



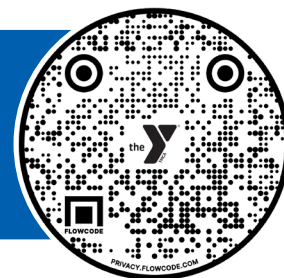
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY. SAFE. CONNECTED. TOGETHER.

INVITE A FRIEND TO WORK OUT AT THE Y!

There are so many healthy activities that you and a friend can safely enjoy together, either socially distanced at the YMCA or virtually, to help you stay connected to each other and your goals! Simply scan the QR code on this page so that you can invite a friend to get a guest pass to the YMCA.

SCAN
HERE



Most mobile devices can scan QR codes with the built-in camera application.
For assistance scanning the QR code with your mobile device, please speak with a YMCA staff member.

WHEN YOUR FRIEND JOINS THE Y:

They will receive a \$0 enrollment fee and you will receive three sessions from any of the Y experiences listed below to enjoy by yourself or with your friend. Choose between:



OR



OR



Virtual Training or Nutrition
Counseling Sessions

Indoor, Outdoor, or Virtual
Personal Training Sessions

Tennis Clinics
(Indoors or Outdoors)

Or try one session of each experience! Once your friend joins, we will contact you for the next steps.
Questions? Ask a Y staff member.