



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORPORATE MEMBERSHIP



HEALTH & FITNESS The Y offers a wide range of programs for every body type, fitness level and goal. With 16 locations across Greater Richmond, the Y offers something for everyone, including:

- FREE Group Exercise Class
- Diabetes Programing Available
- FREE Health Coaching
- Training Programs
- Personal Training/Massage Available
- FREE Wellness Challenges



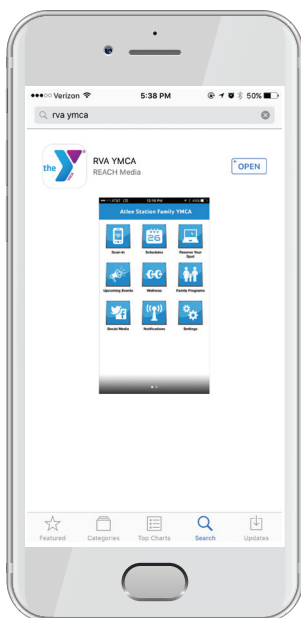
SWIMMING & AQUATICS Voted #1 swimming venue, the Y offers the perfect mix of indoor and outdoor pools. Plus, with our heated pools, we have just what you're looking for to stay active in the water. We offer:

- Swim Lessons
- Swim Team
- Lap Swimming
- Swim Clinics
- Certifications
- Family Float Nights



CHILD CARE As the largest provider of child care in Virginia, the Y provides a safe, fun place for children all year long. You can feel confident knowing that your child is safe and well cared for by highly qualified staff. Plus, families throughout Richmond have voted us Favorite After-School Care program!

- **Before- and After-School Care**
 - The Y provides transportation to after-school sites as well as on-site programming in schools
 - Participants receive homework assistance, nutritious snacks and physical activities
 - Financial assistance available
- **Child Watch**
 - FREE to members
 - Children can enjoy fun and engaging activities while you swim, workout or use our facility
 - Ages of participants vary per branch



Download the Y App by searching "RVA YMCA" in the app store. The app will allow you to stay up-to-date on branch information, programs, wellness incentives and more!

CONNECT WITH US

ymcarichmond.org



1 WEEK TRIAL MEMBERSHIP

Present this card at the front desk of the Y for admission.

Name: _____

Address: _____

Issuing Branch: _____

Issued by: _____

Date Issued: _____ Expires: _____





YOUTH & FAMILY PROGRAMS The Y offers an environment where youth learn values and positive behaviors that build strong building blocks to becoming successful adults.

- Youth Sports
- Music & Arts
- Leaders' Club (provides teens, grades 9 – 12, training, communication skills and team building through volunteer opportunities)
- Jr. Leaders' Club (provides teens, grades 6–8, training, communication skills and team building experience through volunteering)
- Y-Guides/Y Princesses (programs designed to strengthen bonds between dads and their children)
- Y Achievers (helps boost academic achievement and career success for minority and under-served youth)



YOUTH & TEEN CAMPS The Y has been voted the #1 Summer Day Camp several years in a row! We provide a great summer of programming specific to every child's needs, including:

- Traditional Day Camp
- Pre-School Camp
- Teen Leadership Programs
- Specialty Camp
- Sports Camp
- EveryBuddy Camp (for children w/special needs)



COMMUNITY PROGRAMS The Y is a charity committed to the betterment of our community. As part of our mission, we are open to all and provide opportunities for all.

- **Volunteer** – Whether it be as a youth sports coach or a tutor, we need someone like you. Learn more at ymcarichmond.org/volunteer
- **Donate** – We strive to never turn anyone away who needs us. We need your financial support to keep that promise! Give today at ymcarichmond.org/give

MEMBERSHIP OPTIONS

We understand teens use the Y differently than their parents and grandparents. No matter what stage in life you may be, we have a membership option to suit your needs and your budget.

Family

3+ Individuals: Adults and any relatives living in the same household at the same address, up to a maximum of three adults over the age of 26.

\$69/mo

*The YMCA of Greater Richmond has the right to confirm family membership status

Adult

One individual between the ages of 30 and 64.

Adult (\$40/mo)

Adult +1

Two individuals, one of whom must be between the ages of 30 and 64, residing in the same household.

+1(\$62/mo)

Senior

One individual age 65+.

\$38/mo

Senior +1

Two individuals, one of whom must be age 65+, residing in the same household.

+1(\$59/mo)

Teen

One individual between the ages of 11 and 18. A parent or guardian must be added to the membership account initially as the responsible party for the minor.

\$20/mo

Young Adult

One individual between the ages of 19 and 29.

Young Adult (\$30/mo)

Young Adult +1

Two individuals, one of whom must be between the ages of 19 and 29, residing in the same household.

+\$47/mo)