



# WELCOME to the Y in Central Maryland!



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

A charitable, cause-driven organization working for community well-being. The Y.™ For a better us.



## Notes

My Home Family Center:

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Phone:

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Membership Director:

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Membership  
Type/Draft Amount:

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Initial FitQuest  
Appointment:

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Dear Y member,

Thank you for choosing to join the Y and welcome to our very special community! As I hope you recognize, the Y is so much more than a place that has great, state-of-the-art fitness equipment, though we are that to be sure. We are also a true community and a mission-driven, charitable organization grounded in the fundamental values of civility: caring, honesty, respect and responsibility.

Our work embraces all dimensions of well-being at both the individual and community levels, so we look at Y membership as just the beginning of what we hope will be a sustained and fulfilling experience for you. It is both a great way to stay active, and a door to a greater sense of meaning and connectedness in life. That's why we offer hundreds of group exercise classes, but also intentionally facilitate social opportunities for your family and friends. It's why we have created Healthy Living Partnerships, which enable people to have a sense of "agency" over their own health. Our Open Doors financial assistance helps us assure belonging for all. Our robust member volunteerism program makes our community a better place, while also enabling greater purpose for volunteers.

Y membership is a very large portal which enables all this and more. We welcome you and invite you to get more deeply involved with us in whatever ways suit your interests and needs.

Thank you again for choosing to be a part of the Y in Central Maryland.

All the best—



John K. Hoey  
President & CEO



## Member Benefits



A Y membership gives you and your family access to myriad health and well-being opportunities, youth development programs, and ways to connect with, and help strengthen, your community.

Here are just a few benefits that are included with your membership.





# Member Benefits: All Included

## One Membership, Multiple Ys

When you purchase a Y membership, you instantly have access to multiple Y locations locally and nationwide:

- **Central Maryland:**

Your association-wide membership gives you unlimited use of Y Centers in Central Maryland. See page 9 for a snapshot of what's offered at each location.

- **State of Maryland:**

All association-wide Y members now have full membership benefits at all Ys across the state!

- **Across the nation:**

Joining the Y means joining a national movement with access to more than 2,400 Ys. Please call the Y Center you plan to visit for more information regarding visiting member policies.

## Top Notch Amenities

Make use of our fully equipped, state-of-the-art fitness floors, swim in our pools, scale the rock climbing wall, enjoy a pick-up game in the gym and more.

## Hundreds of Group Exercise Classes

We offer certified, instructor-led group exercise classes for all ages, levels and interests. From low impact exercise to indoor cycling, yoga and boot camp, you'll find classes that are fun, supportive and motivating.

## Water Exercise Classes

Enjoy several water fitness classes for those who prefer to strengthen their body while going easy on the joints.

## Supervised Stay & Play

Y associates provide supervised fun in our Stay & Play activity rooms where children ages 6 weeks – 10 years enjoy hands-on fun and games while you exercise. *(Family membership holders)*

## Funshops

Funshops are instructor-led group activities for children ages 8-12. While you exercise, your kids can participate in fun and creative activities.

## Refreshing Pools

Enjoy our various lap and family pools – some even equipped with tipping buckets and waterslides for a fun water experience!

## Parent's Night Out

Finding time for yourself can be difficult. That's why we offer complimentary Parent's Night Out events. Register your child and drop them off at the Y for fun games and activities, while you enjoy a little "me time!"

## Leaders Club

Leaders Club is for teens ages 12-18 who have a passion for doing good and want to get involved in their community. Meet other energetic teens as you complete volunteer service projects, develop leadership skills, attend rallies and more.

## Family Rooms

Enjoy fun games like foosball, air hockey and ping pong, along with board games, computers and books. Lounge comfortably and let the fun happen naturally!

## Family Fun Events

Our complimentary family events are fun for everyone! Enjoy fun themes, games, crafts and more!

## Special Low Member Rates

In addition to our multitude of classes that are included with your membership at no extra cost, Y members also enjoy reduced rates on all fee-based programs including camp, swim lessons and more.

## Priority Registration

Y members have the flexibility and convenience of registering for any available fee-based program (such as swim lessons) up to six months in advance of the program start date.





## Healthy Living



Healthy living is about achieving a total state of well-being. That's why in addition to state-of-the-art equipment, classes and Y Centers, we take great care to provide Y experiences that boost mental, social, emotional and community health as well.

