

# YOU BELONG HERE.

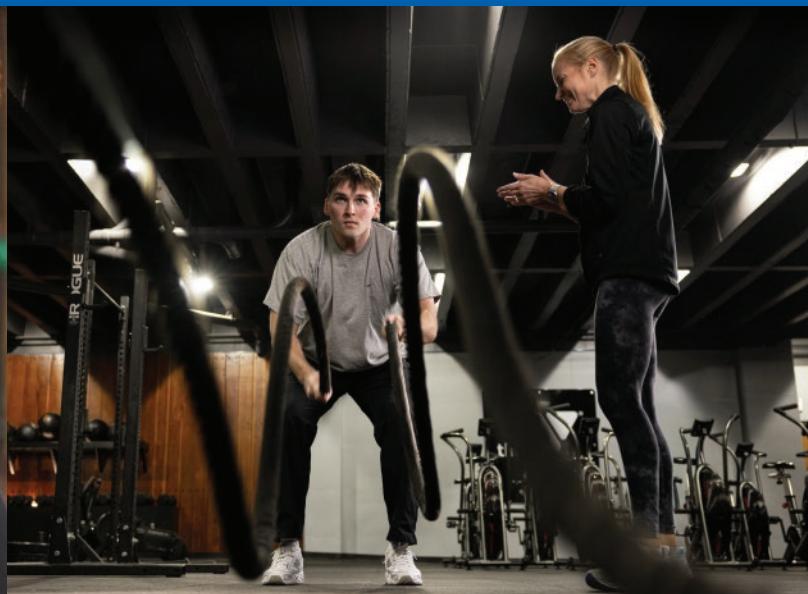


## WELCOME TO THE YMCA

**YMCA OF METROPOLITAN CHATTANOOGA**

Downtown | Cleveland | North River | Hamilton | North Georgia | J.A. Henry | Y-CAP | Camp Ocoee

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.

## 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).

## 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 30-day written notice to stop monthly payments.



## TAKE A TOUR

Visit one of our Ys today to check out our vibrant, clean and safe facilities with the latest strength and cardio equipment, dozens of amenities, hundreds of classes weekly and more. Our goal is to provide you with the best quality experience.

## A STRONG COMMUNITY: WAYS TO GIVE BACK

Through the YMCA Community Support Campaign, our programs and services are offered to everyone. The Y provides \$774,000 annually in financial assistance and program scholarships to people in our community.

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



Scan for  
more info on  
our impact



# MEMBERSHIP RATES

Effective Jan. 1, 2026



## Association Memberships

MEMBERSHIP TYPE	JOIN FEE	MONTHLY
Youth Individual (ages 5-17)	\$0	\$50
Young Adult Individual (ages 18-29)	\$25	\$56
Adult Individual (ages 30-64)	\$50	\$68
Senior Individual (ages 65+)	\$50	\$55
Senior Couple (at least one 65+)	\$50	\$77
One Adult Household*	\$50	\$81
Two Adult Household*	\$50	\$96
Three Adult Household*	\$50	\$116
Four Adult Household*	\$50	\$132

## INCOME-BASED MEMBERSHIP

The Y is for all – no matter your age, background or ability to pay. If cost is a challenge, you may qualify for income-based membership through our sliding fee scale, which is based on your household income and household size. Approval can often be given on the spot when you bring a completed application and supporting documents. Stop by the front desk at your local Y to learn more or get started.

## CORPORATE PARTNER DISCOUNTS

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

## \*HOUSEHOLD MEMBERSHIPS



No two families are alike. When you join the Y, you can build a membership to fit your household needs.

Household memberships are for individuals living in the same home. Up to 5 children, ages 0-17, may be included at no extra cost.

## PAYMENT



Dues are billed monthly automatically via checking account or credit card.

## GUEST POLICY



As a member, you can bring a guest with you to the Y at no additional cost – up to two visits per year per guest.

## 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:

- \$0 join 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.



# 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. Sixth St. | 423.266.3766

Mon.-Thu. 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.-Thu. 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 YMCA'S

### 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. | 423.641.0775

CLEVELAND: 220 Urbane Rd. | 423.476.5573

### YMCA CAMP OCOEE

111 YMCA Dr.

Ocoee, TN

423.338.5588

### CAMP FULLERIDGE

9105 Berkshire Cir.

Chattanooga, TN

423.899.1721

## PRESCHOOLS

### DOWNTOWN EARLY LEARNING CENTER

301 W. 6th St., Chattanooga, TN

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

305 W. 7th St., Chattanooga, TN

preschool@ymcachattanooga.org

	Downtown	Hamilton	Cleveland	North River	North GA	J.A. Henry
Group Exercise	✓	✓	✓	✓	✓	
Cycle	✓	✓	✓	✓		
Indoor Pool	✓	✓	✓	✓		
Outdoor Pool			✓			
Water Fitness	✓	✓	✓	✓		
Gymnasium	✓	✓	✓	✓	✓	
Indoor Track	✓		✓			
Outdoor Track		✓	✓			
Raquetball	✓		✓			
Pickleball	✓	✓	✓	✓		
Machine/Free Weights	✓	✓	✓	✓		
CrossFit	✓					
Personal Training	✓	✓	✓	✓		
Cardio Equipment	✓	✓	✓	✓		
Child Watch	✓	✓	✓	✓		
Preschool	✓					
Sauna/Steam/Whirlpool	✓	✓	✓	✓		
Senior Programs	✓	✓	✓	✓		
Youth Sports	✓	✓	✓	✓	✓	
Afterschool Care						
Swim Lessons	✓	✓	✓	✓	✓	
Kids Activities	✓	✓	✓	✓		
Day Camp	✓	✓	✓	✓	✓	
Birthday Parties	✓	✓	✓	✓		
Teen/Youth Leadership						✓
Cooking Classes						✓
Community Events	✓	✓	✓	✓	✓	✓

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

### VOTED BEST:

- Health Club
- Group Exercise
- Child Care
- Summer Camp



### YMCA Membership App

Livestream +  
On-Demand  
Classes on the  
go, Schedules  
& More



Google Android



Apple iOS



### STAY CONNECTED

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

@chattanoogaymca

@ymcachattanooga

Use the email address associated  
with your membership. Questions?  
Stop by the Front Desk.