



## Welcome to the Y!

### Did you Know?

State Employees receive the largest discount available at the Cedar Rapids Metro YMCA!

Employees receive 30% off the standard YMCA rate with no join fee. This rate is dependent on 26 or more state employees enrolled.

Applications are completed directly with the YMCA staff to receive the discount. You will need to show a paystub or employee badge to receive the discount.

**So many programs available, check out the many options at [www.crmetroymca.org](http://www.crmetroymca.org)**

## Benefits

Entire family can play together!

FREE fitness classes and water exercise classes - it's all included!

Member discounted rate for programs like Youth Sports, Adult Sports, Camp Wapsie, HGN Preschool, Day Camp and much more...

FREE Childwatch service at our Marion YMCA

ALL Y branches included with Membership

National Reciprocity at YMCAs- You can use any YMCA throughout the country at no extra cost

Full-size pools/whirlpools at each branch, Marion has an additional rec pool with splash pad

Generous open swim and lap swim times

Indoor Track at both locations



### YMCA of the Cedar Rapids Metro Area

**Helen G. Nassif YMCA**  
207 7th Ave SE  
Cedar Rapids, IA 52401

**Marion YMCA**  
3740 Irish Drive  
Marion, IA 52302