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

Use all of our branches with an Association Membership.

Aerobic/Group Exercise  ❍  ❍  ❍  ❍
Spinning/Cycling  ❍  ❍  ❍  ❍
Indoor Pool  ❍  ❍  ❍  ❍
Outdoor Pool  ❍  ❍  ❍  ❍
Gym  ❍  ❍  ❍  ❍
Indoor Track  ❍  ❍  ❍  ❍
Outdoor Track  ❍  ❍  ❍  ❍
Racquetball/Handball  ❍  ❍  ❍
Machine Weights  ❍  ❍  ❍  ❍
Free Weights  ❍  ❍  ❍  ❍
Cardio Equipment  ❍  ❍  ❍  ❍
ActivTrax  ❍  ❍  ❍  ❍
Pre-School  ❍  ❍  ❍  ❍
Free Child Watch  ❍  ❍  ❍  ❍
Sauna/Steam/Whirlpool  ❍  ❍  ❍
Athletic Field  ❍  ❍  ❍  ❍
Day Camp  ❍  ❍  ❍  ❍
Youth/Adult Sports  ❍  ❍  ❍  ❍
After School  ❍  ❍  ❍  ❍
Swim Lessons  ❍  ❍  ❍  ❍
Express Fitness Circuit  ❍  ❍  ❍
Kids’ Fitness Activities  ❍  ❍  ❍
Birthday Party Center  ❍  ❍  ❍
Youth/Teen Programs  ❍  ❍  ❍
Silver Sneakers  ❍  ❍  ❍
Personal Training  ❍  ❍  ❍
Water Aerobics  ❍  ❍  ❍

HOURS OF OPERATION

DOWNTOWN FAMILY YMCA
301 West 6th Street • 423.266.3766
Monday-Friday 4:45 a.m. to 9:00 p.m.
Saturday 6:00 a.m. to 6:00 p.m.
Sunday 1:00 p.m. to 6:00 p.m.

HAMILTON FAMILY YMCA
7430 Shallowford Road • 423.899.1721
Monday-Thursday 5:00 a.m. to 10:00 p.m.
Friday 5:00 a.m. to 9:00 p.m.
Saturday 8:00 a.m. to 6:00 p.m.
Sunday 1:00 p.m. to 6:00 p.m.

YMAC CAMP OCOEE
111 YMCA Drive Ocoee, TN 37361
423.338.5588
Since 1923, the spirit of YMCA Camp Ocoee has been more than just a summer camp experience. The Christian values learned, and the confidence gained by the campers becomes a way of life. Generations of families have now fond memories of their time at Camp Ocoee.
Camp Ocoee is a place rich in tradition, where boys and girls ages 7 to 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 our website at campocoee.com.

YMCA HEALTHY LIVING CENTER
AT NORTH RIVER
4138 Husson Pike • 423.877.3517
Monday-Friday 5:00 a.m. to 9:00 p.m.
Saturday 8:00 a.m. to 6:00 p.m.
Sunday 1:00 p.m. to 6:00 p.m.

COMMUNITY YMCA
NORTH GEORGIA COMMUNITY YMCA
1735 Battlefield Parkway
Fort Oglethorpe, GA 30742 • 706.935.2226
(on the Fort Oglethorpe UMC campus)
Office hours: M-F 9:00 a.m. to 7:00 p.m.

J.A. HENRY COMMUNITY YMCA
615 Derby Street • 423.757.0665
Office hours: M-F 9:00 a.m. to 5:00 p.m.

WHAT COULD BE BETTER THAN A NATIONWIDE MEMBERSHIP?

People need certain things to thrive. We need to eat well, stay safe, be active, spend time together, learn and grow. Sadly, in an increasingly technological and polarized world, it’s not always easy to get what we need. Playing outside has become a rarity. Face time happens through a phone. And instead of seeing the income gap shrink, it seems all we do is watch it grow.

But where society falls short, the Y steps in.

Because, after 160 years of serving communities, the Y knows what we need to be our best selves. So, it gives us a place to play, to learn, to be healthy, to eat well and give back. It gives parents child care, young adults job training and children a safe place to go. Everything the Y does is in service of making us better.

Youth Development
All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential. Through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Healthy Living
We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. Through programs like LIVESTRONG® at the Y, Pedaling for Parkinson’s; Rock Steady, a boxing program for those with Parkinson’s; exercise programs for prediabetes and diabetes; Mindful Movement Dementia Program; and Biometric Screenings; we are helping the nation battle chronic disease and improve individual and community health through programs that promote wellness, reduce risk of disease and help people reclaim their health.

