

Frequently Asked Questions

Q: What should I wear/bring to the Pound Plunge?

A: You should wear clothes that are comfortable for you to workout in; tee shirt, shorts/athletic pants, socks and supportive shoes are suggested. Don't forget to bring water to stay hydrated.

Q: If my teammate quits, can I still go on as an individual competition?

Yes, you can.

Q: The website says you need to be at the first and last weigh-ins. Do I need to be at the first Sunday Weigh-in on June 6th or can I just be at the first Wednesday make-up Weigh-in on June 10th?

A: Yes, you can do your first weigh-in at the make-up day on June 10th however, the final weigh-in on August 22nd, there is no make-up day for that.

Q: Are we just all doing our own dieting/exercise thing? What are we actually agreeing to get involved in? It's not clear.

A: We are providing the YMCA on Saturdays from 8-10 and Wednesdays from 5-close, to join a fun activity or use the fitness center, otherwise participants are encouraged to walk, bike, work out on their own or consider joining the YMCA. Registered dieticians will provide you with sound nutritional advice Saturday mornings from 8-8:30.

Q: Do you have to be a member of the YMCA Cape Cod to participate in the Pound Plunge Program?

A: This Program is FREE to anyone 18 years or older in the community.

Q: Do I have to live in Barnstable to participate in the Pound Plunge Program?

A: We are welcoming anyone from around the area to participate.

Q: Is my weight going to be published for others to see?

A: No, everything will be kept confidential. Your pounds lost will not be publicized anywhere. The only number that people may see will be the combined total percentage of weight loss.

Q: Is childcare provided for the event?

A: The babysitting room opens at 8:30 on Saturdays mornings and 6:00 on Wednesday nights, it is free for members and costs \$3 per hour per child for non-members. There is a 1.5 hour limit.

Q: Can non-YMCA participants who sign up for Pound Plunge 2009 work out at the YMCA during this time Monday - Sunday?

A: No, non-YMCA can only work out at the YMCA Saturdays from 8-10am and Wednesdays from 5-close between June 6th and August 22nd.

Q: Will the YMCA be open to the Pound Plunge on Saturday, July 4th?

A: No, the YMCA will be closed on Saturday, July 4th so that our staff may celebrate the holiday with their families. Wednesday, July 8th will be the main weigh in for that week.