



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA OF SOUTH HAMPTON ROADS

## Benefits for Suffolk Public School Employees

### YMCA MEMBERSHIP

- Suffolk Public School employees receive 20% off of membership dues with no joining fees and no contracts
- 22 locations to use throughout Hampton Roads
- Plus, members receive discounted child care, youth programs, personal training, and more
- First year teachers receive 50% off of membership for their first year of YMCA membership

### YMCA WELLNESS

- Personal training programs included for all staff as a benefit of being a Suffolk Public Schools employee. Programs are held onsite at select school locations and virtually. Visit [ymcashr.org/sps](http://ymcashr.org/sps) for details on upcoming programs. No Y membership required!
- Staff challenges and incentives throughout the school year to keep you motivated and healthy, no membership required!

Visit [ymcashr.org/sps](http://ymcashr.org/sps) to learn more about what the Y can do for you.



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(757) 962-5555 • [ymcashr.org](http://ymcashr.org)