We hope your Y experience impacts your total quality of life: spending time with family, helping others, learning new skills, improving your health. So, introduce yourself to the person next to you, get involved in a Y volunteer program, challenge your child to a ping pong game... enjoy your time at the Y and embrace a new approach to healthy living.



# Healthy Living

## Introducing Y FitQuest

Y FitQuest is a personalized fitness program tailored to meet your specific needs through customizable exercise programs, online fitness and nutrition tools, the ability to automatically track your activity, and more.

### FitQuest Orientation Powered by ActivTrax

Y Fitness Coaches will guide you through a FitQuest orientation which includes goal setting, a strength evaluation, equipment review, an introductory session with a Y Personal Trainer, and set up of your profile and login for our integrated exercise tracking tool, ActiveTrax.

Contact your Y Center and schedule your FitQuest orientation today!

### Group Exercise

Choose from hundreds of exercise classes to help increase cardio, strength, flexibility, endurance, mind/body wellness and more. All classes are led by certified fitness instructors.

### Personal Training

Personal Training is fun and affordable at the Y!

- **One-on-One**

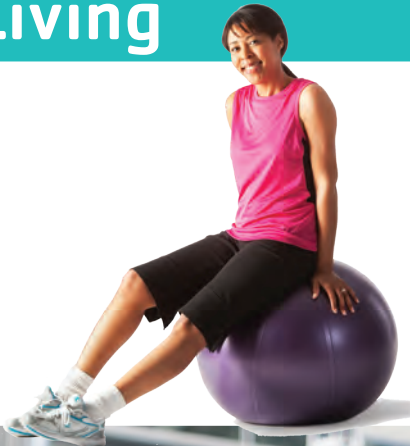
Y Personal Trainers are certified fitness professionals expert at motivating and challenging you by designing effective health and wellness routines tailored to your individual needs.

- **Partner Training**

You and a friend can work with a certified Y Personal Trainer to meet your health and wellness goals together.

- **Small Group Training**

Enjoy a small group exercise environment (6-8 people) that still allows for individualized attention; led by a certified Y Personal Trainer.





# Youth Development



## There's no shortage of fun at the Y!

Reach new heights on our climbing walls, splash in our pools, play and run with your kids during family gym time, kick back and relax in our family rooms, enjoy a game of foosball or air hockey, check out our themed family fun events, and more!

But the fun doesn't stop there—check out our great youth programs too!

### Swim Lessons

Our certified swim instructors teach progressive swim lessons for beginner to advanced swimmers. From parent/child lessons to adult lessons, we focus on developing strong, confident swimmers while being safe in the water.

### Youth Sports

Youth sports programs aim to build strong fundamentals, skills, physical activity, and a love of sports. We offer a wide array of sports including basketball, soccer, and sports mix to name a few.

### More Youth Programs

From karate to ballet to Zumba Kids, we offer lots of programs for kids to stay active and healthy. Contact your Center to find out all that's available at your Y or visit [ymaryland.org](http://ymaryland.org).







# Youth Development

## Preschool & Head Start

Y Preschool and Head Start programs focus on school-readiness and fun. Our certified teachers combine a safe and happy educational environment with a curriculum designed to prepare children for success in kindergarten and beyond. For details, go to [ymaryland.org](http://ymaryland.org) and select PROGRAMS.

## Before & After School Enrichment

Y Before & After School Enrichment programs are conveniently located in schools all over central Maryland. Children enjoy fun, healthy activity choices to balance a rigorous school day. Full-time enrollment includes a complimentary Y Family Membership. For details, go to [ymaryland.org](http://ymaryland.org) and select PROGRAMS.

## Camp

Choose from a variety of camp options including day and overnight camp and sports, science and art camps.

Our outdoor adventure camps at Camp Spencer and Camp Puh'tok feature unique activities such as archery, canoeing, hiking and horseback riding. For details, go to [ymaryland.org](http://ymaryland.org) and select PROGRAMS.

## Youth and Government

The Y Youth & Government program gives teens the opportunity to serve as part of a youth-run, youth-led model government process. Youth & Government develops a strong sense of community and leadership in teens across Maryland. For details, go to [ymaryland.org/mdyangd](http://ymaryland.org/mdyangd)



# Social Responsibility



## Our Values

The Y is a place for everyone. People of all races, ages, faiths, genders, abilities, backgrounds and income are welcome. Our programs and services are infused with four positive character values: caring, honesty, respect and responsibility. We are committed to challenging our members, volunteers, associates and communities to demonstrate these values in all they do.

