



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE ADULT OPEN HOUSE & WELCOMING WEEK

SEPTEMBER 13-24

LAKELAND HILLS FAMILY YMCA

Try the Y for free for one week (7 consecutive days) beginning September 13!

Did you KNOW?

This is all **INCLUDED** in your membership!

- Health & Fitness Training Center
- Indoor 6-Lane Heated Swimming Pool
- Over 90 Weekly Fitness Classes all included in your membership
- Aquatic Exercise Classes
- Locker Rooms
- Fitness Studio
- Regulation-Sized Gymnasium
- Supervised Kids Zone
- And much more!

Bring your friends, bring your family, bring your neighbors! We also have an onsite **Early Childhood Learning Center** for children ages 2½ - 5 with:

Full Day (with lunch!) • Partial Day • **NEW** Flex Day Options AND coming soon - **INFANTCARE!** Contact April: AprilR@Lhymca.com for more info.



LAKELAND HILLS FAMILY YMCA
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