

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.

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

SWIMMING

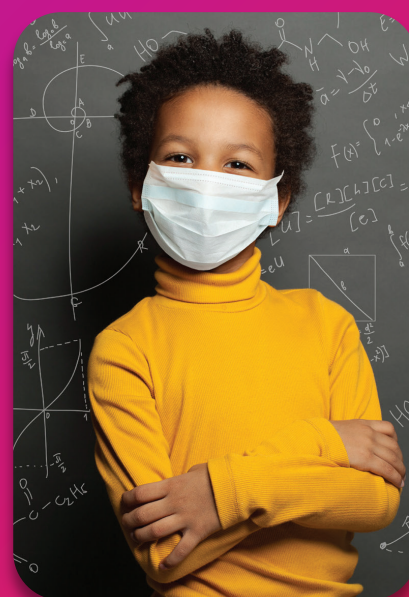
- Available at YMCA Alexandria, YMCA Anthony Bowen, YMCA Bethesda Chevy Chase, YMCA Fairfax County Reston, and YMCA Silver Spring
- Y members can reserve 30-minute private lessons for \$45/lesson
- For more information, contact swim@ymcadc.org

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

YOUTH PROGRAMS

- Available at all YMCA branches
- \$50 registration fee waived for returning members on all youth programs
- 1/2 off registration fee for new members (\$25 value) 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



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.