## Volunteering

Volunteers are critical to our mission and central to all we do. There are many ways to get involved:

- **Togetherhood** - member-led community service
- **Mentoring**
- **Community Leadership Boards**
- **Corporate Volunteers**
- **Special Event Volunteers**
- **Program Volunteers**

To make a difference in your community, please contact [volunteer@ymaryland.org](mailto:volunteer@ymaryland.org).

For more information about Y volunteer opportunities, please visit [ymaryland.org](http://ymaryland.org) and select VOLUNTEER.

## Y Campaign For a Better Us

As a cause-driven, charitable organization we value the practice of inclusion for all, regardless of economic circumstance. Our mission compels us to find ways to remove income as a barrier to provide children and families in need with quality, enriching Y programs. Through our *Y Campaign For a Better Us*, we raise funds to provide financial assistance to families and children living at or below the Federal Poverty Line who cannot afford a Y experience. Give if you can. Ask for help if you need it. **Learn more at [ymaryland.org](http://ymaryland.org).**

## Send a Kid to Camp

The Y's Send a Kid to Camp campaign gives children in need a wonderful camp experience their families couldn't otherwise afford. Every child deserves a chance to succeed, regardless of their family's financial ability. **Please help send a kid to camp this summer at [ymaryland.org](http://ymaryland.org).**

## Turkey Trot Charity 5K

The Y's annual Turkey Trot Charity 5K is a premier holiday event in Maryland. It's an opportunity for families, friends and neighbors to do something active, healthy and good on Thanksgiving morning. Proceeds go to the *Y Campaign For a Better Us* to give children and families living at or below the Federal Poverty Line meaningful Y experiences they otherwise could not afford.

For more information visit [ymdturkeytrot.org](http://ymdturkeytrot.org).



# Well-Being 2.0

There are so many dimensions of well-being. Service to others, family involvement, and team and community building are huge aspects of what make up a healthy, well-rounded and satisfying life for you, your family and co-workers. Here are more ways we help you do that.

## Corporate and Individual Volunteerism

Volunteering is good for the soul and for the community. We offer robust volunteer opportunities for individuals and corporate groups:

- Day long group service projects
- Y Togetherhood: Y member-led community service
- Mentoring Opportunities:
  - One-on-one or in groups at the Y
  - Workplace Mentoring: We bring the kids to your company for site-based mentoring at your place of work, or facilitate employee mentoring of children in nearby schools.

For more information on volunteer opportunities, please contact [volunteer@ymaryland.org](mailto:volunteer@ymaryland.org).





# Well-Being 2.0

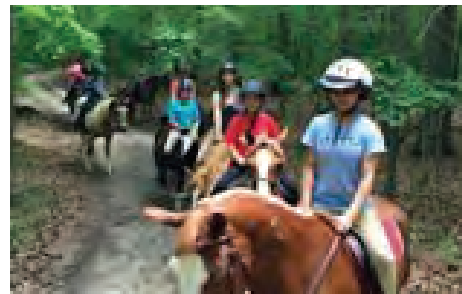


## Camping, Conferences, Retreats and Environmental Education

The Y in Central Maryland offers 267 acres of beautiful campgrounds across two locations: Y Camp Puh'tok in Baltimore County and Y Camp Spencer in Harford County. Ask us about environmental, team building and conference experiences for your family, school or company.

## Capabilities for Small and Large Groups

- Conference and retreat facilities with catering
- Team building
- Environmental studies and nature trails
- Horseback riding and boating
- Outdoor challenge courses
- Family camping, family reunions





# Well-Being 2.0



## Sponsorships

Event and program sponsorship tell your community and your employees that your company is engaged and involved in social responsibility. Sponsorship of our annual Turkey Trot Charity 5K is one very concrete way to show your support. Another is through our Healthy Living Partnerships, which support specific Y programs aligned with your company's mission. All proceeds benefit the Y's charitable mission.

For more information, contact Ruth Heltne at [ruthheltne@ymaryland.org](mailto:ruthheltne@ymaryland.org).

