

What does this membership include?

Besides a community of people who you can relate to, this special membership gives you access to all the typical things that a Y membership offers, as well as:

- Access to paid and specialty programming for you, including several new classes we are debuting for this program, such as pre- and peri-natal barre and yoga classes
- Small-group training classes tailored to pre- and peri-natal women
- Water exercise classes
- Parent-child yoga classes
- Nutrition programming for both mother's and child's health
- Two 1-hour sessions with a personal trainer, one during pregnancy and one post-birth, to take some baseline assessments and help design your personal workout plan
- Structured workout plans and nutrition tips that you can do on your own time
- Monthly seminars on a variety of topics, from how to install a car seat to babyproofing your home, to workshops on topics like baby massages and lactation tips
- 1 session of parent-child swim lessons (must be used within 1 year of the child's birth)
- 1 session of Gym Dandy play group
- Access to our Child Watch and Amazing Kids rooms for 4 hours each day for unstructured mommy-and-me playgroup time - bring your non-member friends!
- 5 guest passes to give to your friends
- Stroller walking groups
- Other treats along the way!



GROWING FAMILY MEMBERSHIP

Farmington Valley YMCA

97 Salmon Brook Street
Granby, Connecticut 06035
860-653-5524

GHYMCA.org/growingfamily



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WE BUILD LIFELONG SUCCESS.

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What is the YMCA's Growing Family Membership?

It is a chance to engage, grow stronger, stay healthy, build relationships, and most importantly, bond with your child. We will support you through all the changes that are happening in your life. We hope you'll find your home-away-from-home at the Y and stay for life. As you and your new family grow, we will help you build lifelong success through programs like babysitting, safety around water, exercise, nutrition, and more.



Cost of this special membership:

\$125 per month, with a 15-month commitment to be a YMCA member.

A regular family membership with 2 adults at our YMCA costs \$96 per month, and all of these "specialty classes" are an additional charge, ranging from \$50-\$100 each per 7-week session.

Farmington Valley YMCA

Amenities & Facilities

- 4 hours of free babysitting per day
- 2 indoor pools: lap pool and warm water pool
- Hot tub, sauna, steam room, family and adult changing rooms
- Gymnasium with open court time and gymnastics center
- Wellness Center with state-of-the-art machines and weights
- Functional Training Room with specialty equipment
- 2 group exercise rooms and an activity center
- 50+ free group exercise classes each week included
- Rock climbing wall
- Facility rentals for birthday parties and events
- Outdoor facilities for camp, activities, archery and more
- Subway restaurant
- Membership to 5 other full facility YMCAs in Greater Hartford
- Member rates and priority registration for classes and programs
- Membership to YMCA Camp Chase, a camp and family outdoor center with an outdoor pool open Memorial Day Weekend-Labor Day Weekend

