



A BETTER YOU STARTS NOW

Your Membership. All Triangle YMCAs.

There are plenty of reasons to join the Y. Whether you're new to fitness, or looking for a friendly environment to maintain your routine, we've got you covered. When you join a YMCA branch, you get access to all Ys across the Triangle.

As a Y member, you can access our 16 membership branches, 300+ group fitness classes, pools, gyms, racquetball courts, state-of-the-art fitness equipment and more. All of this is supported by our great staff who are ready to help you get started.

Visit YMCATriangle.org or a location near you to learn more.

Visit any of our YMCA membership branches.

Wake County

1. A.E. Finley YMCA
2. Alexander Family YMCA
3. Poyner YMCA
4. Kerr Family YMCA
5. Taylor Family YMCA
6. Kraft Family YMCA
7. Poole Family YMCA
8. YMCA at Knightdale Station
9. Northwest Cary YMCA

Durham County

10. Downtown Durham YMCA
11. Lakewood YMCA
12. YMCA at American Tobacco
13. Hope Valley Farms YMCA

Lee County

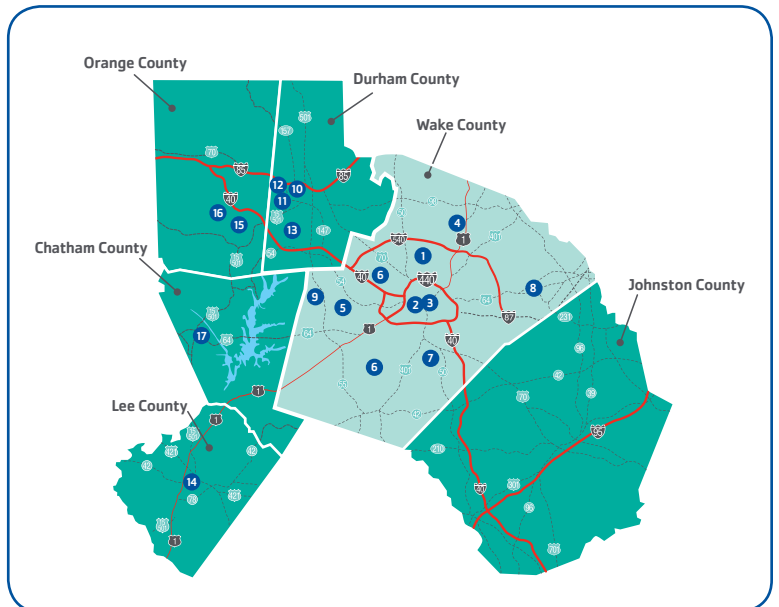
14. Ingram Family YMCA

Orange County

15. Chapel Hill - Carrboro YMCA
16. YMCA at Meadowmont

Chatham County

17. Chatham YMCA



YMCA of the Triangle membership includes access to all YMCAs in the U.S.

YMCA OF THE TRIANGLE

YMCATriangle.org

The Y. For a better us.™

Visit YMCATriangleRegister.org to register for programs, join online or access your YMCA online account.

With 16 membership branches at convenient locations across the Triangle, we've got your fitness needs covered. Here are just a few of the many amenities available to YMCA members.

AMENITIES

	A.E. Finley YMCA	Alexander Family YMCA	Chapel Hill-Carrboro YMCA	Chatham YMCA	Downtown Durham YMCA	Hope Valley Farms YMCA	Ingram Family YMCA	Kerr Family YMCA	Kraft Family YMCA	Lakewood YMCA	Northwest Cary YMCA	Poole Family YMCA	Poyner YMCA	Taylor Family YMCA	YMCA at American Tobacco	YMCA at Knightdale Station	YMCA at Meadowmont
Basketball Courts	•	•	•		•			•	•		•	•		•			
Cardio Equipment	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
Climbing Wall								•									
Cycle Classes	•	•	•		•	•	•	•	•		•	•	•	•	•		
Drop-in Child Care/Nursery	•	•	•	•	•	•	•	•	•	•	•	•		•			
Free Weights	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
Group Fitness Classes	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
Gymnasium	•	•	•		•			•	•		•	•		•			
Indoor Pool	•	•	•		•		•	•						•*			
Indoor Track/Sprint Track	•	•	•		•			•	•		•	•	•	•			
Locker Rooms	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Outdoor Pool	•					•		•	•		•	•		•		•	•
Racquetball Courts		•	•				•	•		•				•			
Sauna	•	•	•		•			•	•	•	•	•	•	•	•		
Sprayground/Toddler Pool	•					•		•	•			•		•		•	•
Steam Room	•	•	•		•			•	•	•	•	•		•			
Strength Training Equipment	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		
Tennis Courts						•								•			
Yoga & Pilates Classes	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		

* Only in the winter.

Y members also enjoy:

- Early registration
- Discounts on YMCA programs and services
- A complimentary Fitness Consultation
- Supportive staff and services
- Access to all YMCAs in the U.S.

YMCA OF THE TRIANGLE
YMCATriangle.org

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.