



YMCA of  
Newfoundland and Labrador



bring a friend

★  
our  
**GIFT**  
to you

Working out with a friend is twice as fun.

During the month of December, as our gift to you, your friends\* can accompany you **free!**

***\*This free admission can only be used once per non YMCA member.***  
Available to individuals 15+, who have not redeemed free trials / passes within the past 3 months, and have not been a member within the past 6 months. Access to the General Change Room only. Photo ID is required for 16+ to access the facility. Terms and Conditions apply. This promotional offer is only available at participating YMCAs.

Ches Penney Family YMCA  
35 Ridge Road  
St. John's, NL A1A 5G6

Marystown YMCA  
255-263 McGettigan Blvd.  
Marystown, NL A0E 2M0

ymcanl.com  
CRA # 108225533RR0001