



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

One Week Community Guest Pass

BE HAPPY BE HEALTHY BELONG



FITNESS MEMBERSHIP YMCA OF GREATER LONG BEACH

There are many reasons to join the Y, and we've just added another. A complimentary guest pass to help introduce you to the many benefits of a YMCA Membership!

Bring this in to redeem your pass!

Name: _____

Address: _____

Phone: _____ Home/Cell/Other

E-mail: _____

Interests: _____



Fairfield Family YMCA
4949 Atlantic Ave.
Long Beach, CA 90805
Hours Phone
Mon-Thu: 562 423 0491
6am-9pm
Fri: 6am-7pm
Sat: 8am-3pm
Sun: Closed



Los Altos Family YMCA
1720 N. Bellflower Blvd.
Long Beach, CA 90815
Hours Phone
Mon-Thu: 562 596 3394
6am-10pm
Fri: 6am-7pm
Sat: 8am-3pm
Sun: 11am-3pm



Weingart-Lakewood Family YMCA
5835 E. Carson St.
Lakewood, CA 90713
Hours Phone
Mon-Fri: 562 425 7431
6am-9:30pm
Sat: 6am-6pm
Sun: 1pm-6pm

Activities include:

- Child Watch
- Day Camp
- Group Exercise
- Pilates
- Senior Fitness
- Step Classes
- Swimming
- Water Aerobics
- Weight & Cardio Rooms
- Yoga
- Youth Sports
- Zumba®
- and MORE!

Learn more at www.lbymca.org!

Some restrictions apply – Must be 18 years or older, a local resident (show I.D.). One guest pass per person per year. Tour Required.