



JPOFFHIT

YMCA OF FLORIDA'S FIRST COAST

RECONNECT WITH A HEALTHIER YOU

NO JOINING FEE + \$12.50 subsidy paired with 20% off monthly discount on YMCA Memberships



INCLUDED IN YOUR MEMBERSHIP:



Exclusive Rates
Save up to 50% on all programs and services like swim lessons, camp, personal training and more with our exclusive member-only rates.



KidZone
Complimentary on-site childcare while under the guidance of professional and friendly staff. KidZone is included with family memberships.



Unlimited Group Exercise
Designed for all levels and interests, take advantage of our unlimited offerings and discover your new favorite class.



FastForward Fitness
Our 90-day training and support program where you'll meet with a wellness coach to establish fitness levels and set up for success.



Access to YMCAs Nationwide
When you travel, you don't have to take a break from your workout routine. Your First Coast YMCA membership allows you access to hundreds of YMCAs across Florida and the U.S.



To Enroll
Simply bring your City ID badge to any Florida's First Coast locations. You will need a payment method on file. Please bring a credit card, debit card, or accounting information to the Welcome Center.

VIRTUAL Y MEMBER EXCLUSIVE

Group exercise has gone virtual, and you'll have the feel of being in class while in the comfort and convenience of your home. Take classes in real-time or rewatch them on demand. You can interact with and see your friends, compete for a top spot on the leaderboard, chat with the instructors and more. The best part? All of this is included in your Y membership. No extra fees, no hidden charges.

Uniform Package YOUTH SPORTS

Our youth sports programs keep kids active, teach friendly competition and introduce healthy practices for life. Soccer, basketball, flag football and volleyball are available with Household Memberships for a fee of up to \$45.00

- More Options for Your Family:**
- **Before & Afterschool Program** for extra care while you go to work
 - **Summer Camps** are the best place for kids to connect, make new friends, try new things, and discover their potential. Register today, spots fill up fast!
 - **Volunteer Opportunities** to give back and support your neighbors. Visit **FCYMCA.org/volunteer** to find opportunities near you.

ENJOY ONE WEEK ON US

Bring this flyer to any First Coast YMCA location and try the Y for free! Visit **FCYMCA.org** to find your Y and stop in for a tour. We can't wait to meet you!

Offer Expires 12/31/24

For more info, contact **BECKY RICHMOND**
Brichmond@fcymca.org
 Bring your employee ID badge.
 See our latest updates at **FCYMCA.org**