



# WELCOME VETERANS

## CELEBRATING OUR VETERANS!

The YMCA has a long history of supporting military personnel and their families. **The MetroWest YMCA is pleased to announce a Military membership for Active Duty Military Personnel, Veterans and your families.** With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. We welcome you and your family to the MetroWest YMCA!

### A MetroWest YMCA Family Membership is packed with VALUE!

- Use of all YMCA's across the USA
- INCLUDED** 3 Get Started Sessions
- INCLUDED** over 70 different Group Exercise Classes; Zumba, TRX, Yoga, Pilates, Boot Camp, Strength Train Together, Insanity and more!
- INCLUDED** Childwatch while you work out (ages 2mos-10yrs)
- INCLUDED** Pre-School Open Gym
- INCLUDED** Teen Nights for youth in grades 5-8
- INCLUDED** Monthly Family Events & Activities
- Over 65+ hours of Lap Swim time
- Special Rates on **Parents Night Out & Family Parties**
- Member Rates** on Programs & Camps
- Family Open Swim & Family Open Gym time
- Member's Only Personal Training**
- Member's only priority registration dates
- INCLUDED** Access to the Family Outdoor Center & Activities – Family Open Climb, Open Ropes, Family Adventure Club, Hiking Trails & Summer Swim Club

*The Y enjoys helping people and believe finances should not be an obstacle to living a healthy lifestyle. The Y offers financial assistance which can be used to help cover the cost of YMCA membership and programs. Please visit our website at [metrowestymca.org/assist](http://metrowestymca.org/assist) to see if you qualify and for more information.*

## MILITARY MEMBERSHIP AT THE Y

Join the MetroWest YMCA and show your valid Military ID or DD214 form and receive your first month free. Veterans and Active Duty personnel also receive 10% off current membership rates. Must fill out membership forms and provide requested ID's at time of joining to receive deferred 30 day payment. The Military Membership is only to be used on Adult, Family and Senior membership categories, it is not valid on Youth/Teen Memberships. Please visit [metrowestymca.org/military](http://metrowestymca.org/military) for additional Military Outreach initiatives and services.

Name & Address \_\_\_\_\_

Email & Phone \_\_\_\_\_

Healthy Living Goals \_\_\_\_\_

Valid at the MetroWest YMCA, Framingham Branch, 280 Old Connecticut Path, Framingham MA 01701

Join online at [metrowestymca.org/jointoday](http://metrowestymca.org/jointoday)