



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN THE Y. STRENGTHEN OUR COMMUNITY.

When you join YMCA Alexandria, you are part of an international movement dedicated to strengthening community. As a member, you can donate and volunteer to support the Y mission and impact in our area, while you support your healthy lifestyle doing the activities you love the most. Also, try something new to make new friends and expand upon your life experience, such as:

- Group Exercise
- Tennis
- Strength Training
- Basketball
- Swimming ^
- Pickleball
- Cardio Workouts
- & so much more!



Membership Type	Enrollment Fee	Monthly Dues
Adult Rate	\$75	\$89
Family I Rate	\$75	\$99
Family II Rate	\$109	\$119
Youth	\$25	\$42
Young Adult/Student (18-22)	\$40	\$54
Young Professional	\$50	\$70
Senior	\$54	\$57
Senior Couple	\$74	\$77

Provides access to home Y and all Y's with same or lower rate within the association.

^ Pool membership requires an additional fee.



MEMBER BENEFITS

- An opportunity to make a difference. As a Y member, you can be involved as a volunteer and donor to positively impact your community.
- Support from caring Y staff across the wide array of YMCA programs and services.
- Use of beautifully renovated facilities, new equipment, and new programs.
- A FREE new member wellness consultation with nationally-certified wellness staff to develop a plan to achieve goals and lead a healthy lifestyle.
- One complimentary one-hour personal training session or nutritional counseling session.
- A complimentary consultation with a Y staff member in the program area of interest to you (i.e. swimming, group exercise, tennis, & more). Get tips to help you maximize your enjoyment of the Y!
- Access to a wide variety of diverse, dynamic, motivating and inclusive Group Exercise classes (Yoga, Zumba, Kickboxing and so much more... over 85% included with membership).
- Care for member's children while they work out in Child Watch and Cool Kids Club.
- Access to over 2,700 YMCA branches nationwide and across the Metropolitan Washington area.
- Guest passes to share with friends.

MEMBERS ALSO HAVE EARLY REGISTRATION OPPORTUNITIES AND CAN SAVE UP TO 50% ON PROGRAMS & SERVICES SUCH AS:

CHILD CARE, COOKING CLASSES, LEARNING LABS, NUTRITION PROGRAMS, PERSONAL TRAINING, SWIMMING, TENNIS, & MORE!

* Parents/guardians can bring their children to Child Watch/Cool Kids Club for up to two hours each day. Contact the branch for additional policies and the schedule of operations. Please call the branch to find out if these services are available due to COVID -19 restrictions.

^ONE-Y membership includes access to all YMCA of Metropolitan Washington locations; terms and restrictions apply. Please talk with your local Y branch for ONE-Y details or review policy in the Membership Handbook. Access to nationwide YMCA locations is contingent upon individual YMCA participation in YMCA nationwide program. For details visit YMCA.net and YMCAdc.org. Availability is contingent on COVID-19 restrictions Please contact the branch you are interested in visiting for more information.

^^ Guest must be local area residents that are at least 18 years old. Please refer to the Membership Handbook for the guest pass policy. The ability to welcome guests to the YMCA is contingent upon COVID -19 restrictions. Please contact Member.Service@ymcadc.org for more information.

MEMBERSHIP MEANS MORE AT THE Y



When you join the YMCA with a \$0 enrollment fee, your membership includes access to the wellness center, group exercise classes, tennis courts and more. Access to the pool requires payment of an additional one-time fee that can help underwrite the Y's ability to operate and deliver services to members in need.

If you would like to add swimming to your membership, you are invited to choose how you positively impact the Y community:

A payment of \$399

- helps to underwrite the Y's increased operational costs during the pandemic
- provides the member with pool access
- provides the member with their choice of 4 personal training sessions or 4 nutrition counseling sessions

A payment of \$249

- provides up to 7 families with a week's worth of produce
- provides the member with pool access
- provides the member with their choice of 2 personal training sessions or 2 nutrition counseling sessions



If you do not wish to add swimming to your membership, but would still like to help the YMCA, a donation of \$59 supports the Y's ability to provide PPE to staff and members. Other donation options are also available.

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
- YMCA 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-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

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.





