

YMCA OF FLORIDA'S FIRST COAST

RECONNECT WITH A HEALTHIER YOU

NO JOINING FEE + 20% monthly discount on YMCA Memberships for City of Jacksonville employees

INCLUDED IN YOUR MEMBERSHIP:



Exclusive Rates

Save up to 50% on all programs and services like swim lessons, camp, personal training and more with our exclusive member-only rates.



KidZone

Complimentary on-site childcare while under the guidance of professional and friendly staff. KidZone is included with family memberships.



Unlimited Group Exercise

Designed for all levels and interests, take advantage of our unlimited offerings and discover your new favorite class.



FastForward Fitness

Our 90-day training and support program where you'll meet with a wellness coach to establish fitness levels and set up for success.



Nutrition Consultation

Reaching and maintaining a healthy weight is important for your overall health and well-being. Enjoy a FREE 30-minute consultation.



Access to YMCAs Nationwide

When you travel, you don't have to take a break from your workout routine. Your First Coast YMCA membership allows you access to hundreds of YMCAs across Florida and the U.S.

VIRTUAL Y MEMBER EXCLUSIVE

Group exercise has gone virtual, and you'll have the feel of being in class while in the comfort and convenience of your home. Take classes in real-time or rewatch them on demand. You can interact with and see your friends, compete for a top spot on the leaderboard, chat with the instructors and more. The best part? All of this is included in your Y membership. No extra fees, no hidden charges.

Uniform Package YOUTH SPORTS

Our youth sports programs keep kids active, teach friendly competition and introduce healthy practices for life. Soccer, basketball, flag football and volleyball are available with Household Memberships for a fee of up to \$45.00

More Options for Your Family:

- **Before & Afterschool Program** for extra care while you go to work
- **Summer Camps** are the best place for kids to connect, make new friends, try new things, and discover their potential. Register today, spots fill up fast!
- **Volunteer Opportunities** to give back and support your neighbors. Visit FCYMCA.org/volunteer to find opportunities near you.

ENJOY ONE WEEK ON US

Bring this flyer to any First Coast YMCA location and try the Y for free! Visit FCYMCA.org to find your Y and stop in for a tour. We can't wait to meet you!

