BRING THE FAMILY

YOUTH DEVELOPMENT

MEMBERSHIP COSTS:

Welcome, regardless of their ability to pay. Everyone belongs!

The Y is a powerful association of men, women and children

MEMBERSHIP COSTS:

There’s something for everyone

JOIN OUR FAMILY

There’s something for everyone
HEALTHY LIVING

Spirit, Mind & Body

Spirit:
The Family YMCA is a faith-based organization that reflects the values of the Judeo-Christian tradition and maintains respect for all people.
- Bible study groups are available at several Y locations.
- A chapel is available at Aiken, Thomson and Wilson Branches.
- Chaplains are available on request by appointment.

Mind:
- Relax in the complimentary steam rooms or saunas. (Varies by location)
- Spend time visiting with friends and enjoy complimentary coffee at all Y locations.
- 30, 60 and 90-minute massages are available by appointment for an additional charge. (Availability varies by location)

Body:
Personal Wellness Coaching – we suggest evaluating your current fitness level with up to three FREE fitness evaluations included in your membership by appointment at all branches. This includes: body fat analysis, flexibility, muscular strength, muscular endurance and a cardiovascular fitness assessment. Your Personal Wellness Coach can establish a plan of activities to help you achieve your personal wellness goals.

Personal Training:
We also offer personal training sessions by appointment with a certified trainer for an additional charge.

A Physical Activity Readiness Questionnaire must be completed prior to personal training.

Benefits of Membership

- Three FREE Personal Wellness Coaching Sessions (By appointment)
- FREE Team Youth Sports with an additional uniform fee (Metro Family Memberships)
- FREE CrossFit (Aiken, Wilson, North Augusta and Augusta South memberships)
- Discounted rates for Y programs
- FREE group exercise classes
- Complimentary childcare for two hours per workout (Up to eight hours a week)

Financial Assistance
Financial Assistance is provided to individuals, kids, and families on a need basis and allows access to all programs, activities, and facilities at the YMCA. If we can serve you or your family in this way, please fill out the Financial Assistance Application at any of our facilities or log on to www.thefamilyymca.org.

Corporate Wellness Program
For the Family YMCA of Greater Augusta, partnering with area organizations is a win-win for all involved. We’re a cause driven organization committed to strengthening the foundations of our community. Supporting employers in building a healthier workforce makes for healthy and happy employees, lower membership costs for employers, strengthen workplace relationships, and reduced health insurance costs for employers over time. Is your place of employment part of our Corporate Wellness Program? If not, ask us about it.