

FOR YOUTH DEVELOPMENTSM
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



BELONG

BELIEVE

ACHIEVE



DRYADES YMCA WELLNESS CENTER

There are so many great reasons to get healthy and spend time together as a family, but there are a lot of things that seem to keep us too busy to do it! That's where the Dryades YMCA comes in! The Dryades YMCA features: a 6-lane natatorium, a state of the art fitness center with cardio and strength equipment, and a qualified, family oriented staff that can help you achieve your fitness goals.

Membership Rates		
Membership Type	Joining Fee	Monthly Rate
Youth (Children up to age 18)	\$75	\$10
Young Adult (Individual up to age 25)	\$75	\$35
Adult (Individual up to age 65)	\$75	\$59
Family (Two adults and up to 4 children in the household up to age 24)	\$75	\$89
Senior (individual age 65 and up)	\$75	\$40

Hours of Operation		
Day	Pool	Wellness Center
Monday	7a – 8p*	7a – 8p
Tuesday	7a – 8p*	7a – 8p
Wednesday	7a – 8p*	7a – 8p
Thursday	7a – 8p*	7a – 8p
Friday	7a – 8p*	7a – 8p
Saturday	8a – 4p*	8a – 4p
Sunday	Closed	
Pool closes from 11:45a – 1:00p daily		

BENEFITS: Unlimited access to the Dryades YMCA; Free Fitness Classes such as Water Aerobics and more; Access to highly skilled Personal Trainers; Volunteer opportunities; Discounts on programs and first priority registration for swim lessons, personal training and more; Nationwide access to more than 2,400 Y's across the country!

Contact Us: 2230 Oretha Castle Haley Blvd New Orleans, LA 70113 **P:** 504 208 9877 **W:** www.dryadesymca.org

Follow Us On Social Media for Updates: : @thedryadesymca : www.facebook.com/Dryades