



YMCA of Metro North – Lynn Branch

School Year 2015 - 2016

This letter entitles you to a free 3 month high school membership at the Lynn YMCA located at 20 Neptune Blvd., Lynn, MA. It is our goal to help all high school students incorporate healthy exercise habits into their lifestyle. This letter may only be used **one time** throughout your 4 years of High School, after that, students may continue coming by purchasing a high school membership – payment options are available. **Youth must register on or by the last day of school/June 30, 2016.**

Present this letter at the **Lynn YMCA** on any **Monday or Wednesday** afternoon by **3:30pm**. The orientation begins at 3:30pm. Please bring this letter and a student ID or other photo ID. If you come on a day/time other than what is listed above you will be asked to return on another day.

High School activities included for **free** with membership:

- **Life Guard Prep Course with free certification and summer job opportunities!**
- **Professional Music Studio with the latest recording technology**
- **LOL “Open Mic” Nights (every 3rd Friday of the month)**
- **Open Gym in the Celtic’s themed Basketball Court renovated by the Boston Celtics**
- **HS Volleyball Team (Tuesdays 6p-7p)**
- **Volunteer Opportunities (15+)**
- **Fitness Center Weight and Cardio Machines (2p-5p weekdays and 12p-7p on Saturday)**
- **HS Swim Team Prep (Tuesdays and Thursdays 4:30p-5:30p)**
- **Lynn YMCA Swim Team**
- **Recreational Swim Time/Swim Lessons**
- **Water Fitness Classes**
- **Group Exercise Classes (Zumba) or Spin Class**
- **Indoor Track**
- **Study Group and Computer Access**

We look forward to seeing you at the Lynn YMCA.

Student Name _____ High School _____

Approved by _____ Date _____ Join Date _____

