



A PLACE FOR EVERYONE

WHAT YOU CAN DO AT THE Y



If I am a **BABY**

I can...

- Play in Child Watch while my parents exercise
- Take parent-child swim lessons
- Have my birthday party here
- Enjoy Family Swim
- Take Music & Movement with my family

If I am **2-4 YEARS OLD**

I can...

- Do everything a baby can, plus...
- Join a preschool sports or arts class
- Develop swimming skills in group or private lessons
- Play with my friends in Toddler Time

If I am **5-12 YEARS OLD**

I can...

- Play in the Youth Center while my parents exercise
- Participate in sports, swim lessons or music & arts programs
- Attend Summer Camp or School's Out Vacation Camp
- Play with friends at the Y before/after school program
- Attend Kids Night Out
- Become a part of Leaders Club

If I am a **TEEN**

I can...

- Access the YMCA independently
- Enjoy group exercise classes
- Sign up for complimentary Fitness Orientations
- Workout in the Wellness Center
- Play basketball, volleyball or pickleball
- Develop swimming skills in group or private lessons
- Take Aquacize, Rec Swim or swim laps in the pool
- Become a volunteer at the YMCA

If I am an **ADULT OR SENIOR**

I can...

- Do everything Teens can, plus...
- Develop a workout plan and work with a personal trainer
- Enjoy adult sports
- Use the sauna/steam room
- Sign up for a fitness challenge
- Receive a free month for a member referral
- Become certified in First Aid and CPR
- Join the YMCA staff team

If I am part of **A FAMILY**

I can...

- Access everything listed by age plus...
- Utilize Child Watch and Youth Center for children ages 3months-12 years
- Play in the gymnasium as a family
- Attend family-friendly activities and events
- Receive discounts on select programs
- Utilize all membership benefits at the Middletown and Monroe locations
- Explore Y's across the country with Nationwide Membership

When you join the YMCA, you become part of a charitable, cause-driven organization - TOGETHER.