

# Y MEMBERS SAVE UP TO 50% ON YMCA SERVICES

## COOKING CLASSES

- Available online to members of all YMCA branches
- Sessions are available to Y members at over 50% off the standard rate
  - Cooking with Heart, a 4-week adult class for just \$60
  - Parent & Child Cooking Series, a 4-week class for just \$40
- For more information, please contact [cooking@ymcadc.org](mailto:cooking@ymcadc.org)

## DIETETIC COUNSELING

- Available at YMCA Silver Spring, Anthony Bowen, Alexandria & Reston
- Meet online with a Registered Dietician from the comfort of your home
- Sessions are available to Y members at 50%-off the standard rate:
  - 1 session for \$49
  - 3 sessions for \$140
  - 6 sessions for \$280
  - 9 sessions for \$420
- For more information, contact [nutrition@ymcadc.org](mailto:nutrition@ymcadc.org)

## SWIMMING

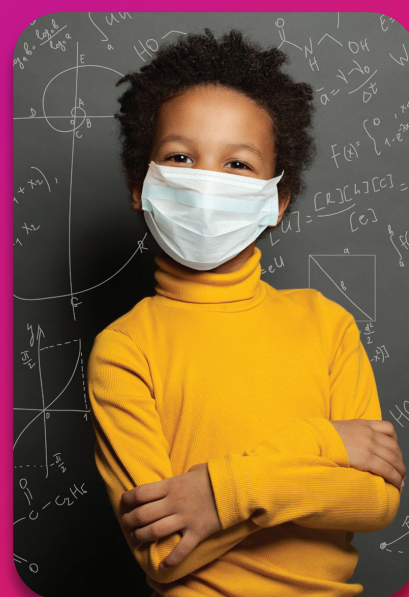
- Available at YMCA Alexandria, YMCA Anthony Bowen, YMCA Bethesda-Chevy Chase, YMCA Fairfax County Reston, and YMCA Silver Spring
- YMCA members can reserve 30-minute private lessons for \$45/lesson
- For more information, contact [swim@ymcadc.org](mailto:swim@ymcadc.org)

## TENNIS

- Available at YMCA Bethesda-Chevy Chase and YMCA Silver Spring
- Y members can participate in 3 clinic sessions for just \$49 (a \$90 value)
- Sessions are available for all ages, skill & experience-levels
- For more information, contact [tennis@ymcadc.org](mailto:tennis@ymcadc.org)

## YOUTH PROGRAMS

- Available at all YMCA branches
- \$50-off registration fee for returning members on all youth programs
- \$25-off registration fee for new members on all youth programs
- 1 free day of holiday camp or \$0 deposit for one week of camp
- For more information, contact [youth@ymcadc.org](mailto:youth@ymcadc.org)



These limited time offers are subject to change and are available for purchase by Y members in good standing through November 7, 2020. Some restrictions apply. For the full offer details, please contact the YMCA.