



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME

THE ESSENCE OF THE Y

With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the YMCA OF EAST TENNESSEE is a **NONPROFIT ORGANIZATION** that ensures every individual has access to the essentials needed to learn, grow, and thrive.

WE'RE MORE THAN A GYM. WE'RE A CAUSE.

The Y welcomes all who wish to participate and believes that no one should be denied access to the Y based on their inability to pay. Through our **ANNUAL CAMPAIGN**, the YMCA OF EAST TENNESSEE provides assistance to youth, adults, and families based on individual needs and circumstances.

SMARTSTART & PERSONAL TRAINING

Our certified wellness staff is dedicated to helping you reach your goals. Included in all of our memberships is free access to **ACTIVTRAX**, a customized workout plan and nutrition tool based on your wants, needs, and goals. Members who get started in ActivTrax in their first two weeks are six times more likely to achieve their goals. Ready for more? Set up one-on-one **PERSONAL TRAINING** sessions to motivate and challenge you.

WELLNESS IN THE WORKPLACE

Wellness in the Workplace creates a partnership between a company, its employees, and the Y for a lower membership fee. Enjoy all the benefits of being a Y member while working towards a healthier spirit, mind, and body.

CONNECT WITH US



www.ymcaknoxville.org



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA OF EAST TENNESSEE

BOB TEMPLE
NORTH SIDE YMCA
7609 Maynardville Pike
Knoxville, TN 37938
865-922-9622

CHARLES WARNER
CANSLER
FAMILY YMCA
616 Jessamine Street
Knoxville, TN 37917
865-637-9622

DAVIS FAMILY YMCA
at Jefferson Park
12133 S. Northshore Dr.
Knoxville, TN 37922
865-777-9622

LINDSAY YOUNG
DOWNTOWN YMCA
605 W. Clinch Avenue
Knoxville, TN 37902
865-522-9622

WEST SIDE FAMILY YMCA
400 N. Winston Road
Knoxville, TN 37909
865-690-9622

Location & Hours

CANSLER

Mon – Fri..... 5:30 am – 9 pm
Sat..... 8 am – 6 pm
Sun..... 12 pm – 5 pm

DOWNTOWN

Mon – Fri..... 5:30 am – 9 pm
Sat..... 7 am – 6 pm
Sun..... 12 pm – 5 pm

DAVIS

Mon – Thurs 5 am – 10 pm
Fri..... 5 am – 9 pm
Sat..... 7 am – 6 pm
Sun..... 1 pm – 6 pm

NORTH SIDE

Mon – Fri..... 5:30 am – 10 pm
Sat..... 8 am – 6 pm
Sun..... 1 pm – 6 pm

WEST SIDE

Mon – Fri..... 5 am – 10 pm
Sat..... 7 am – 6 pm
Sun..... 1 pm – 6 pm

*Some facilities have special winter hours. Call your branch for details.

Membership Rates

	<u>Monthly</u>	<u>Semi-Annual</u>	<u>Annual</u>	<u>Joining Fee</u>
Youth	\$26	\$156	\$312	\$30
Student	\$32	\$192	\$384	\$30
Adult	\$51	\$306	\$612	\$30
Household	\$75	\$450	\$900	\$30
Single Parent Household	\$63	\$378	\$756	\$30
Sr. Adult (65+)	\$44	\$264	\$528	\$30
Sr. Household (65+)	\$67	\$402	\$804	\$30

Conditions of Membership

- Presentation of membership card at the courtesy counter is required.
- Membership privileges and cards are not transferable.
- Membership dues, program fees and joining fees subject to change.
- Lost card replacement fee is \$1.00
- The YMCA reserves the right to revoke any membership.
- Guests of members are required to pay the guest fee.
- No Cancellation Penalty

• No contracts

Scholarships Available

Payment Options

- Monthly Bank Draft
- Quarterly
- Semi-Annual
- Annual
- Corporate membership rates available



www.ymcaknoxville.org