



**29 YEARS COMMITTED
TO COMMUNITY
HEALTH AND WELLNESS**

CREATE, CHASE, CAPTURE YOUR DREAMS IN 2018

2018 Youngstown Meltdown Dates to Remember



**Youngstown Area
Community Cup**

Week #1: April 30-May 5

*(First week of Youngstown Meltdown Competition)

Week #2: May 7 -12

Week #3: May 14 -19

Week #4: May 21 -26

*(Cup Office closed on Saturday, May 26 for Y Memorial Five Event)

Week #5: May 28 - June 2

*(YMCA closed on Monday, May 28 for Memorial Day)

Week #6: June 4 -9

Week #7: June 11 -16

Week #8: June 18 - 23

*(Half way through the Youngstown Meltdown)

Week #9: June 25 - June 30

Week #10: July 2 - 7

*(YMCA closed on Wednesday, July 4 for Independence Day)

Week #11: July 9 -14

Week #12: July 16 - 21

Week #13: July 23 - 28

Week #14: July 30 - August 4

Week #15: August 6 -11

Week #16: August 13 -18

*(Last week of the Youngstown Meltdown)

** (Last day to weigh-in, Saturday, August 18)



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