



Ches Penney Family Y - Membership Benefits

While many other fitness facilities provide comparable opportunities to patrons and/or members, the Ches Penney Family Y meets and exceeds the standards of others in the market and offers a wider variety of options and benefits. The following illustrates the value of Y membership when compared to other leisure activities as well as, perhaps less directly, to other health and fitness facilities.

Value for Your Dollar

- the monthly cost of a Y family membership is only slightly more than the cost of a family of five to enjoy ONE movie with snacks at a major theatre
- the monthly cost of a Y Adult Only membership is about as much as ONE evening of dining out for two

The Value of Qualified and Caring Staff

- staff and volunteers support members in their health and wellness goals because they care
- staff and volunteers love their work and this is demonstrated in all they do
- staff and volunteers are trained and certified making them experts in their field
- the Y offers volunteer leadership development for members who would like to foster individual growth in other aspects of their lives

Valued Community Charity

- the Y provides opportunities to all members of the community through the Y Financial Assistance Program
- assistance is supported by the annual YMCA Strong Kids Campaign so that "no one is turned away"
- the Y contributes to the community through its association with other charities

The Value of the Y's Mission

- YMCA-YWCA is a charity that provides opportunities for all to grow in spirit, mind, and body.
- Y staff strive to express the core character values in all they do – caring, honesty, respect, responsibility, inclusiveness and health
- the Y's relationship development concept can be seen in the quality of service and care demonstrated by Y staff and volunteers- they are not only certified and well-trained but are also caring and committed

- members can benefit from the strong sense of community fostered by the Y both among others with similar interests and as a part of the entire association
- members can give back to the community through various volunteer and philanthropic opportunities

Features

The Value of Y Full Service Facilities

- *We Like the Way you Roll* - Whichever way you roll we have space for you. 180 free parking spaces for convenient parking and dry bike parking.
- *Let's Learn Together*- Computer lab and classrooms are available for you to learn new skills, build a business or explore a new world online. Take advantage of our free employment and youth development programs. Visit our Youth Employment and Enterprise Centre.
- *Make a Splash*- Play pool and main pool for people of all abilities and ages. You can also relax after a long day in our whirlpool.
- *Food and Friends*- Healthy food grab it to go or stay in our café and relax with friends.
- *Lockers and More*- We have five types of change rooms all with in-floor heating. Adult Only change rooms offer: towel service, private sauna and internet service.
- *Get Your Game On*- With our full size gymnasium for basketball, badminton, volleyball, soccer, day camp, group fitness classes and more.
- *Go With the Flow*- Soft-floored fitness studio will help you keep your balance. We offer yoga, martial arts, cycle classes and much more.
- *Bring it On!* - Challenge a friend to a game of squash, racquetball or handball in one of our two courts. These courts will also be used for additional group fitness classes.
- *Work It!* - Over 5500 square feet of state of the art equipment to help you reach your strength and conditioning goals.
- *No Barriers!* - The Ches Penney Family Y has been designed with accessibility principles in mind.
- *A Day at the Park*- Whether you're a child of 5 or 75, you will love playing in our playground when it's not being used for licensed child care. Take a stroll on one of the Grand Concourse trails around the building.