



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COLLEGE WINTER BREAK MEMBERSHIP

When campus is closed, the Y is open!

LAKELAND HILLS FAMILY YMCA

Don't snack (or sleep) away your winter break. Join the Y for the session and give your body (and brain) some much-needed fitness and wellness time.

Two options to choose from:

- One month from the date you join: Just \$50
- One session, December 1 – January 31: Only \$80

Ready to join? Come to the Y and get started. It only takes a few minutes (in person only) and you're good to go. Offer is available to students ages 17-25 with ID.

Come in out of the cold and sweat your way to feeling (and looking) better. Don't go it alone - join with a friend to make workouts better and be held accountable! Questions? Email Nancy Dunham at nancyd@lhymca.com.

LAKELAND HILLS FAMILY YMCA

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