



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Helping Our Heroes Stay Healthy!

First responders in our community do so much to keep our families and neighbors safe. In order to meet the physical and mental demands of their jobs, it is especially important for Police, Firefighters and EMTs/Paramedics to stay fit and lead a healthy lifestyle.

To support their efforts to stay strong, relieve stress and find balance in their lives, the LANCASTER FAMILY YMCA offers a special membership plan for our community's first responders and their families.



### Special YMCA Membership Plan for Police, Firefighters and EMTs/Paramedics

**20% off regular Family, Adult, Teen or Youth membership rates and a reduced membership join fee of only \$25!**

*This plan is available for paid or active volunteer members of a Police, Firefighter or EMT/Paramedic group. When joining the Y, please bring a form of employment or volunteer identification.*

As with all our membership plans, our **special YMCA Membership Plan for Police, Firefighters and EMTs/Paramedics** includes use of the fitness facilities at all branches of the Lancaster Family YMCA – City Center, Lampeter-Strasburg and YMCA at New Holland, along with group exercise and aquatics classes. All members receive special pricing on Y programs such as youth/adult sports, swim lessons, summer camp, personal training, and more!



#### LANCASTER FAMILY YMCA

**City Center Branch**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
Phone: 717-393-9622  
Fax: 717-283-1984  
lancasterymca.org

**Lampeter-Strasburg Branch**  
800 Village Road  
Lancaster, PA 17602  
Phone: 717-464-4000  
Fax: 717-283-1988  
lancasterymca.org

**YMCA at New Holland**  
123 North Shirk Road  
New Holland, PA 17557  
Phone: 717-354-4747  
Fax: 717-355-9943  
lancasterymca.org

**YMCA Camp Shand**  
20 Penryn Lane, PO Box 339  
Cornwall, PA 17016  
Phone: 717-272-8001  
Fax: 717-272-2633  
lancasterymca.org