to keep each other motivated, meet a new community and get to know the Y.

### Ready to Bingo?

Just fill in the information on the back of this card to get started!

# BUDDY BINGO

## Two Is Better Than One

<p><b>HEALTHY LIVING</b></p> <p>Take time for yourself with a 30 minute walk.</p> 	<p><b>SOCIAL RESPONSIBILITY</b></p> <p>Bring a non perishable food item to Turkey Day workout on November 23.</p> 	<p><b>YOUTH DEVELOPMENT</b></p> <p>Be a kid! Spend 30 minutes "playing."</p> 	<p><b>HEALTHY LIVING</b></p> <p>Spend 20 minutes on a piece of cardio equipment.</p> 
<p><b>HEALTHY LIVING</b></p> <p>Spend 30 minutes in the pool.</p> 	<p><b>SOCIAL RESPONSIBILITY</b></p> <p>Ask a staff member what they love about the Y.</p> 	<p><b>HEALTHY LIVING</b></p> <p>Participate in a class or demo in the Healthy Living Kitchen.</p> 	<p><b>SOCIAL RESPONSIBILITY</b></p> <p>Learn about volunteer opportunities by visiting the Welcome Center.</p> 
<p><b>SOCIAL RESPONSIBILITY</b></p> <p>Grab a tag from our giving tree.</p> 	<p><b>YOUTH DEVELOPMENT</b></p> <p>Be active on the indoor track for 10 minutes.</p> 	<p><b>HEALTHY LIVING</b></p> <p>Try a new group exercise class.</p> 	<p><b>YOUTH DEVELOPMENT</b></p> <p>Bring you family to "Family Night" on November 3 6:30-8:00pm.</p> 