



WELCOME TO THE YMCA

Welcome to the YMCA family! The YMCA of Metropolitan Chattanooga has more than 150 years invested in building strong communities through a variety of programs, services and outreach efforts.

Healthy communities begin with each individual, child and family. We achieve strength and impact through an intentional focus on Healthy Living, Youth Development, and Social Responsibility.

OUR MISSION:

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

STRENGTH. COMMUNITY. BELONGING.

WHY THE Y?

The Y offers something for everyone! At the Y, no one is turned 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, there is never a contract. If at any time you wish to end your membership, come in and complete a cancellation form (We request 30 days notice to stop your monthly draft).

FREE WELLNESS CONSULTATION

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.

NATIONWIDE MEMBERSHIP

Your Y is any Y! Nationwide Membership enables you to visit participating YMCAs in the U.S. 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.

STRENGTHEN OUR CAUSE: WAYS TO GIVE BACK

Through the [YMCA Community Support Campaign](#) and the United Way, our programs and services are offered to ALL. Each year, the YMCA provides an estimated \$1.2 Million in financial assistance and program scholarships to individuals in our communities.

The [YMCA Endowment Fund](#) was established to guarantee the Y can continue its mission for future generations. To learn more, contact Tripp McCallie at 423.805.3305 #103 or at tmccallie@ymcachattanooga.org.

Learn more about the Y's impact and ways you can give back via the QR code below.



TAKE A TOUR

Come in and see for yourself all the YMCA has to offer! We're working hard for you everyday. Schedule a tour and check out our clean and safe facilities with touchless scans, latest cardio equipment, dozens of amenities, diligent cleaning by staff, and much more. Our goal is to provide the best quality experience for you.

SCAN FOR MORE
INFO ON OUR IMPACT





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

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 there are unique needs. That's why anyone joining the Y can build their own membership to fit their specific household needs. Household memberships are for individuals 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.

INCOME-BASED MEMBERSHIP

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

Eligibility for Income-Based Membership is based on a Sliding-Fee-Scale. The scale is based on total household income and the number of household members. The process can be completed with on-the-spot approval, with application and supporting documents provided. For more information, inquire with the front desk staff at your local YMCA.

GUEST POLICY

The YMCA is a member organization and seeks to encourage memberships through guest privileges. Members may 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 two (2) visits per calendar year.

MILITARY DISCOUNT

All Active Duty, Reserve, National Guard, Veterans and Retired Military personnel and their immediate household pay NO JOINING FEE and receive 10% OFF MONTHLY DUES when joining the Y. Simply show proof of your military service through your current military ID card, DD-214 Form or Benefit Letter to the front desk of your local YMCA branch.

CORPORATE PARTNER DISCOUNTS

The YMCA offers discounts for Corporate Partners. If your employer is a 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.



LOCATIONS & AMENITIES

FULL FACILITY LOCATIONS:

CLEVELAND FAMILY YMCA

220 Urbane Road 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.

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 Road 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.

NORTH RIVER FAMILY YMCA

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.

COMMUNITY YMCAS:

NORTH GEORGIA COMMUNITY YMCA

1735 Battlefield Parkway 706.935.2226

J.A. HENRY COMMUNITY YMCA

301 W. 6th Street 423.757.0665

Y-CAP

(Downtown) 1600 Central Avenue 423.847.7682

(East) 8704 Green Gap Road 423.479.6375

(Cleveland) 1305 Smith Drive 423.682.0109

(Brainerd) 1010 N. Moore Road 706.201.8650

YMCA CAMP OCOEE

111 YMCA Drive Ocoee, TN 37361

423.338.5588

	Downtown	Hamilton	Cleveland	North River	North GA	J.A. Henry
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						✓

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

For a complete guide to our facilities and programs, visit ymcachattanooga.org

FOLLOW US



@chattanoogaymca



@ymcachattanooga

