



# WELCOME

A place to learn and grow. A place for ALL.

# HOME

## MEMBERSHIP INFORMATION

The YMCA of Metropolitan Chattanooga has a 150-year legacy of serving communities through a variety of programs, services and outreach efforts. A **HEALTHY COMMUNITY** begins with each individual. Each child. And each family.

## YOUTH DEVELOPMENT

Each year, the YMCA reaches 8 million children and teens nationwide. Ensuring the safety and well-being of young people is foundational to everything we do to help them learn, grow and thrive. Through the Y, millions of youth are cultivating the values, skills and relationships that lead to positive futures.

## HEALTHY LIVING

Health comes in many forms. That's why the YMCA helps individuals maintain healthy habits for mind, body and spirit. Through programs that focus on healthy journeys, accountability, disease prevention, and support, individuals achieve their goals... whatever those may be.

## SOCIAL RESPONSIBILITY

Being a **WELCOMING PLACE FOR ALL** is at the heart of our mission. We bring people together from all walks of life, and support those who need us the most.



# MAKE THE Y YOUR HOME

## WHY THE Y?

From toddlers to seniors, the Y offers something for everyone – from water classes, fitness equipment, group exercise classes, personal training, swim lessons, healthy living programs, youth sports, Miracle League, child watch, adult sports, and more. The YMCA is a place for ALL regardless of race, religion, age or income. The Y never turns anyone away for inability to pay, which makes us unique from other "gyms." We are a CAUSE. One that ensures every individual has access to essentials needed to learn, grow and thrive.

## NO CONTRACTS

At the Y, your satisfaction is guaranteed, so there is never a contract. If at any time you wish to end your membership, come in and complete a cancellation form. We do request 30 days in order to stop your monthly draft.

## FREE WELLNESS CONSULTATION

We know the beginning of any health journey, regardless of where you are on that path, means you need support. A wellness coach will evaluate your fitness goals and help you get started, so that you have the tools you need to reach your goals.

## NATIONWIDE MEMBERSHIP

Your Y is any Y! Nationwide Membership enables you to visit participating YMCAs in the U.S. We offer this because we know your health and wellness goals are important wherever you live, work or travel. To find a Y in another location, visit [ymca.net](http://ymca.net).

## SEE FOR YOURSELF

Come in and see for yourself all the YMCA has to offer! We're working hard for you everyday to provide programs, amenities and an atmosphere that is warm, welcoming and a place to develop friendships and become stronger and healthier.

## CLEAN AND WELCOMING

The YMCA is dedicated to providing a welcoming environment for ALL. The Y also offers clean and safe facilities with touchless scans, water stations, diligent cleaning by staff, and much more. Our goal is to provide the best quality experience for you.

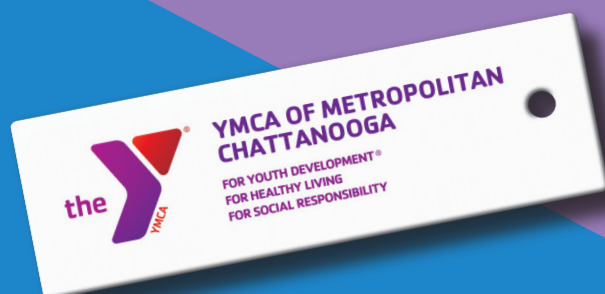


### OUR MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.







# MEMBERSHIP RATES

Effective Jan. 1, 2023

## Association Memberships

Allows members to use ANY of the YMCAs in the Metropolitan Chattanooga Association.

MEMBERSHIP TYPE	JOINING FEE	MONTHLY DUES
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Youth Individual (ages 5-17)	\$0	\$45
Young Adult Individual (ages 18-29)	\$25	\$50
Adult Individual (ages 30-64)	\$50	\$65
Senior Individual (ages 65+)	\$50	\$51
Senior Couple (at least one person 65+)	\$50	\$71
One Adult Household*	\$50	\$75
Two Adult Household*	\$50	\$89
Three Adult Household*	\$50	\$105
Four Adult Household*	\$50	\$121

### \*Household Memberships:

No two families are alike. At the Y, we know each individual, family or household has unique needs. Anyone joining the Y can build their own membership to fit their specific household needs. Household memberships are for families living in the same home. Up to 5 children ages 0-17 may be included at no additional fee.

### PAYMENT PLAN:

Monthly dues are automatically withdrawn from your checking account or charged to your credit card.

### FINANCIAL ASSISTANCE:

The Y is for ALL, regardless of inability to pay. The YMCA serves people of all ages, backgrounds, abilities and incomes. Our Financial Assistance Program enables all individuals and families to become active members and participants at a rate that fits their budget.

Applications for this program will be reviewed to determine the need of applicants. Information on income, family size and personal situations help us award financial aid in a fair and consistent manner. For more information, inquire with the front desk staff at your local YMCA.

