

# FAMILY **Plus** Membership



## Statistics show that **"A Family That Plays Together, Stays Together"**

Everyone's got an agenda to follow, from baby on up. Despite the hectic pace, it's important for families to make an effort to have fun together. Busy families often struggle to find time they can spend together, but this is as important as ever for your family's good health in the broadest sense. Day-to-day windows of time spent together are building blocks for communication and support through life's ups and downs. Family time is one of the best possible investments you can make in your child's healthy development.

## That's where your YMCA Family **Plus** Membership comes in !

The many benefits of our **Family Plus Membership** include unlimited use of the facility, a wide array of programs for youth and adults of all ages and the use of our gym for recreational sports like basketball and badminton.

Your kids won't want to miss out on our Club Y which is included when you sign up for **Family Plus Membership**. Hip Hop, Introduction to Gymnastics, Ballet, Judo, Karate, Arts N' Crafts, Afterschool Tutoring are just a few of the benefits of joining our family. We also hold a variety of special family events throughout the seasons; including YMCA Healthy Kids Day, Fall Musical Festival and our Holiday Santa Fest.

**Family Plus Membership** consists of a maximum of two adults and/or dependent children 22 years and under, living in the same household.

**Financial Assistance** is available for families who are unable to afford program fees. Please contact Ed Gredvig at (818) 240-4130 or [egredvig@glenymca.org](mailto:egredvig@glenymca.org); to find out more about the Glendale Family YMCA.