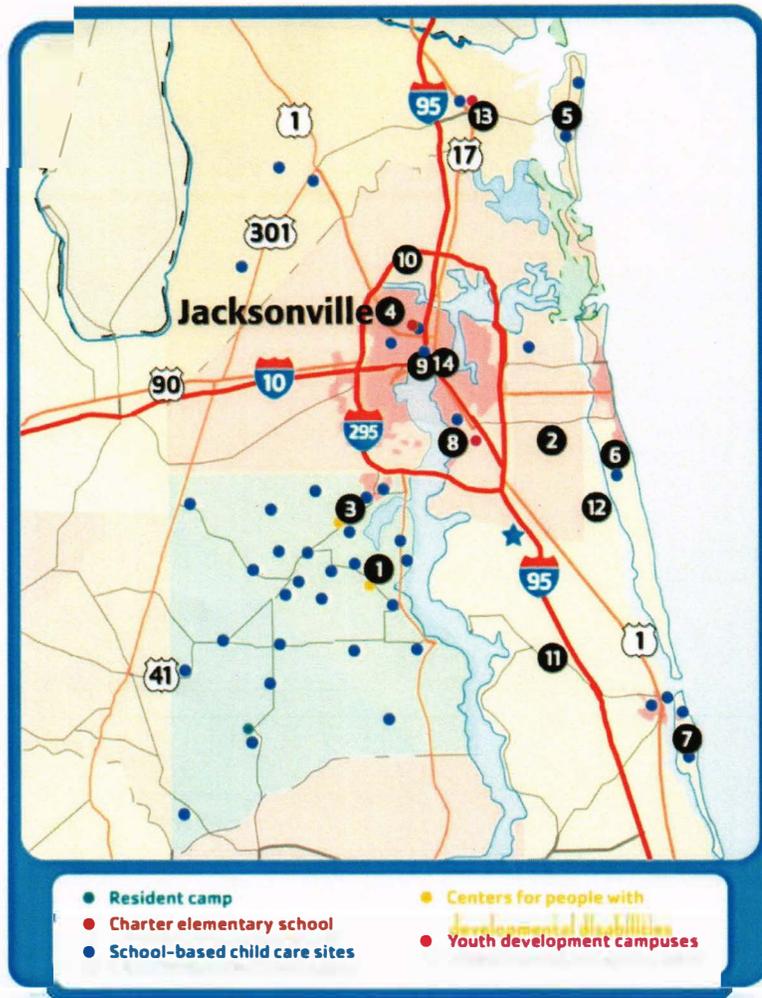
Offer Expires 12/31/23

For more info, contact
BECKY RICHMOND

Brichmond@fcymca.org | 904.265.1821

Bring your employee ID badge.
See our latest updates at FCYMCA.org

LOCATIONS



MEMBERSHIP TYPES

Teen (ages 12-19) Young
Adult (ages 20-29)

Adult (ages 30-64)
Senior (ages 65+)

Household 1

- One adult and any number of dependents
- Two adults and no dependents
- Two seniors and no dependents

Household 2

- Two adults and any number of dependents
- Two seniors and any number of dependents

Proof of residency is required for all individuals covered by household membership options. Dependents are defined as those who are claimed by the primary head of household on their tax returns.

OTHER GREAT BENEFITS

- › Unlimited group exercise classes
- › State-of-the-art strength and cardio equipment
- › Complimentary FastForward Fitness program
- › KidZone childcare while you work out
- › One free Parents' Night Out every month *With family memberships at participating locations
- › Community outreach & volunteer opportunities
- › Exclusive rates on youth sports, camp, swim lessons, fitness and nutrition services, chronic disease prevention and more!

At the Y, we make sure every child has a chance at a brighter future, provide opportunities for the young and the young at heart to achieve better health and well-being, and give everyone a place to belong, regardless of any financial barrier that may exist.

Stop by, give us a call or visit our website to learn about how you can give to the Y, volunteer in your community or become part of the family.

FCYMCA.org Download our mobile app



There's a Y near you:

- 1 BARCO-NEWTON FAMILY YMCA**
2075 Town Center Boulevard
Fleming Island, FL 32003
904.278.9622
 - 2 BROOKS FAMILY YMCA**
10423 Centurion Parkway North
Jacksonville, FL 32256
904.854.2000
 - 3 DYE CLAY FAMILY YMCA**
3322 Moody Avenue
Orange Park, FL 32065
904.272.4304
 - 4 JOHNSON FAMILY YMCA**
5700 Cleveland Road
Jacksonville, FL 32209
904.765.3589
 - 5 MCARTHUR FAMILY YMCA**
1915 Citrona Drive
Fernandina Beach, FL 32034
904.261.1080
 - 6 PONTE VEDRA YMCA**
170 Landrum Lane
Ponte Vedra Beach, FL 32082
904.543.9622
 - 7 ST. AUGUSTINE YMCA**
500 Pope Road
St. Augustine, FL 32080
904.471.9622
 - 8 WILLIAMS FAMILY YMCA**
10415 San Jose Boulevard
Jacksonville, FL 32257
904.292.1660
 - 9 WINSTON FAMILY YMCA**
221 Riverside Avenue
Jacksonville, FL 32202
904.355.1436
 - 10 YMCA AT BAPTIST NORTH**
11236 Baptist Health Drive
Jacksonville, FL 32218
904.592.9622
 - 11 YMCA AT FLAGLER HEALTH+ VILLAGE**
98 Turin Terrace
St. Augustine, FL 32092
904.500.9622
 - 12 YMCA AT NOCATEE**
884 Cross Town Drive
Ponte Vedra, FL 32081
904.671.9622
 - 13 YMCA AT WILDLIGHT**
251 Breezeway Street, Suite 120
Yulee, FL 32097
904.849.9622
 - 14 METROPOLITAN OFFICE**
40 East Adams Street, Suite 210
Jacksonville, FL 32202
904.265.1775
- COMING SOON:
★ PEYTON FAMILY YMCA

CONNECT WITH
@FirstCoastYMCA