### DISCOUNTS FOR YMCA CORPORATE PARTNERS:

The YMCA offers discounts for Corporate Partners. If your employer is a Corporate Partner, you may be able to save on your joining fee and monthly dues. For more information, have your Human Resources Department contact Megan Vermeer at [mvermeer@ymcachattanooga.org](mailto:mvermeer@ymcachattanooga.org).

### YMCA COMMUNITY SUPPORT CAMPAIGN:

Through the YMCA Community Support Campaign and the United Way, our programs and services are offered to ALL. No one is turned away from the Y for inability to pay.

### YMCA ENDOWMENT FUND:

The YMCA Endowment Fund was established to guarantee that the Y can continue its mission for future generations. If you are interested in learning more about this opportunity, contact **Tripp McCallie** at 423.805.3305 #103, 423.208.5863 or at [tmccallie@ymcachattanooga.org](mailto:tmccallie@ymcachattanooga.org).

### GUEST POLICY:

The YMCA is a member organization and seeks to encourage memberships through guest privileges. Members are invited to bring guests up to two (2) times per year to enjoy the Y at no additional cost. All guests, both member and non-member guests, are allowed a maximum of 2 visits per calendar year.



# HOURS OF OPERATION\*

## DOWNTOWN FAMILY YMCA

301 W. 6th Street 423.266.3766

Mon - Thurs 4:45 a.m. - 10 p.m.

Fri 4:45 a.m. - 9 p.m.

Sat 6 a.m. - 6 p.m.

Sun 9 a.m. - 5 p.m.

## HAMILTON FAMILY YMCA

7430 Shallowford Rd. 423.899.1721

Mon-Thurs 5 a.m. - 10 p.m.

Fri 5 a.m. - 9 p.m.

Sat 8 a.m. - 6 p.m.

Sun 1 p.m. - 5 p.m.

## HEALTHY LIVING CENTER AT NORTH RIVER

4138 Hixson Pike 423.877.3517

Mon-Fri 5 a.m. - 9 p.m.

Sat 8 a.m. - 6 p.m.

Sun 1 p.m. - 5 p.m.

## CLEVELAND FAMILY YMCA

220 Urbane Rd. 423.476.5573

Mon-Fri 5 a.m. - 9:30 p.m.

Sat 8 a.m. - 6 p.m.

Sun 1 p.m. - 5 p.m.

## COMMUNITY YMCAs

## NORTH GEORGIA COMMUNITY YMCA

1735 Battlefield Pkwy 706.935.2226

Ft. Oglethorpe, GA 30742

(Ft. Oglethorpe UMC campus)

OFFICE HOURS: M-F 12 p.m. - 7 p.m.

## J.A. HENRY COMMUNITY YMCA

301 W. 6th Street 423.757.0665

Chattanooga, TN 37402

OFFICE HOURS: M-F 9 a.m. - 5 p.m.

\*For the most up to date hours of operation, including holiday hours or temporary changes to operating hours, visit our website [ymcachattanooga.org](http://ymcachattanooga.org), download our YMCA Chattanooga App, or follow us on social media.

## YMCA Y- CAP

Y-CAP (Youth Community Action Project) is an early intervention program for youth ages 10-15 (referred to us by the juvenile court system or the school system).

Y-CAP (Downtown)

1600 Central Ave.

423.847.7682

Y-CAP (East)

8704 Green Gap Rd.

Ooltewah, TN 37363

423.479.6375

Y-CAP (Cleveland)

1305 Smith Dr.

Cleveland, TN 37311

423.682.0109

## YMCA CAMP OCOEE

Camp Ocoee, founded in 1923, is a place rich in tradition where boys & girls ages 7-17 make new friends in a world of adventure and excitement. Life at Camp Ocoee is all about summer fun, lifetime memories, and eternal values. For more information, visit [ymcacampocoe.org](http://ymcacampocoe.org).

For a complete guide to our facilities and programs, please visit our website: [ymcachattanooga.org](http://ymcachattanooga.org)



Amenities are not limited to those indicated above. Offerings differ per location. Contact your Y or visit our website for composite listing.

Association membership valid at all locations.

	DOWNTOWN	HAMILTON	CLEVELAND	HLC NORTH RIVER	JAMES A. HENRY	NORTH GA
Group Exercise	•	•	•	•		•
Cycle	•	•	•	•		
Indoor Pool	•	•	•	•		
Outdoor Pool			•			
Water Aerobics	•	•	•	•		
Gymnasium	•	•	•	•		•
Indoor Track	•		•			
Outdoor Track		•	•			
Raquetball	•		•	•		
Pickleball	•	•	•	•		
Machine/Free Weights	•	•	•	•		•
Crossfit	•					
Personal Training	•	•	•	•		
Cardio Equipment	•	•	•	•		•
Childwatch	•	•	•	•		
Preschool	•					
Sauna/Steam/Whirlpool	•	•	•	•		
Senior Programming	•	•	•	•	•	•
Youth Sports	•	•	•	•		•
Afterschool Care			•			•
Swim Lessons	•	•	•	•		
Kids Activities	•	•	•	•	•	•
Day Camp	•	•	•	•		•
Birthday Parties	•	•	•	•		
Teen/Youth Leadership					•	