## Corporate Memberships

It's well known that regular exercise reduces many risk factors associated with disease and helps people feel happier and more productive. Progressive, forward-thinking companies recognize this and seek out ways to invest in their employees' health and happiness, all while increasing morale, productivity, and even potentially reducing healthcare costs.

The Y offers a corporate membership program for companies with employee groups of 10 or more.

For more information, contact Ryan Gadow at [ryangadow@ymaryland.org](mailto:ryangadow@ymaryland.org).

# General Guidelines for a Positive Y Experience

Below is a partial list of general guidelines to make the most of your visits to the Y. For complete guidelines, please refer to your **New Member Handbook** located online at [ymaryland.org](http://ymaryland.org).

## Guests

We encourage our members to introduce the Y to their family and friends. Please ask a Membership Associate for our Guest Guidelines.

## Online Account Access

Y members have the convenience of setting up and managing their Y account online from [ymaryland.org/myaccount](http://ymaryland.org/myaccount).

Some benefits of managing your account online include faster and easier program registration, update/change account information, pay account balances, schedule payments, view/print receipts for previous charges and more.

## Fitness Center Use

Children age 8-12 may use the cardio equipment provided:

1. Equipment fits properly
2. The child meets the minimum height requirements (52" to use treadmills and rower machines, 58" to use other cardio equipment)
3. The child is directly supervised by a parent/guardian
4. The child successfully completes Kids Cardio class (indicated by yellow wristband)

Youth age 13-15 may use the cardio and strength equipment (but not free weights) provided they have taken Teen Quest (indicated by blue wristband). If Teen Quest has not been taken, only cardio equipment may be used after completion of Kids Cardio class (indicated by a yellow wristband).

## Pool Use

A shallow and/or deep water swim test is required for anyone under the age of 17. Everyone must follow the instructions of our lifeguards and Y associates.

- Children age 7 and under must be directly supervised by a parent/guardian who is actively engaged in the water with them
- Children age 8-9 must be directly supervised by a parent/guardian who is on the pool deck
- Children age 10-12 may be in the pool without a parent/guardian (parent/guardian must remain in the Center)

## Stay & Play

This complimentary service is available to children age 6 weeks – 10 years who are part of a Y Family Membership. Parents participating in activities in the Center are permitted to leave their child(ren) in Stay & Play for a maximum of 1½ hours while in the center. Photo ID is required when using Stay & Play.

## Inclement Weather/Cancellation Announcements

All unplanned closings, delays and cancellation announcements will be made via our text alert system. We strongly recommend that all Y members sign up for text alerts. You can sign up for alerts that impact an entire Center or a specific program. Set your alert preferences at [ymaryland.org/alerts](http://ymaryland.org/alerts).

These announcements will also be posted on your Y's Facebook page. Join your Y page by going to [ymaryland.org](http://ymaryland.org), select your Y location and click "Join Us on Facebook".

**Get more details about these and other member guidelines in the New Member Handbook, located online at [ymaryland.org](http://ymaryland.org).**



