



# WORKING TOGETHER FOR OUR COMMUNITY

YMCA OF GREATER LONDONDERRY | 603.437.9622 | WWW.GRANITEYMCA.ORG

The YMCA of Greater Londonderry and DMC Primary Care are excited to announce a new partnership to better serve the DMC community. The DMC fitness classes that you have grown to know and love are moving to the Y. Through the various YMCA amenities, benefits, and increased offerings, DMC members will receive ongoing encouragement and tools to ensure that everyone is given the opportunity to learn, grow, and thrive.

## YMCA Benefits & Amenities

Join the YMCA of Greater Londonderry, a community with an everyday mission to help members achieve a balance of spirit, mind, and body. The Y does this by encouraging good health and fostering connections with new and old friends through sports, fun, and shared interests.

- FREE fitness orientations and goal setting
- 25+ FREE weekly group exercise classes
- Fitness room with cardio and strength equipment
- Reduced fees and early registration for 7 week programs
- Income-based membership rates
- Large multi-purpose rooms
- Heated seasonal outdoor pool
- Outdoor basketball court
- FREE wifi
- Chronic disease prevention programs (Diabetes Prevention, LIVESTRONG at the YMCA, Blood Pressure Monitoring, Tai Ji Quan)



## Try the Y

**January 6 – January 31, 2020**

The YMCA of Greater Londonderry is offering a free month membership trial from January 6 – January 31. DMC members can utilize the facility for the entire month to enjoy the full benefits and amenities that the Y has to offer. Join the Y before February 1, 2020 and your join fee will be waived.



## Membership Rates

DMC members can join the YMCA of Greater Londonderry with a Londonderry only membership at the following rates:

- Adult: \$32/month (ages 19+)
- Senior: \$30/month (ages 62+)
- Two adult couple: \$52/month (ages 19+)
- Senior couple: \$49/month (ages 62+)

The YMCA of Greater Londonderry provides financial assistance in the form of income based membership rates. As part of The Granite YMCA association, there are other membership levels available which provide full access to all branches of The Granite YMCA located in Londonderry, Manchester, Goffstown, Portsmouth, Rochester in addition to nationwide membership access to most Ys in the United States.



## Open House Opportunities

Visit the Y for a tour, meet the staff, and see familiar DMC instructors that will now be teaching at the YMCA of Greater Londonderry!

- December 9, 2019 | 12:30 PM
- December 12, 2019 | 11:30 AM & 5:30 PM

