

WORK WITH THE Y

ymcashr.org/jobs

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/dei

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

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

POLICIES & GUIDELINES

ymcashr.org/policies

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.

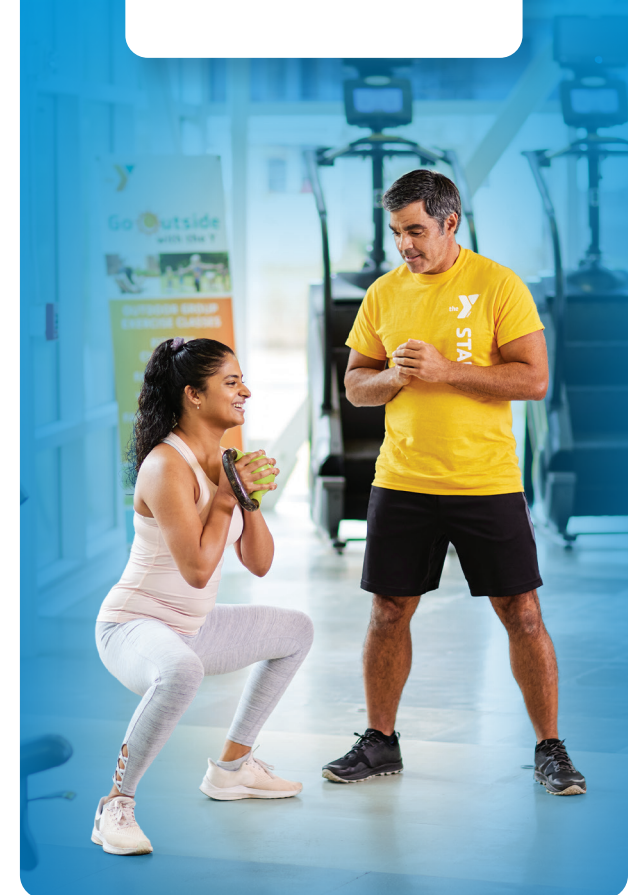
ymcashr.org/give



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

(757) 624-9622 | ymcashr.org

WELCOME TO THE YMCA OF SOUTH HAMPTON ROADS



NEW TO THE Y? START HERE

Set up your online account

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
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
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/app

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



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

Find Fitness Classes

Reservations are recommended to guarantee your spot. 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/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



Swim Lessons

ymcashr.org/swim



Child Care & Camps

ymcashr.org/childcare



WITHIN THE FIRST 45 DAYS

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 trainers. 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.

