



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

Live, Strive, and Thrive in 2025!

**Youngtown Meltdown
Designated Weigh-In Times
YMCA of Youngstown**



**Youngstown Area
Community Cup**

Monday	No weigh-ins
Tuesday	8:00 am to 1:00 pm
Wednesday	8:00 am to 1:00 pm
Thursday	1:00 pm to 6:00 pm
Friday	8:00 am to 1:00 pm
Saturday	No weigh-ins

Please note the following dates:

- *The first week of weigh-ins will be the week of June 2.
- *The YMCA and Community Cup office is closed on July 4.
- *The last week of weigh-ins will be the week of August 18.
- *The last day for weigh-ins will be Saturday, August 23.