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When you join YMCA Anthony Bowen, you are part of an international movement dedicated to strengthening community. As a member, you can donate and volunteer to support the Y mission and impact in our area, while you support your healthy lifestyle doing the activities you love the most. Also, try something new to make new friends and expand upon your life experience, such as:

- Group Exercise
- Aerial Yoga
- Strength Training
- Basketball
- Swimming ^
- Rock Climbing
- Cardio Workouts
- & so much more!



Membership Type	Enrollment Fee	Monthly Dues
Adult Rate	\$149	\$103
Family I Rate	\$149	\$119
Family II Rate	\$279	\$182

Young Adult/Student <small>(18-22)</small>	\$64	\$73
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Senior	\$64	\$73
Senior Couple	\$84	\$103

Provides access to home Y and all Y's with same or lower rate within the association.

^ Pool membership requires an additional fee.



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JOIN THE Y. STRENGTHEN OUR COMMUNITY.

When you join YMCA Fairfax County Reston, you are part of an international movement dedicated to strengthening community. As a member, you can donate and volunteer to support the Y mission and impact in our area, while you support your healthy lifestyle doing the activities you love the most. Also, *try something new* to make new friends and expand upon your life experience, such as:

- Group Exercise
- Pickleball
- Strength Training
- & so much more!
- Swimming ^
- Basketball
- Cardio Workouts



Membership Type	Enrollment Fee	Monthly Dues
Adult Rate	\$99	\$99
Family I Rate	\$99	\$109
Family II Rate	\$135	\$129
Youth	\$15	\$48
Young Adult/Student (18-22)	\$40	\$67

Senior	\$54	\$69
Senior Couple	\$74	\$85

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When you join YMCA Bethesda-Chevy Chase, you are part of an international movement dedicated to strengthening community. As a member, you can donate and volunteer to support the Y mission and impact in our area, while you support your healthy lifestyle doing the activities you love the most. Also, *try something new* to make new friends and expand upon your life experience, such as:

- Group Exercise
- Tennis
- Strength Training
- & so much more!
- Swimming [^]
- Pickleball
- Cardio Workouts



Membership Type	Enrollment Fee	Monthly Dues
Adult Rate	\$99	\$99
Family I Rate	\$99	\$109
Family II Rate	\$135	\$159
Youth	\$30	\$40
Young Adult/Student <small>(18-22)</small>	\$40	\$51
Young Professional	\$50	\$66
Senior	\$64	\$55
Senior Couple	\$84	\$82

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[^] Pool membership requires an additional fee.



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JOIN THE Y. STRENGTHEN OUR COMMUNITY.

When you join YMCA Silver Spring, you are part of an international movement dedicated to strengthening community. As a member, you can donate and volunteer to support the Y mission and impact in our area, while you support your healthy lifestyle doing the activities you love the most. Also, *try something new* to make new friends and expand upon your life experience, such as:

- Group Exercise
- Tennis
- Strength Training
- Basketball
- Swimming ^
- Pickleball
- Cardio Workouts
- & so much more!



Membership Type	Enrollment Fee	Monthly Dues
Adult Rate	\$99	\$80
Family I Rate	\$99	\$90
Family II Rate	\$135	\$109
Youth	\$12	\$42
Young Adult/Student (18-22)	\$30	\$54
Young Professional	\$50	\$57
Senior	\$64	\$57
Senior Couple	\$84	\$80

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JOIN THE Y. STRENGTHEN OUR COMMUNITY.

When you join YMCA Arlington, you are part of an international movement dedicated to strengthening community. As a member, you can donate and volunteer to support the Y mission and impact in our area, while you support your healthy lifestyle doing the activities you love the most.

Also, *try something new* to make new friends and expand upon your life experience, such as:

- Group Exercise
- Tennis
- Strength Training
- Basketball
- Swimming ^
- Pickleball
- Cardio Workouts
- & so much more!



Membership Type	Enrollment Fee	Monthly Dues
Adult Rate	\$75	\$61
Family I Rate	\$75	\$70
Family II Rate	\$109	\$90
Youth	\$15	\$39
Young Adult/Student (18-22)	\$40	\$51

Senior	\$54	\$51
Senior Couple	\$75	\$70

Provides access to home Y and all Y's with same or lower rate within the association.

^ Pool membership requires an additional fee.