



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TOGETHER, WE'RE BETTER

## YMCA Membership for Virginia state employees

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but in your community too.

For more information please contact Carol Zachary at (757) 638-9622 or [czachary@ymcashr.org](mailto:czachary@ymcashr.org).

### STATE EMPLOYEES SAVE ON MEMBERSHIP

Pay no joining fee, a savings of up to \$75

Please bring your state employee ID to the Taylor Bend Family YMCA when joining to receive this special offer.



Text **FREEWEEK** to 33733 to  
receive a one-week guest pass.

### TAYLOR BEND FAMILY YMCA

4626 Taylor Road, Chesapeake, VA 23321

P (757) 638-9622 W [www.ymcashr.org/taylor-bend](http://www.ymcashr.org/taylor-bend)

## YMCA membership benefits include:

- **Cardio equipment** with personal viewing screens (cable TV and MP3-player connectivity)
- **Group exercise classes** including Cycling, Zumba, Yoga, KettleWorX and Les Mills® BODYPUMP® offered each week at no extra cost
- **Free-weight center**
- **Saunas, steam rooms, hot tub**
- **Complimentary coffee** at the Y
- **Free babysitting** in Stay & Play while you are at the Y as well as complimentary **Parents' Night Out** each month (with family membership)
- Full access to **13 indoor pools** for laps, water exercise, recreational swim and inflatable water slides
- Unlimited summer use of **10 outdoor aquatic centers** with spray parks, water slides and more
- **Member discounts** on Swim Lessons, Sports, Child Care, Summer Camp and more
- **Out-of-town guests welcome** when accompanied by member. Contact Membership Director for details.
- **Y-Change program**, a six-week coach-guided journey toward a healthier lifestyle, included with membership
- **Free WiFi**

## Membership gives you unlimited access to all 18 family centers.

### CHESAPEAKE

**Great Bridge/Hickory Family YMCA**  
633 S. Battlefield Blvd. P 757 546 9622

**Greenbrier Family YMCA**  
1033 Greenbrier Pkwy. P 757 547 9622

**Greenbrier North YMCA  
Wellness & Racquetball Center**  
2100 Old Greenbrier Rd. P 757 366 9622

**Taylor Bend Family YMCA**  
4626 Taylor Rd. P 757 638 9622

### EASTERN SHORE

**Eastern Shore Family YMCA**  
26164 Lankford Hwy. P 757 787 5601

### FRANKLIN

**James L. Camp, Jr. Family YMCA**  
300 Crescent Dr. P 757 562 3491

### NORFOLK

**Blocker Norfolk Family YMCA**  
312 West Bute St. P 757 622 9622

**Dominion Tower YMCA**  
999 Waterside Dr., 4th Fl. P 757 627 4124

**The Y on Granby**  
2901 Granby Street P 757 965 2322

### NORTH CAROLINA

**Albemarle Family YMCA**  
1240 N. Road St. P 252 334 9622

**Currituck Family YMCA**  
130 Community Way P 252 453 9632

**Outer Banks Family YMCA**  
3000 South Croatan Hwy. P 252 449 8897

### PORTSMOUTH

**Effingham Street Family YMCA**  
1013 Effingham St. P 757 399 5511

### SUFFOLK

**Suffolk Family YMCA**  
2769 Godwin Blvd. P 757 934 9622

### VIRGINIA BEACH

**Hilltop Family YMCA**  
1536 Laskin Rd. P 757 422 3805

**Indian River Family YMCA**  
5660 Indian River Rd. P 757 366 0488

**Mt. Trashmore Family YMCA**  
4441 South Blvd. P 757 456 9622

**Princess Anne Family YMCA**  
2121 Landstown Road P 757 410 9557



## YMCA OF SOUTH HAMPTON ROADS

Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.