# Stay Active and Healthy

Center Amenities	AR	CT	DA	DH	DU	HL	OR	PA	PK	PH	RN	WD	WB
Lap Pool	*	*	*	*	*	*	*	*	*		*	*	*
Family Fun Pool			*				*	*				*	
Multipurpose Pool	*		*					*					
Outdoor Pools	*							*					
Splash Pad	*					*		*					
Sauna	*		*				*	*					*
State of the Art Fitness Center	*	*	*	*		*	*	*	*	*		*	*
Cardio Equipment with Personal TV Monitors	*	*	*	*		*	*	*	*	*		*	*
Expresso Bikes	*	*	*	*		*	*	*	*			*	*
Cybox Strength Equipment	*	*	*	*		*	*	*	*	*		*	*
TRX Strength Equipment	*	*	*			*		*	*	*			
Gravity Strength Equipment	*						*	*					
Free Weights	*	*	*	*		*	*	*	*	*		*	*
Group Exercise Studio	*	*	*	*		*	*	*	*	*		*	*
Cycle Studio	*	*	*	*		*	OR	*	*	PH		*	*
Multipurpose Room	*	*	*	*		*	*	*	*	*		*	*
Family Room/Space	*	*	*	*		*	*	*	*			*	*
Stay & Play Room	*	*	*	*		*	*	*	*	*		*	*
Gymnasium/Basketball Courts	*		*	*		*	*	*				*	*
Rock Wall	*	*	*				*					*	*
Racquetball Courts	*							*					
Tennis Courts	*												
Men's/Women's Locker Rooms	*	*	*	*	*	*	*	*	*	*	*	*	*
Boy's/Girl's Locker Rooms		*	*				*					*	*
Family Locker/Changing Rooms	*	*	*		*	*	*	*	*		*	*	*
Outdoor Pavilion		*				*	*					*	
Playground						*		*					*
Nature Trail						*							
Ripken Youth Ball Field													*
Cafe/Snack Bar	*		*				*	*					
<b>Health &amp; Wellness</b>													
Cardio Group Exercise	*	*	*	*	*	*	*	*	*	*	*	*	*
Strength Group Exercise	*	*	*	*		*	*	*	*	*		*	*
Mind/Body Group Exercise (yoga, Pilates, etc.)	*	*	*	*		*	*	*	*	*	*	*	*
Water Exercise	*	*	*	*	*	*	*	*	*		*	*	*
Active Older Adults Group Exercise	*	*	*	*		*	*	*	*	*		*	*
FitQuest powered by ActivTrax	*	*	*	*		*	*	*	*	*		*	*
Personal Training/Water Personal Training	*	*	*	*		*	*	*	*	*		*	*
Small Group Training	*	*	*			*	*	*	*	*		*	*
Project You	*	*	*	*		*	*	*	*	*		*	*
Therapeutic Exercise Programs	*		*				*	*				*	*
<b>Swim, Sports &amp; Play</b>													
Lap Swim/Family Swim	*	*	*	*	*	*	*	*	*		*	*	*
Swim Lessons	*	*	*	*	*	*	*	*	*		*	*	*
Swim Team	*	*	*			*	*	*	*		*	*	*
Open Gym	*		*	*		*	*	*	*		*	*	*
Family Gym	*		*	*		*	*	*	*		*	*	*
Youth Sports	*	*	*	*		*	*	*	*	*		*	*
Adult Sports	*		*	*		*	*	*	*		*	*	*
Funshops	*	*	*	*		*	*	*	*	*		*	*
Stay & Play	*	*	*	*		*	*	*	*	*		*	*
Family Events	*		*	*		*	*	*	*	*	*	*	*
Y Fit N Fun	*		*	*		*	*	*	*	*		*	*
Parents Night Out	*	*	*	*		*	*	*	*	*		*	*
Martial Arts		*	*	*		*	*	*	*			*	*
Youth Dance		*	*			*	*	*	*	*		*	*

