

Explore everything waiting for you at the YWCA

Hours of Operation—Monday to Friday 5:45am to 9pm, Wellness Center open to 10pm; Monday to Thursday; Saturday 7:30am to 3pm and Sunday 8am to 1pm

When you Join the Y, you are committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the YWCA children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

Center for Youth

- Preschool Day Care
- Before and After School program
- Teen Center



Basketball Court/Gymnasium

- Youth sport instruction (basketball/soccer/hockey)
- Open basketball
- Adult basketball and volleyball leagues
- Summer camp
- Youth basketball leagues
- Birthday parties



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Wellness Center/Group Exercise Classes

- Free ChildWatch babysitting
- Weight Room/Cybex and Cardio equipment
- Men's Steam Room
- Women's Sauna
- Racquetball Court
- Rock Climbing Wall
- 20+ group exercise classes
- Personal Training
- Boxing Room



2 Swimming Pools

- 4 lane pool with adult lap swims
- Warm water therapy pool
- Open swim for members and non members
- Learn to swim preschool/youth classes
- Parent/child swim classes
- Adult water exercise classes
- Youth Swim team
- Birthday parties
- Private swim lessons



FREE

1 Adult day pass
(photo ID required)

With this coupon. Not valid with other offers or prior purchases.

Expires 12/31/19

YWCA Senior Club Free Area on the Aging Health and Wellness classes SilverSneakers®, Silver and Fit®/Active and Fit®, Healthways Prime/Tivity Insurances

Buy ANY 2-month membership with us, and receive a 3rd month **FREE** with a \$10 JOIN FEE. Memberships must be purchased before December 31, 2018.