



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INVEST IN GOOD HEALTH



Florida Southern College

Discount: The YMCA will waive the joining fee and reduce membership rates by 10% each month.

The YMCA of West Central Florida is committed to building strong communities and healthy individuals and families! The YMCA is well positioned in Polk County with 2 YMCA wellness facilities and a 9-hole YMCA golf course. The facilities include 2 heated indoor pools (Lakeland Family YMCA), 1 outdoor pools 1 (Fontaine Gills Family YMCA's), wellness/group fitness classes, a personal coach connect program, child watch, gymnasiums, 10% off personal training packages and MORE! A YMCA corporate membership simply makes sense in today's climate of high health care costs! Join us on the path to healthy living today!

LOCATIONS

- Lakeland Family YMCA
3620 Cleveland Heights Blvd.
Lakeland, FL 33803
- Fontaine Gills Family YMCA
2125 Sleepy Hill Rd. Lakeland,
FL 33810
- YMCA Par 3, Home of The First
Tee of Lakeland
1740 George Jenkins Blvd.
Lakeland, FL 33815
- www.ymcawcf.org