OR  
Orokawa

HL  
Hill

WB  
Weinberg

DU  
Dundalk

WD  
Ward

DH  
The Historic Y in Druid Hill

RN  
Randallstown

DA  
Dancel

PH  
Perry Hall

CT  
Catonsville

PK  
Parkville

AR  
Arnold

PA  
Pasadena

**KEY**



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**The Ward Y in Abingdon**

101 Walter Ward Blvd., Abingdon, MD 21009  
 410-679-9622

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 9:00am-7:00pm

**The Greater Annapolis Y in Arnold**

1209 Ritchie Hwy., Arnold, MD 21012  
 410-544-2525

**Center Hours**

Mon-Fri: 5:00am-10:00pm  
 Sat-Sun: 7:00am-6:00pm

**The Y in Catonsville**

850 S. Rolling Rd., Catonsville, MD 21228  
 410-747-9622

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 9:00am-7:00pm

**The Y in Druid Hill**

1609 Druid Hill Ave., Baltimore, MD 21217  
 410-728-1600

**Center Hours**

Mon-Fri: 7:00am-9:00pm  
 Sat: 9:00am-5:00pm  
 Sun: 1:00pm-5:00pm

**The Dancel Y in Ellicott City**

4331 Montgomery Rd., Ellicott City, MD 21043  
 410-465-4334

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 9:00am-7:00pm

**The Y in Parkville**

8910 Waltham Woods Rd., Parkville, MD 21234  
 410-663-1300

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 9:00am-7:00pm

**The Y in Pasadena**

26 Magothy Beach Rd., Pasadena, MD 21122  
 410-437-4242

**Center Hours**

Mon-Fri: 5:00am-11:00pm  
 Sat-Sun: 7:00am-5:00pm

**The Y in Perry Hall**

4375 Ebenezer Rd., Perry Hall, MD 21236  
 410-529-1999

**Center Hours**

Mon-Fri: 5:30am-9:00pm  
 Sat: 7:00am-5:00pm  
 Sun: 9:00am-5:00pm

**The Orokawa Y in Towson**

600 W. Chesapeake Ave., Towson, MD 21204  
 410-823-8870

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 8:00am-7:00pm

**The Weinberg Y in Waverly**

900 E. 33rd St., Baltimore, MD 21218  
 410-889-9622

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 9:00am-7:00pm

**The Hill Y in Westminster**

1719 Sykesville Rd., Westminster, MD 21157  
 410-848-3660

**Center Hours**

Mon-Fri: 5:30am-10:00pm  
 Sat: 7:00am-7:00pm  
 Sun: 9:00am-7:00pm

**The Y Swim Center in Dundalk**

120 Trading Pl., Dundalk, MD 21222  
 410-285-7616

**Center Hours**

Mon-Fri: 7:00am-8:00pm  
 Sat: 8:00am-6:00pm  
 Sun: 12:00pm-5:00pm

**The Y Swim Center in Randallstown**

3505 Resource Dr., Randallstown, MD 21133  
 410-496-4272

**Center Hours**

Mon-Fri: 5:30am-9:00pm  
 Sat: 7:00am-6:00pm  
 Sun: 9:00am-5:00pm

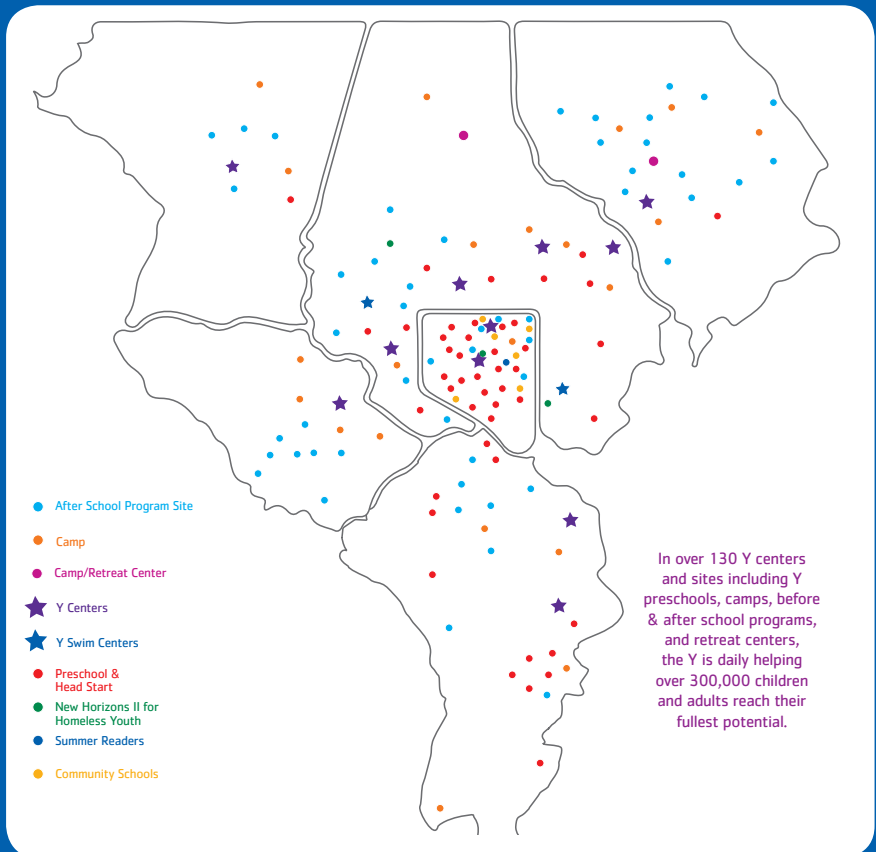
**Y Camp Spencer Camping & Conference/Retreat Center**

3773 Peach Orchard Rd., Street, MD 21154  
 410-452-5173

**Y Camp Puh'tok Camping & Conference/Retreat Center**

17433 Big Falls Rd., Monkton, MD 21111

410-329-6590



The Y is a charitable organization in Central Maryland dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.