



# YMCA of Newfoundland and Labrador Organization Membership

Member Benefits	All Members	Your Organization Members
Access to any YMCA in Canada and participating International facilities	•	•
Drop-in group fitness classes and recreational sports	•	•
Child/youth specialty programs	•	•
Recreational gymnasium and swim times	•	•
Fitness orientations & beginner programs	•	•
Swim lessons (all ages)	•	•
Birthday parties and discounts for select YMCA courses	•	•
Child minding (included for family and child memberships)	•	•
Gymnasium, Walking Track and Conditioning Center	•	•
Fully accessible facility (elevator, ramps, push buttons)	•	•
Volunteer opportunities	•	•
Buy 6 get one FREE virtual personal training sessions year round (save \$40)		•
Additional 10% off Courses- First Aid, Fitness Certifications and more!		•
Additional 10% off Day Camps including Leadership Programs		•
Eat Plant Joy- self-serve online healthy eating program		•
Additional 10% off Meeting Room Rentals		•
4 Small Group* Lunch & Learn s Discounted Joiner Fee (\$10 off) sessions (*6-8 people) per calendar year. In person/virtual		•
Discounted Joiner Fee (\$10 off)		•

## The YMCA Organization Membership Advantage

- Organization member usage follow-up report available on request
- Option 1- Easy bi-weekly payments from your organization bank account or credit card
- Option 2- Easy bi-weekly payment from employee bank account or credit card and the organization reimburses the employee
- Convenient program and service registration through our Online Portal

Central Labrador YMCA  
709-896-YMCA (9622) or  
Carolyn.tyner@nl.ymca.ca

2 Corporal O'Quinn Blvd.,  
Happy Valley-Goose Bay,  
NL, A0P 1E0

### YMCA Media Mentors



The YMCA should be a part of your Employee Wellness Program.

Charitable Registration  
#108225533RR0001