



**MY Y IS...  
BECOMING MY BEST SELF.  
FIND YOURS.**

**At-A-Glance Brochure**



**FAMILY YMCA OF  
GREATER AUGUSTA  
JOIN TODAY**

**For a better us.®**

**706 922 9622  
[www.thefamilyym.org](http://www.thefamilyym.org)**

## JOIN OUR FAMILY

At the Y, we're more than just a place to work out – we're a community where you can connect, grow and discover your potential. Whether you're meeting new people, exploring new interests or learning new skills, the Y offers endless opportunities for personal growth and fulfillment.

For more than 165 years, we have been a trusted pillar in the CSRA, providing programs with a purpose for youth development, healthy living and social responsibility. The Y has something for everyone, from new swimmers and young athletes to wellness enthusiasts and those seeking adventure. We're dedicated to strengthening our community and providing resources for all to thrive. Joining the Y means joining a cause that supports and uplifts those around us.

### OUR MISSION

is to serve individuals and families in the CSRA through programs designed to build healthy spirit, mind and body, reflecting the values of the Judeo-Christian tradition while maintaining respect for all people.

## BECOME A MEMBER

MEMBER TYPE	METRO	BRANCH*	JOINER'S FEE
Youth (4-15)	\$165 (Annual)	\$165 (Annual)	N/A
Teen (16-17)	\$26	\$21	N/A
Young Adult (18-23)	\$42	\$28	N/A
Individual (24-61)	\$57	\$39	\$75
One Adult + Dependents	\$69	\$52	\$75
Two Adults	\$72	\$54	\$100
Two Adults + Dependents	\$84	\$67	\$100
Senior Individual (62+)	\$41	\$32	\$75
Senior Family (One adult at least 62, no dependents)	\$61	\$46	\$100
Impact Membership	\$9.99	\$9.99	N/A

\*Branch memberships are only available at Augusta South, North Jefferson and Steiner Branch Family YMCAs. Fees apply for additional adults or more than 6 dependents.

## BENEFITS OF MEMBERSHIP

**We believe the primary benefit to a Y membership is knowing you are a part of an organization that is committed to strengthening communities. YMCA members have access to everything you and your family need to learn, grow and thrive.**

- Member-only discounts for YMCA programs and services, like youth sports and swim lessons
- On-site Play & Learn Childcare for two hours a day, up to 8 hours a week (hours & ages vary)
- Unlimited group exercise classes at no additional cost
- FREE Smart Start coaching (by appointment)
- FREE CrossFit/YFit (locations vary)
- FREE access to Virtual YMCA, our online library of recorded group exercise classes
- Access to Strong90, a 90-day app-based wellness journey
- Nationwide Membership while traveling in the U.S.
- METRO MEMBERS: Unlimited access to all CSRA Family Y locations

### BRING THE FAMILY

**We believe every child and teen deserves the opportunity to learn, grow and thrive. That's why we offer a wide variety of programs designed to support young people at every age, helping them build confidence, skills and lasting friendships.**

#### AGE 8 weeks to 12 years

Play & Learn is included in family memberships at all YMCA locations for up to 2 hours a day (8 hours per week). The program provides enriching curriculum to help children learn, grow and have fun while parents workout.

#### AGE 3 years to 12 years

We offer several youth programs for children, including kids' group exercise classes, youth sports, Parents' Night Out, adaptive programs, camp, swim lessons and more. Availability varies by location.



#### AGE 13 years to 15 years

Members aged 13 to 15 may use the Wellness Floor with a parent/guardian after completing a Teen Orientation. Teen Orientation educates teens on proper form, building a workout and etiquette.

#### AGE 16+

Members 16+ may use Y facilities or volunteer without adult supervision.



## FOR YOUTH DEVELOPMENT

We're committed to nurturing the potential of every child and teen. Through a wide variety of programs, activities and events, we provide opportunities for young people to discover their interests and develop new skills. Our programs help children build confidence, foster creativity and prepare them for a bright future.

Youth programs include PrimeTime Afterschool, Parents' Night Out, summer camp, youth sports and so much more. Program availability varies by location.



SCAN TO VIEW OUR PROGRAMS!



