As we are now in the 4th week of operations in the main building, we want to thank all of the members that have provided feedback to us throughout this time so that we can continue to improve service to all. If you have not yet had a chance to experience our new healthier and greener YMCA, please schedule your next visit soon! We are eager to greet you with a smile, a cup of hot coffee & a comfortable seat near the fireplace. Our caring staff are available to help you acquaint yourself with all aspects of the new facility. If you need assistance at any time, please ask a YMCA staff person for help or call the front desk.
Universal Family Changing Rooms: Families with children now have access to universal changing rooms designed with more space & amenities to help Y families get ready to swim! Lockers for the universal family changing room are located on the nearby B pool deck.

Sauna: Beautiful & tranquil new saunas are scheduled to open February 15\textsuperscript{th} in the Men’s & Women’s locker rooms.

Trailers and Generators: Based on the limited usage that we have tracked since installing the bathroom, shower and changing room trailers, you will notice that starting in early February the trailers and generators will be removed from the branch property. We are very appreciative of the service they provided while the renovation work on the locker room and universal changing room facilities was underway.

Volunteers Welcome: Did you know that the YMCA started as an all volunteer organization? We are currently looking for energetic and positive volunteers in all program areas: aquatics, swim lessons, wellness, membership, greeters and senior activity coordinator. To learn more about these opportunities, please contact Barbara Moore at barbara.moore@ymcadc.org
Improvements Coming Soon....
At your request, in addition to the placement of even more directional signage throughout the facility, please look forward to the following items arriving soon to enhance your enjoyment of the locker rooms:

- Additional hairdryers
- Shower caddies
- Additional hooks in shower area and restrooms
- New benches
- New carpet

Thank you for your comments, thoughts and feedback. Please continue to share your ideas and suggestions with us through the comment card boxes available in the lobby, locker rooms and in the temporary wellness center.
Important Friendly Reminders

• For your safety, please do not leave any bags on your car seat or in a visible location within your car.

• Please use the membership check-in scanner located in the annex prior to using any of the strength or cardio equipment.

• As one of the nation’s largest providers of youth and family programs, the Y long has made the safety of children and all vulnerable populations a top priority. YMCAs serve 22 million people annually, including nine million youth. Providing a safe, secure environment for members and participants is essential to the Y’s cause of strengthening community. While the Y is proud to be entrusted with the care of millions of children and to be an organization of choice for millions more people, we recognize that great responsibility comes with this privilege. Part of that responsibility is knowing who has access to YMCAs through membership, which underscores the importance of membership screening (all YMCA memberships are checked against the national sex offender registry). It’s a best practice for child abuse prevention and facility safety and security all adult members are screened.

Hours of Operation

• The branch will continue to follow the regular operating hours (Monday – Friday from 5:30am to 10:30pm; Saturday from 6am to 9:30pm; Sunday from 8am to 9:30pm)

• Membership check-in is available in the lobby and using scanners on each level of the temporary wellness center and the group exercise studios A & B.

Community Room Happenings

• Monthly socials and activities will be starting in February
• The community room will be able to be reserved for specific activities on a fee based schedule. If interested please reach out to Barbara Moore at barbara.moore@ymcadc.org.
YOUR WINDOW TO A BRAND NEW WELLNESS EXPERIENCE

The new glass-enclosed addition to the upper level and lower level of the main building will feature new cardio and strength training equipment from the LifeFitness, Precor, Octane, and Concept2. The wellness team will lead a series of equipment orientations and demonstrations in the membership welcome center in the weeks ahead. To learn more, please contact the Wellness Director, Jason Jackson.

Meet the FlexStrider

The FlexStrider Variable-Stride Trainer lets exercisers find the stride that best fits their workout. On the fly, stride length adjustability and biomechanically proven motion makes the FlexStrider Trainer one of the best low-impact, total-body workouts. A variety of intuitive console choices provide entertainment, workout tracking and detailed usage information. To learn more, please contact Jason Jackson the Wellness Director.
GET READY TO RIDE
Your YMCA cycle instructors will be certified in early February to lead classes in the new cycle studio that will feature ICG bikes (Indoor Cycling Group). We know they will be eager to tell you all about the new cycle experience, complete with surround sound and fully integrated video technology. Every class immerses participants in the experience of riding for, with and against each other to meet the group target, win team battles & achieve their personal best.

RAISING THE BARRE
The new Mind-Body studio will be home to Barre classes, a wide variety of Yoga formats, mat Pilates, meditation and more! We are so excited to welcome you in March to your destination for a daily dose of peace and mindfulness.

For more information, please contact the Group Exercise Coordinator, Salma Ali.
The 4Star Tennis Academy is the area’s leading tennis instruction group, founded by Coach Bob Pass at the Four Seasons Tennis Club in 1973. So far, over 400 junior players with 4Star have gone on to play in college (including 23 for the University of Virginia and 36 for Ivy League Universities) and several have competed on the pro tour including in Grand Slam events.

As a member of the YMCA Bethesda-Chevy Chase, you can begin to learn or strengthen your tennis game! Offering programs for players of all ages and skill levels, the Y has partnered with the 4Star Tennis Academy to offer members top quality tennis instruction and programs.

For details and to get started, please email bcctennis@ymcadc.org. You can also visit the Bethesda branch webpage at www.ymcadc.org and click on the links to tennis information.

Membership at the YMCA Bethesda-Chevy Chase also gives you access to booking your next practice or match online! Visit bccymca.playtennisconnect.com to register your account and begin making online reservations!

Remember, as a Y member, you can also enjoy tennis all year-round at the YMCA Arlington Tennis & Squash Center. To learn more or schedule your visit, email us atctennis@ymcadc.org.

We hope to see you on the courts soon!
THE EXCITEMENT IS BUILDING

YMCA BETHESDA–CHEVY CHASE • CAPITAL CAMPAIGN
DONOR BENCH & BRICK INITIATIVE

Celebrate a new chapter in the life of the YMCA of Bethesda-Chevy Chase by making a contribution with lasting visual impact. Your gift of a personalized brick or bench, placed in a beautiful garden at the new YMCA Bethesda-Chevy Chase, is the perfect legacy to celebrate or memorialize your beloved family members and friends. Complete and return the order form on the reverse, and a YMCA representative will contact you to confirm your gift.

Join us in building a brighter future for all children, adults and seniors in our community!

IF YOU ARE INTERESTED IN BUILDING A LEGACY PLEASE CONTACT:
Carla Larrick
annette.florin@ymcadc.org
202-816-9751
YMCA BETHESDA–CHEVY CHASE
9401 Old Georgetown Road
Bethesda, MD 20814

YOUR MESSAGE
In Memory of Jane Jones

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