



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR MEMBERSHIP MEANS MORE AT THE YMCA

More than just a gym, a pool, or a place for fitness, YMCA members experience a sense of belonging that can't be found anywhere else! Our unique design enables us to ensure that all of our neighbors and friends are armed with the ability to take charge of their lives through innovative programs and services.

MEMBER BENEFITS

- FREE Group Exercise - 50+ Classes A Week
- FREE Fitness Assessment & Consultation
- FREE Child Watch While You Work-Out*
- FREE Special Events For the Whole Family
- FREE Family Swimming & Lap Swimming
- Clubs for Seniors
- Member Discounts on Programs & Personal Training

THREE LOCATIONS

- Three Racquetball Courts
- Men's & Women's Only Locker Rooms
- Family-Only Locker Room
- Wellness Center with Modern Fitness Equipment
- Strength & Training Center
- Full-Sized Gymnasium
- 2 Family Pools
- 2 Lap Pools
- Jacuzzi
- Interactive KidzGym for Youth and Families

PROGRAMS FOR ALL

- Soccer, Basketball, Flag Football & T Ball
- Swim Lessons
- Swim Team
- Martial Arts
- Pickleball
- Before & After-School Child Care
- Education Enrichment
- Summer Camp
- Senior Events and Trips



DOWNTOWN YMCA

1315 CHURCH ST
LYNCHBURG VA 24502
434 847 5597

JAMERSON FAMILY YMCA

801 WYNDHURST DR
LYNCHBURG VA 24502
434 582 1900

Y EXPRESS

3402 OLD FOREST RD
LYNCHBURG, VA 24502
434 455 5996



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NEW MEMBER CHECKLIST

Congratulations on becoming a member of the YMCA of Central Virginia!
Thank you for choosing us to be your partner in health and wellness.



ATTEND YOUR FREE NEW MEMBER ORIENTATION AND ASSESSMENT

Have questions? It's time to learn all about your new Y. Get familiar with the facility, learn about programs and services, and meet the people that are passionate about helping you transform your life.

Work one-on-one with an expert from our health and wellness department to create a plan that is tailored to your specific needs. All appointments can be made at the member services desk.



DOWNLOAD OUR HELPFUL MOBILE APP

We know you're using your mobile phone more and more everyday, and now you can get YMCA info when you want it, where you want it...on the go!

- View group exercise schedules
- View the pool schedule
- Receive special announcements and offers
- Get important class, facility, program, and member updates



GET CONNECTED

Sign up for informative emails, like us on Facebook, follow us on Twitter and sign up for text alerts so that you are always in the know. Upcoming events, promotions, program information, and special opportunities will be at your fingertips. Stay informed and engaged with your Y.



VISIT US ONLINE

Our website is jam-packed full of useful information. Download the current program guide, register for classes online, grab a guest pass for a friend, and more!



DISCOVER A HIDDEN TALENT

Be sure to take advantage of any of our life enhancing programs that we have here at the Y. Professionally trained staff and volunteers take pride in creating and delivering quality programs for you and your family. We offer youth and adult sports, swim lessons, specialty fitness classes and more!



MAKE AN IMPACT

The support of volunteers and donors allows the YMCA of Central Virginia to make a significant impact on our community.

Volunteer opportunities are always available at various areas of the Y. We're always looking for a helping hand.

When you make a financial gift to the Y you're giving those in need a chance to be healthy, connected and complete through Y programs and services such as Summer Learning Loss Prevention, After School Programs, Drowning Prevention, and Senior Programs.



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