## FOR HEALTHY LIVING

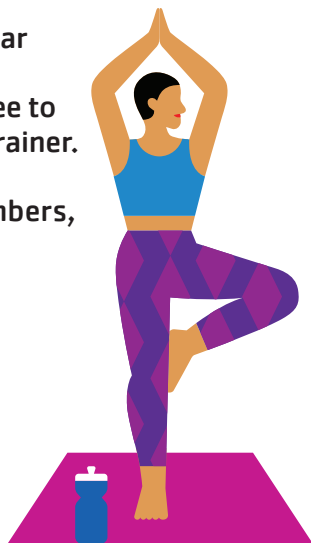
Promoting physical and mental well-being is at the heart of the Y. No matter your fitness level or age, we offer programs and classes to help you achieve your wellness goals. Our approach focuses on wellness of your entire being – mind, body and spirit.

Group exercise classes provide structured, fun workouts. Wellness challenges throughout the year offer accountability and ways to shake-up your routine. Personal training is also available for a fee to give you specialized instruction from a certified trainer.

Plus, Strong90, our exclusive app for YMCA members, takes you on a 90-day journey to kickstart your healthy lifestyle.



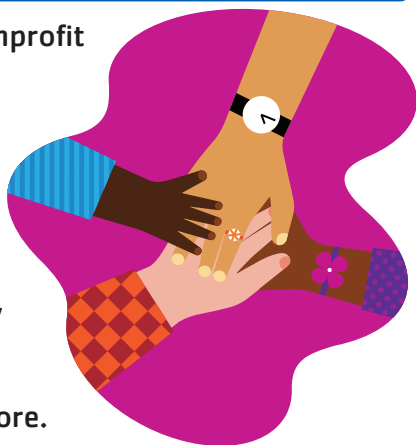
SCAN TO VIEW OUR CLASSES!



## FOR SOCIAL RESPONSIBILITY

By joining the Y, you are supporting a nonprofit that is committed to strengthening the community. There are many ways for our members to get involved with this mission and make a difference.

Volunteering at the Y allows you take an active role in creating meaningful, lasting change. We rely on volunteers in a variety of roles, including youth sports coaches, delivering beds for A Place to Dream, greeters, advisory board members and more.



Our Annual Campaign raises the funds needed to support our signature outreach programs and financial assistance fund. Donations ensure the Y remains a place for all, regardless of ability to pay.

### MORE THAN A GYM

Guided by our mission, we have developed signature programs that support community needs and provide opportunities for our neighbors.

- **A Place to Dream Bed Program** provides beds, linens, Bibles and stuffed animals for children with unfavorable sleeping arrangements.
- **Cheryl's Kitchen Food Program** distributes meals to individuals and children in need through a combination of mobile sites and YMCA facilities.
- **Safety Around Water** teaches children life-saving water safety skills at no cost.
- **Camp I.V.E.Y.** is a week-long, overnight summer camp for children with disabilities.
- **LIVESTRONG® at the YMCA** helps adult cancer survivors reclaim their health and wellbeing following a cancer diagnosis.

SCAN TO  
DONATE!



### FINANCIAL ASSISTANCE

No one is ever turned away from the Y, regardless of their ability to pay. Through our financial assistance program, we ensure that YMCA membership and programs are affordable and accessible for everyone. Financial assistance is provided on a sliding scale based on the applicant's income. Applications can be completed at any YMCA facility or at [thefamilyy.org](http://thefamilyy.org).

## FIND YOUR Y

### **AIKEN COUNTY FAMILY YMCA**

621 Trolley Line Road  
Graniteville SC 29829  
803 349 8080

### **NORTH JEFFERSON FAMILY YMCA**

3001 GA Hwy 17 North  
Wrens GA 30833  
706 547 2653

### **AUGUSTA SOUTH FAMILY YMCA**

2215 Tobacco Road  
Augusta GA 30906  
706 922 9650

### **STEINER BRANCH FAMILY YMCA**

218 Partnership Drive  
Grovetown GA 30813  
706 922 6711

### **BARNWELL COUNTY FAMILY YMCA**

660 Joey Zorn Blvd  
Barnwell SC 29812  
803 450 4151

### **THOMSON FAMILY YMCA**

521 W Hill Street  
Thomson GA 30824  
706 595 5615

### **BURKE COUNTY FAMILY YMCA**

50 Olympic Drive  
Waynesboro GA 30813  
706 426 0122

### **WILSON FAMILY YMCA**

3570 Wheeler Road  
Augusta GA 30909  
706 922 9623

### **NORTH AUGUSTA FAMILY YMCA**

406 E Martintown Road  
North Augusta SC 29841  
803 279 0882

### **YMCA CHILD DEVELOPMENT ACADEMY**

1425 Walton Way  
Augusta GA 30901  
706 922 9670

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



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**