



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPLOYEE WELLNESS WITH RESULTS

Corporate Membership Program | YMCA OF GREATER RICHMOND

Research shows that an effective wellness program can significantly impact a variety of health risk factors, including cholesterol, blood pressure, cardiovascular disease and obesity.

With a YMCA Corporate Membership, companies can provide their employees with a comprehensive wellness program, health education, and unprecedented savings on memberships, all of which can improve employee morale, absenteeism and productivity.

EMPLOYER BENEFITS

- › DECREASED ABSENTEEISM
- › REDUCED HEALTH CARE COSTS
- › IMPROVED PRODUCTIVITY AND MORALE
- › REDUCED INJURIES
- › INCREASED EMPLOYEE RETENTION



**TOGETHER.
THANKFUL.
THRIVING.**

JOIN TODAY

PAY NOTHING 'TIL 2026

**Take advantage
of this month's
JOIN NOW
PAY NOTHING
'TIL 2026
promotion!**



Your membership is honored at all of our 16 locations

ATLEE STATION • CHESTER • CHICKAHOMINY • DOWNTOWN • GOOCHLAND •
MIDLOTHIAN • MANCHESTER • NORTHSIDE • PETERSBURG • PATRICK HENRY •
POWHATAN • SHADY GROVE • SWIFT CREEK • TUCKAHOE • THORNTON
AQUATIC CENTER • 10TH STREET

YMCA Membership BENEFITS

The Y is so much more than just working out. Our mission is to help you and your family achieve your health and wellness goals, foster a sense of belonging and create opportunities to give back for a stronger community.

Y BENEFITS AND CLASSES



Health & Fitness

The Y offers a wide range of programs for every body type, fitness level and goal. With 17 locations across Greater Richmond, the Y has something for everyone, including:

- FREE Group Exercise Classes
- FREE Health Coaching
- FREE Wellness Challenges
- Small Group and Personal Training
- Nutrition Consultation



Swimming & Aquatics

Voted as the #1 swimming venue, the Y offers the perfect mix of indoor and outdoor pools. Our heated pools offer a variety of activities to help you stay active in the water, including:

- Swim Lessons
- Swim Team
- Lifeguard Certifications
- Saunas and Steam Rooms
- Lap Swimming
- FREE Water Fitness Classes
- Family Float Nights



Child Care

Voted Richmond's favorite after-school care program, the Y provides a safe, fun place for kids all year long. You can feel confident that your child is safe and well cared for by highly qualified staff.

- Before- and After-School Care with homework help, physical activities and enrichment play
- FREE Child Watch where children can enjoy fun and engaging activities while you swim, workout or use the facility



Youth & Family Programs

The Y offers an environment where youth learn positive behaviors and build healthy habits to last a lifetime.

- Youth Sports
- STEM programs
- Teen Leaders' Club
- Adventure Guides
- Family Events



Summer Day Camps

Voted the #1 Summer Day Camp several years in a row, the Y provides a great summer for kids to learn new things, meet new friends and make lasting memories.

- Traditional Full Day Camp
- Pre-School Camp
- Teen Leadership Programs
- Half Day Sports & Specialty Camps
- EveryBuddy Camp for children with special needs



Community Programs

The Y is a non-profit, cause-driven organization committed to strengthening the foundations of community. As part of our mission, we are open to all and provide opportunities for everyone in our community to thrive.

- Volunteer—Whether you are youth sports coach or a tutor, we need someone like you.
- Donate—Your financial support helps provides accessible memberships and programs, helping the Y promote equity and serve as a connector to the resources individuals and families need to thrive.

Membership Options

It is the mission of the YMCA to provide service for any person or family who desires to participate in the YMCA, regardless of the ability to pay the standard membership or program fee. Stop by a YMCA near you to see how we can help.

Family

\$76 month

3+ Individuals: Adults and any relatives living in the same household at the same address, up to a maximum of three adults over the age of 26.

*The YMCA of Greater Richmond has the right to confirm family membership status.

Adult

\$44 month

One individual between the ages of 30 and 64.

Adult +1

\$68 month

Two individuals, one of whom must be between the ages of 30 and 64, residing in the same household.

Senior

\$42 month

One individual age 65+.

Senior +1

\$65 month

Two individuals, one of whom must be age 65+, residing in the same household.

Teen

\$22 month

One individual between the ages of 11 and 18. A parent or guardian must be added to the membership account initially as the responsible party for the minor.

Young Adult

\$32 month

One individual between the ages of 19 and 29.

Young Adult +1

\$50 month

Two individuals, one of whom must be between the ages of 19 and 29, residing in the same household.