



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW MEMBER CHECKLIST

Now that you are a member of our Y, here are a few things to help you get the most out of your experience.



## Schedule a Tour

Get familiar with our facility, programs and services, and meet the people who will help you transform your life.



## Download Our Helpful Mobile App

Use our mobile app to check into the Y, view group fitness classes, get schedule updates, view announcements, browse programs, share your fitness progress with friends on Facebook and Twitter and more!



## Schedule a FREE Wellness Consultation

Work with a wellness consultant to identify your goals and create a plan tailored just for you. Be sure to make your appointment at member services right away.



## Get Connected and Stay Informed

Provide your e-mail address to the membership desk to receive our e-newsletter filled with helpful health and fitness information, upcoming events, challenges, special opportunities and so much more. Follow us on social media to stay informed and engaged!



## ymcadane.org

Bookmark our web site to find helpful information just for members, including easy access to group fitness, open swim and gym schedules, online program guides, forms, events calendar, news and announcements, access to your online Y account and more!



## Review Policies and Procedures

Review the Policies and Procedures found at [www.ymcadane.org](http://www.ymcadane.org). This important information highlights age usage, inclement weather, cancellations and more.



## Invite a Friend or Family Member

Find a fitness partner that will push you, boost your confidence and make exercising fun! Members can invite friends and family to try the Y for free. Each membership unit receives six guest passes per calendar year.

QUESTIONS? Contact Member Services at [membership@ymcadane.org](mailto:membership@ymcadane.org)

YMCA OF DANE COUNTY  
[www.ymcadane.org](http://www.ymcadane.org)

Lussier Family East YMCA  
608 221 1571

Sun Prairie YMCA  
608 837 8221

Lussier Family West YMCA  
608 276 6606