

YMCA of Abilene

10 Ways to Maximize your YMCA Experience

- 1. Help your child build character and good health – Join a Youth Sports league and the YMCA Swim Team**
- 2. Dance your pounds away – participate in a Zumba class today!**
- 3. Enjoy family swim time – no sun block required!**
- 4. Losers have more fun! – measure your progress; schedule a FitStart session today!**
- 5. Fun and fat free – enroll your child in KidzFit.**
- 6. It is so much fun, your child won't want to go home – YMCA Child Care.**
- 7. Hit the courts with your friends – Racquetball and Basketball are the games.**
- 8. Give your workout a boost – sign up with your Personal Trainer today.**
- 9. The perfect end to your workout – relax in our saunas and hot tubs.**
- 10. Be a good citizen within your community by giving your time away – volunteer at the YMCA!**

We build strong Kids, strong Families, and strong Communities