Social Responsibility
With our doors open to all, we bring together people from all backgrounds, and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return.

For a better you.
For a better community.
For a better country.
For a better us*.

* Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.
To find a Y in another location, go to ymca.net.
MEMBERSHIP RATES

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

<table>
<thead>
<tr>
<th>Type of Membership</th>
<th>Joining Fee</th>
<th>Monthly Dues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (30-64)</td>
<td>$50</td>
<td>$61</td>
</tr>
<tr>
<td>Household*</td>
<td>$50</td>
<td>$81</td>
</tr>
<tr>
<td>Youth (3-17)**</td>
<td>0</td>
<td>$40</td>
</tr>
<tr>
<td>College (18+)**</td>
<td>$50</td>
<td>$46</td>
</tr>
<tr>
<td>Senior Adult (65+)</td>
<td>$50</td>
<td>$66</td>
</tr>
<tr>
<td>Senior Couple (65+)***</td>
<td>$50</td>
<td>$45</td>
</tr>
<tr>
<td>Young Adult (18-29)</td>
<td>$50</td>
<td>$70</td>
</tr>
<tr>
<td>One Adult Household****</td>
<td>$50</td>
<td>$70</td>
</tr>
</tbody>
</table>

* Household Memberships:
At the Y we know not every family is the same. Household membership is intended for extended families living in the same household. Household membership is for families with up to 4 adults and 5 children living in the same home. ** College Memberships:
Must provide full-time class schedule upon joining indicating 12+ hours for undergrad, 6+ hours grad. *** Senior Couple:
Only one person needs to be 65+. **** One Adult Household:
One Parent and dependent children.

**Payment Plans:**
Monthly Auto Draft
Monthly dues are automatically withdrawn from your checking account or charged to your credit card. If you choose the convenience of the auto draft program, a one-time draft set up fee of $10 will be added at the time you join.

**Did you know that the YMCA offers discounts for Corporate Partners?**
If your employer is a Corporate Partner, you can save on your joining fee and monthly dues. If not, have your Human Resources Department contact Lori Dodd Cozart at 423.265.8834 or ldodd@ymcachattanooga.org.

**The YMCA Endowment Fund** was established to guarantee that the YMCA can continue its mission for future generations. If you are interested in learning more about this opportunity through membership in the **Heritage Club**, contact Tripp McCallie at 423.805.3305 #103, 423.208.5863 or tmccalie@ymcachattanooga.org.

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**THE PLACE FOR ALL! MAKE THE Y YOUR PLACE!**
There’s a unique combination at the Y. It’s a place where generations gather together. Seniors socialize alongside toddlers splashing and learning new skills. The Y offers everything from water activities and fitness equipment, to healthy living classes for older adults.

We have over 60 classes a week at each location, including Yoga, Zumba, Waterfit, Aqua Zumba and Pilates. The YMCA is for everyone, regardless of race, religion, age, income or ability. Scholarships are available for those who apply and qualify for financial assistance. At the Y, your membership means more.

**The Benefits of Membership**
The Y is a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion: to strengthen the foundations of community. With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow and thrive. The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families and communities.

**Satisfaction Guaranteed – No Contracts**
At the YMCA, your satisfaction is guaranteed, so you never have to sign a contract. If at any time you wish to cancel your membership, come in and complete a termination form. Then, within 30 days, we will refund the balance of your membership or stop the membership draft on your account.

**Got Kids?**
- We offer Family Fit Orientation for parents and children, ages 10-15. Our Fitness coaches will educate both the parents and young person on how to work out safely and efficiently on the Wellness Floor. This 45 minute orientation will include: general wellness center rules & policies, gym etiquette, cardio & strength training guidelines, safety guidelines & proper form.

**FREE Wellness Consultation**
A wellness coach will evaluate your fitness, and help you get started, and you’ll receive a new workout each time you visit the YMCA, that tells you exactly what you need to do to reach your goals.

**Come See for Yourself**
Come in today and see for yourself all that the YMCA has to offer. We’re working hard every day to improve our facilities and services and to provide a warm and welcoming place to develop new friendships and become stronger and healthier.

Visit our website for a virtual tour or call your local YMCA to set up a tour.

ymcachattanooga.org