

NEW MEMBER SERVICES AND PROGRAMS!

New Member Orientations offered: All members receive a free orientation of the fitness machines and cardio equipment. Contact the front desk for days and times.

QuickStart Tennis: For 5-8 year old boys and girls.
Check out the Youth Sports section for information.

Youth Football Camps: For 3-7 graders.

Athletic Performance Enhancement Camp- For 6-9 graders. Emphasizes speed, agility, flexibility and more!
Check out the Youth Sports section for information.

Summer Youth Fitness Camp - Proper Strength Training, Pilates, Stretching and more for ages 8, 9 and 10.
Check out the Health & Wellness section for information.

7/8 Graders Summer Shape Up Class - Combination Cardio/Strength Check out the Health & Wellness section for information.

New Armed Forces Membership Program - You could get you family membership paid if you qualify. Contact Carmen for information..



If there is anything that we can do for members not currently offered please contact DeWayne at 224-1683 or dewayne@oaheymca.org. We are here to serve you!

www.oaheymca.org

YMCA WEBSITE MORE THAN JUST PROGRAM INFORMATION AND SCHEDULES!

Special Health & Wellness and Family Information is available at our website, www.oaheymca.org. Downloads are available on many different subjects at no cost to you. See pictures of programs, check out YMCA facts and history, register for a class or just find out when the pool is open all on our website. Information is being changed and added on a regular basis.

SPECIAL EVENT INFORMATION - Get information on special events both YMCA and Community Events by visiting our website.

Interested in doing some volunteer work? Belong to a group that requires volunteer time? The YMCA has many volunteer opportunities through out the year.

Call DeWayne at 224-1683 or email at

dewayne@oaheymca.org for more information.

You won't regret it!

Y VOLUNTEERS™

We build strong kids, strong families, strong communities.

