

## WORK WITH THE Y

[workfortheymca.org](http://workfortheymca.org)



Working with the YMCA of South Hampton Roads is more than just a job. It's a chance to change the lives of people in our community. YMCA staff members receive a **FREE** membership.



## DIVERSITY, EQUITY, INCLUSION & BELONGING

[ymcashr.org/diversity-equity-inclusion](http://ymcashr.org/diversity-equity-inclusion)

Learn more about our important journey to strengthen our position as an equitable and inclusive organization that both reflects and creates belonging in the communities we serve.



## YOU BELONG

[ymcashr.org/locations](http://ymcashr.org/locations)

Your membership includes **ALL** South Hampton Road locations. 21 centers, three day camps, an overnight camp, a golf course and other speciality locations ready to serve you. And don't forget about the Virtual Y.

## POLICIES & GUIDELINES

[ymcashr.org/page/ymca-policies-guidelines](http://ymcashr.org/page/ymca-policies-guidelines)

To ensure the safety and comfort of all our members, the staff and board of the YMCA of South Hampton Roads has implemented these policies and guidelines.



## FIND YOUR REASON TO GIVE. FIND YOUR Y.

We need your help to strengthen the foundations of community and provide everyone with opportunities they need to reach their full potential.



Please join us and make a gift today.

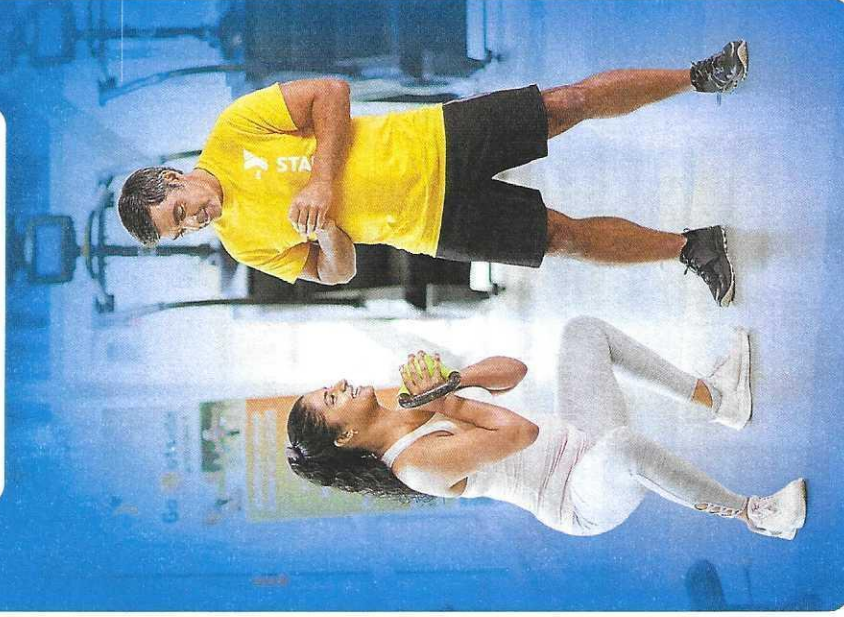
[ymcashr.org/give](http://ymcashr.org/give)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

(757) 624-9622 | [ymcashr.org](http://ymcashr.org)

WELCOME TO THE  
**YMCA OF SOUTH HAMPTON ROADS**



## NEW TO THE Y? START HERE

### Setup your account log-in

Here you will be able to log into your membership account, manage family members, reserve fitness classes, register for programs and more.

#### Computer

1. Go to [ymcashr.org](http://ymcashr.org)
2. In the top right corner click "My Account" then "Manage YMCA Account"
3. Click "Search for my account"
4. Enter your email address and click "Search"
5. Check your email for a password reset link and follow the prompts

#### Mobile Device

1. Go to [ymcashr.org](http://ymcashr.org)
2. In the top right corner click the person icon and then "Manage YMCA Account"
3. Scroll down and click "Search for My Account"
4. Enter your email address
5. Check your email for a password reset link and follow the prompts

## DOWNLOAD OUR APP

[ymcashr.org/blog/introducing-ymca-universal-app](http://ymcashr.org/blog/introducing-ymca-universal-app)

Download the YMCA Universal mobile app from your App Store. Once you select your preferred YMCA location, log in.



Search for YMCA Universal on your app store.



## WITHIN THE FIRST 7 DAYS

### 20/20 Referral Program

Were you referred? Submit your referral information now. You and your friend save 20% off your monthly membership dues.



[ymcashr.org/referafriend](http://ymcashr.org/referafriend)

### Register for Group-Ex classes

Reservations are required for all Group-Ex classes. Follow this QR code and select your location to see all the classes we have to offer.



### Pool Schedules

Take a look at our open swim times or reserve a lap lane here.



### Gymnasium Schedules

Pickleball, basketball and volleyball, we have it all at the Y. Check out our Gymnasium availability.



### Membership Add-ons

Get the most out of your membership. Add 24-hour access, Regymen, First Tee or locker rentals.



[ymcashr.org/page/membership-add-ons](http://ymcashr.org/page/membership-add-ons)

### Programs and Sports

The Y offers many different programs such as Drop-In Care and Before & After School care. We have sports, swim lessons, child & family programs, summer camp and so much more. You really have it all with the Y.

### Sports & Recreation [ymcashr.org/sports](http://ymcashr.org/sports)



### Swim Lessons [ymcashr.org/swim](http://ymcashr.org/swim)



### Child Care & Camps [ymcashr.org/childcare](http://ymcashr.org/childcare)



## WITHIN THE FIRST 45 DAYS

[ymcashr.org/personal-training](http://ymcashr.org/personal-training)

### Two Complimentary Personal Training Sessions

Get the right start and sign-up for your two free training sessions to work with a personal trainer. Sessions expire after 45 days.



### Purchase Personal Training Sessions

Personal training sessions are available as private sessions, partner sessions or in small groups, and can be delivered in person or virtually.

