



# WELCOME TO THE YMCA

Welcome to the YMCA family! The YMCA of Metropolitan Chattanooga has invested more than 150 years 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.

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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. We are a leading non-profit that ensures every individual has access to essentials needed to learn, grow and thrive.

## NO CONTRACTS

If you do need to end your membership, we only require you to complete a cancellation form in person, and we request a written notice to stop monthly payments.

## FREE CONSULTATION + 2 FREE PERSONAL TRAINING SESSIONS

A personal trainer is available to evaluate your fitness goals and help you get started. Available to every Y member.

## NATIONWIDE MEMBERSHIP

Nationwide Membership, which is included with your local membership, enables you to visit any participating YMCA in the U.S. To find a Y in another location, visit [ymca.org](http://ymca.org).

## STRENGTHEN OUR COMMUNITY: WAYS TO GIVE BACK

Through the **YMCA Community Support Campaign** and the United Way, our programs and services are offered to EVERYONE. Each year, the YMCA provides an estimated \$477,000 in financial assistance and program scholarships to individuals in our community.

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 or [tmccallie@ymcachattanooga.org](mailto:tmccallie@ymcachattanooga.org).

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



## TAKE A TOUR

Schedule a tour to check out our vibrant, clean and safe facilities with the latest cardio equipment, dozens of amenities, hundreds of classes weekly, diligent cleaning by staff and much more. Our goal is to provide you with the best quality experience.



# MEMBERSHIP RATES

Effective Jan. 1, 2025

## Association Memberships

Use ANY of the YMCAs in the Metropolitan Chattanooga Association.



MEMBERSHIP TYPE	JOINING FEE	MONTHLY DUES
Youth Individual (ages 5-17)	\$0	\$48
Young Adult Individual (ages 18-29)	\$25	\$54
Adult Individual (ages 30-64)	\$50	\$66
Senior Individual (ages 65+)	\$50	\$55
Senior Couple (at least one person 65+)	\$50	\$75
One Adult Household*	\$50	\$79
Two Adult Household*	\$50	\$93
Three Adult Household*	\$50	\$112
Four Adult Household*	\$50	\$127

### \*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.

### GUEST POLICY

Members may bring guests up to two (2) times per year to enjoy the Y at no additional cost. Non-member guests are allowed a maximum of two (2) visits per calendar year.

### INCOME-BASED MEMBERSHIP

The Y is for ALL, regardless of ability to pay: we serve people of all ages, backgrounds, abilities and incomes. Eligibility for Income-Based Membership is on a Sliding-Fee-Scale, 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.

### MILITARY & FIRST RESPONDER DISCOUNT

Open to the following and their immediate household:

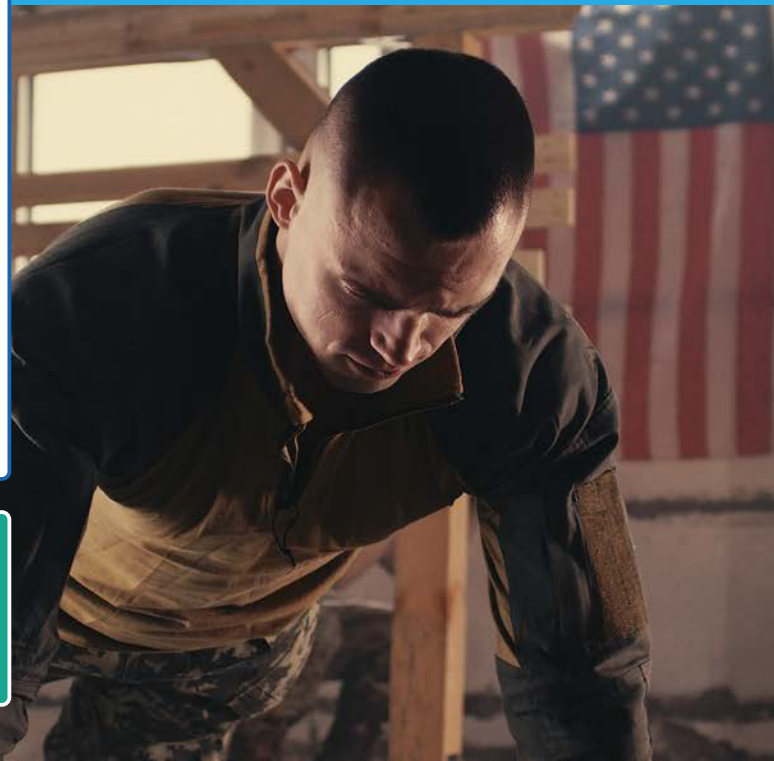
- Active Duty, Reserve and National Guard
- Veterans and Retired Military
- Active Firefighters and Police Officers
- Emergency Medical Service (EMS)

#### BENEFITS & OVERVIEW:

- NO JOINING FEE
- 10% OFF MONTHLY DUES
- To redeem: show employee badge, current military ID card, DD-214 Form or Benefit Letter to Y front desk staff.

### CORPORATE PARTNER DISCOUNTS

If your employer is a partner, you may be able to save on your joining fee and monthly dues. For more information, contact Megan Vermeer at [mvermeer@ymcachattanooga.org](mailto:mvermeer@ymcachattanooga.org).



# LOCATIONS & AMENITIES

## FULL FACILITY LOCATIONS

### 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.

### DOWNTOWN FAMILY YMCA

301 W. 6th St. 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 9 a.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 Pkwy. 706.935.2226

### JAMES A. HENRY COMMUNITY YMCA

3500 Dodds Ave., Ste. 108 423.757.0665

### Y-CAP (YMCA COMMUNITY ACTION PROJECT)

DOWNTOWN: 1600 Central Ave. 423.290.8719

CLEVELAND: 1305 Smith Dr. 276.952.8675

BRAINERD: 1010 N. Moore Rd. 423.494.5221

### YMCA CAMP OCOEE

111 YMCA Dr.  
Ocoee, TN 37361  
423.338.5588

### CAMP FULLERIDGE

9105 Berkshire Cir.  
Chattanooga, TN 37421  
423.899.1721

## PRESCHOOLS

### DOWNTOWN EARLY LEARNING CENTER

301 W. 6th St., Chattanooga, TN 37402

### EARLY LEARNING CENTER AT ST. PAUL'S

305 W. 7th St., Chattanooga, TN 37402

	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						✓

Volunteer opportunities are available at all of our sites.

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](http://ymcachattanooga.org)



[ymcachattanooga.org](http://ymcachattanooga.org)



@chattanoogaymca



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