

# Welcome to the Y!

**The Y is more than just a place to exercise; here you can be yourself.** Our aim is to make you feel comfortable so you can achieve your best you. No matter your age, fitness or experience level, the Y is for you. Become part of our community and

## JOIN TODAY!

### MEMBERSHIP HAS AMAZING VALUE

- No contracts and a money back guarantee (some restrictions apply)
- Nationwide Membership - access to participating Y's across the United States
- FREE Wellness Consultations
- FREE Group Exercises such as Zumba®, Yoga and Pilates
- Child care while you work out with Family Membership
- FREE access to FitPath Program with a Wellness Coach to help you manage and achieve your wellness goals
- FREE Family Events

## Youth Development

50+ school age care sites  
3 Early Learning Centers

Nurturing the potential of every child and teen.

Member Benefits include exclusive rates on a wide array of youth development activities:

- Youth Sports
- Aquatics
- Day Camp
- School Age Care
- Early Learning
- Resident Camp

## Healthy Living

12 Full Health & Wellness Locations

Improving community health and well-being.

Member Benefits include exclusive rates on Y specialty classes, equipment & programming:

- Pilates Reformer Classes
- Nutrition Classes
- Personal & Small Group training
- Aquatics

## Social Responsibility

Supported by 2,000+ Volunteers Annually

Giving back and providing support to our neighbors.

**For more than 140 years,** we have been listening and responding to our community's most critical social needs, ensuring that everyone has the chance to learn, grow and thrive, regardless of age, income, ability, ethnicity or faith. Due to the generosity of donors, the Y provides support to over **35,000** families and individuals annually through our Annual Support Campaign. Ask a staff member how you can give back today!

### HEALTHY LIVING

### SOCIAL RESPONSIBILITY

### YOUTH DEVELOPMENT



# WE SEE STRENGTH IN COMMUNITY

**At the Y, strengthening the community is our cause.**

When you become a member of the YMCA OF GREATER SAN ANTONIO you are part of a diverse organization of men, women and children joined together by a shared commitment to strengthen our community. Learn how your membership can make us—as individuals and a community—better.

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



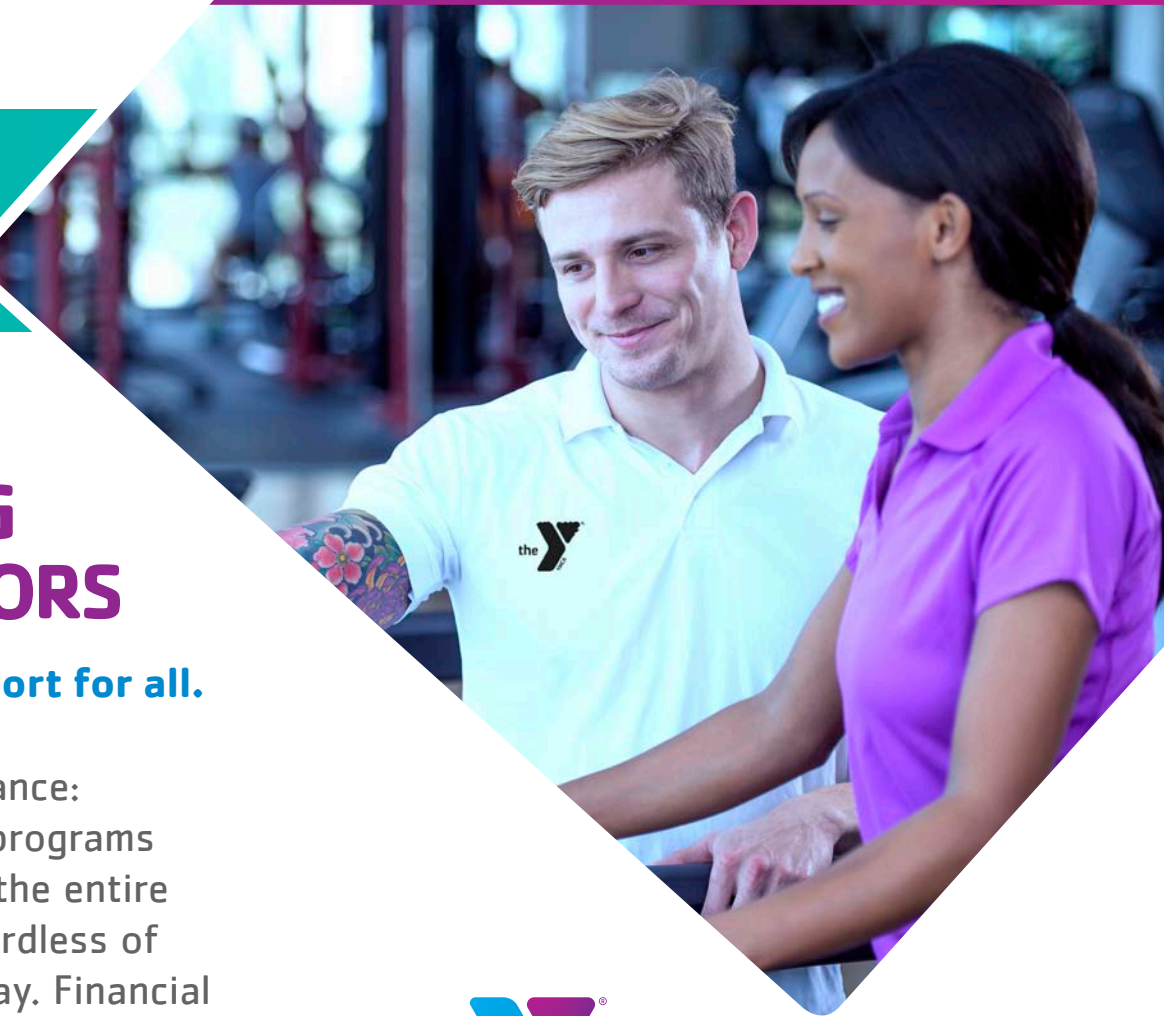
## OPENING NEW DOORS

**Providing support for all.**

**Financial Assistance:**  
The Y provides programs and services to the entire community, regardless of an inability to pay. Financial Assistance is awarded based on need and availability of funds.

For details, visit the Welcome Center at your nearest Y.

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## DELIVERING POSITIVE CHANGE FOR ALL

**Membership › Family • Individual • Student • Senior**

[www.ymcasatx.org](http://www.ymcasatx.org)

**YMCA OF GREATER SAN ANTONIO**

