



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW MEMBER CHECKLIST

Now that you are a member of the YMCA, here are a few things to help you get the most out of your Y experience.



## Schedule a Tour (if you haven't had one yet)

Get familiar with your Y facility, programs and services and meet the people who will help you transform your life.



## Schedule your Y Wellness Consultation.

Work with a wellness consultant to identify your goals and create a SMART START plan tailored just for you. Be sure to make your appointment at the membership desk right away.



## Download Our Helpful Mobile App

Download our mobile app so you can scan into the Y with your app ID, view group fitness classes and add them to your personal calendar, get updates regarding schedule changes, view announcements and special offers, browse program classes by day or program type, share your fitness progress with friends on Facebook and Twitter and more!



## Schedule Follow Up Consultations

Track your progress, review your goals and see just how far you've come with the Y. Let us celebrate your successes with you and help you continue your health and wellness journey.



## Invite a Friend or Family Member

Find a fitness partner that will push you, boost your confidence and make exercising fun! Members can invite friends and family to try the Y for free. Limit 3 guest pass visits per year per guest.



## Get Connected and Stay Informed

Provide your email address to the membership desk to receive our monthly newsletter filled with helpful fitness and wellness information, upcoming events, staff and member spotlights, challenges, special opportunities and so much more. Be sure to like our Facebook page to stay informed.



## For Members Webpage

Bookmark our For Members webpage full of helpful information just for members including easy access to group fitness, open swim and gym schedules, online program guides, forms, events calendar, news and announcements, access to your Y online account and more! To access the For Members webpage go to our website and click on the orange "For Members" tab at the top of the page.



## Attend an Event

Each month we offer family friendly special events (most are free!) to our members where you can have fun being active and develop healthy habits, meet new people and spend quality time together as a family. Be sure to join us!



## Review Policies and Procedures

Review the Policies and Procedures packet provided in your New Member Welcome Kit. This packet provides you with important information regarding things like cancellation policies, membership dues payment, code of conduct and more. The most up to date policies and procedures can also be found on our website under the "Membership" section.

QUESTIONS? Contact the membership desk at: \_\_\_\_\_