

It's easy to accomplish your wellness goals at the Y! Our Child Watch program allows you to work out with peace of mind knowing that your children are close by and cared for by our dedicated staff. There is no fee for family members.

**CHILD WATCH**

Tue. / Thur. / Sat. morning - 9:00am - 11:00am  
Mon. / Tue. / Wed. / Thur. evening - 5:15pm - 7:00pm

**Registration is required**

Healthy lifestyles are achieved through nurturing mind, body and spirit with wellness and fitness opportunities at the Holyoke YMCA. We have programs to get you started, stay motivated, and those that help provide rehabilitation and manage chronic conditions.



From childcare services to wellness initiatives, the YMCA meets crucial needs of the community. Each year the Y raises funds to ensure that our members and program participants are not turned away due to an inability to pay in full for programs and services. Discover how to help at

[holyokeymca.org/donate](http://holyokeymca.org/donate)



Y members now have the added value of visiting Ys across the United States, Hawaii and Puerto Rico! Reach your health and wellness goals wherever you are! Nationwide Membership is an essential part of our cause to strengthen communities.



the   
**NEW MEMBER RESOURCE GUIDE**

[holyokeymca.org](http://holyokeymca.org)

NATIONWIDE

CHILD WATCH

HEALTHY LIVING

GET INVOLVED  
GIVE &

JOIN

CONTACT

PROGRAMS

MEMBER REFERRAL

Refer a friend or family member and get a \$25 Visa gift card! As a member, your guest privileges enable you to workout with a buddy, or introduce a family member or friend to all the Y has to offer. So bring a guest and share your Y experience!



Engaging enrichment and sports classes, swim classes and special events for all ages! Family members receive priority registration and generous discounts off youth and adult programs, birthday parties and summer program.

When you join the Y, you become part of a community of people dedicated to improving the health and quality of life for themselves, their families and neighbors.

Scholarship/financial assistance makes the Y affordable and accessible to all. Join the Y today. It just may change your life. You can explore membership options at

[holyokeymca.org/membership](http://holyokeymca.org/membership)

Many health insurance plans include coverage for YMCA memberships, often providing either full access at no cost or partial reimbursement.

**GREATER HOLYOKE YMCA**

171 Pine Street  
Holyoke, MA 01040  
413.534.5631

**HOURS OF OPERATION:**

**Mon. - Fri. 5:30am - 8:30pm**

**Sat. 7:00am - 3:00pm**

**Sun. 10:00am - 2:00pm**

