



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MORE THAN A GYM MORE THAN A CAUSE WE'RE A COMMUNITY

At the YMCA of Bristol, we don't just provide services, we transform lives. For the past 137 years, our Y has helped people of every age, ability, and income reach their full potential through a variety of programs that enrich spirit, mind, and body. When we come together, we create positive change in each other and the community.

The Y is the nation's leading nonprofit organization committed to strengthening communities through healthy living, social responsibility, and youth development. Members join because they believe in us and our core values we stand for: caring, honesty, respect, responsibility, and faith.

## 2026 Summer Camp Program

### CAMP FRIENDSHIP COLLABORATION

Thanks to a collaboration with Camp Friendship, rising K-5th graders will travel Monday thru Friday to Camp Friendship's lakeside resort property to enjoy the following activities; canoeing, kayaking, boating, fishing, archery, music and drama, song and dance, team building activities, sports activities and so much more. Summer Camp is a great place to make friends, build relationships, enjoy activities, and to live your best life.



### 2026 Hours of Operation

Monday-Friday	4:45 am-9:00 pm
Saturday	8:00 am-6:00 pm
Sunday	1:00 pm-6:00 pm

### 2026 Holiday Hours

Open 8:00 am-1:00 pm

Memorial Day  
Independence Day  
Labor Day  
Christmas Eve  
New Year's Eve  
New Year's Day

Closed all day

Easter Day  
Thanksgiving Day  
Christmas Day

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423 968 3133



## Membership Pricing

<u>Membership Type</u>	<u>Monthly Fee</u>
Youth (12-17)	\$36
Young Adult (18-24)	\$47
Adult (25-64)	\$56
Single Parent Family	\$70
Household	\$79
Senior (65+)	\$49
Senior Family	\$75

**A \$30 join fee is applied to all memberships**

## Nationwide Membership

The YMCA of Bristol participates in Nationwide Membership, meaning that our active members can visit any participating Y in the United States.

### What You Need to Know

- A majority of your Y visits must be at your home branch.
- Program prices and discounts only apply at your home branch.
- While the Greater Kingsport Y participates, the Kingsport Aquatic Center does not.



## Free Senior Memberships

Seniors may be eligible for free memberships with select Medicare Advantage plans, including United Health Care, Blue Cross Blue Shield of Tennessee, and Cigna. See membership services for more information.



## Word about Safety

The safety of our members is our primary concern. As such, we run sex offender checks on all our members and program participants.

Please wear appropriate clothing. Shirts are required everywhere except the pool and basketball court. Swim diapers are required for babies in the pool. Tennis shoes are required when using any exercise equipment.

The YMCA is not responsible for lost/stolen items, so please lock your belongings in the lockers provided in the locker rooms. Please leave all weapons at home. For a complete list of rules, check out our Member Code of Conduct on our website.

**YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.**

# How We Fulfill Our Three Areas of Focus

## Healthy Living

- Free wellness orientations with our certified Wellness Coaches on all of our equipment
- 100+ free exercise classes per week: yoga, dance, cycle, strength training, BoxMaster, and many more
- 10+ free water exercise classes each week
- Free weight and circuit strength training equipment
- 75+ pieces of new cardio equipment including treadmills, ellipticals, rowing machines, Nu Step, climbing mills, cycle bikes, and more
- 2 full-size basketball courts
- 25-yard 82 degree heated lap pool, and a 20-yard 88 degree warm therapy pool



## Social Responsibility

### Open Doors Programs

We believe everyone deserves a Y. As such, the YMCA of Bristol offers financial assistance to those who might otherwise not be able to afford membership or program fees. Stop by Member Services today to talk to a staff member about our open doors program.

### Community Events

We aim to strengthen our community through events that bring people together in a safe and supportive environment. Some events include flu shot clinics, Healthy Kids Day, and more.

### Active Older Adults

It's important to stay engaged in your golden years. That is why we partner with **Silver & Fit, Active & Fit** and **Renew Active**, to offer no cost memberships to seniors. \* We will host lunch and learns, field trips and bingo to help our older adults form their own community of support.

### Community Partnerships

Building community cannot be done alone, so we regularly partner with other agencies: we sponsor food drives to benefit **Second Harvest Food Bank**, we partner with **River's Way** and **Virginia Middle School's** youth and adults with differing abilities, and we partner with **Highland View Elementary School** in Bristol, Virginia and co-run a After School/Summer Camp program at the school. We receive funds from **Friendship Cars, The United Way, United Company, The Speedway Children's Charities, Hard Rock Hotel & Casino, First Horizon Bank and others** to support our Youth and Teen programming. Our leadership staff volunteers with the **United Company Foundation's** Soup Kitchen monthly to provide meals to those in need.

# Youth Development

## Youth Sports

We offer seasonal sports. No try-outs! Everyone plays! Please check our website for dates and times.

## Swim Lessons

We offer private, buddy, and group swim lessons beginning at age 3 for all skill levels. Parent/Child begin at 6 months. Little Floaters (survival swim) begin at about 1 year old. Diverse Abilities Swim Lessons are aimed at helping children with both physical and mental disabilities.



## Summer Camp

We offer full-day summer camp during the summer months. Campers go to Camp Friendship, go on field trips, swim, play games, sing songs, and form lasting friendships. Summer Camp is open to children K-5th grades with leadership opportunities available to those 13-15 years old.

## After School Program

We will pick your child up from school and keep them moving until 6 pm. Each day, there will be a variety of activities, such as STEM, reading, arts & crafts, and physical activity. There will also be homework help and free play as time allows. We also provide a daily snack.

## Stay & Play

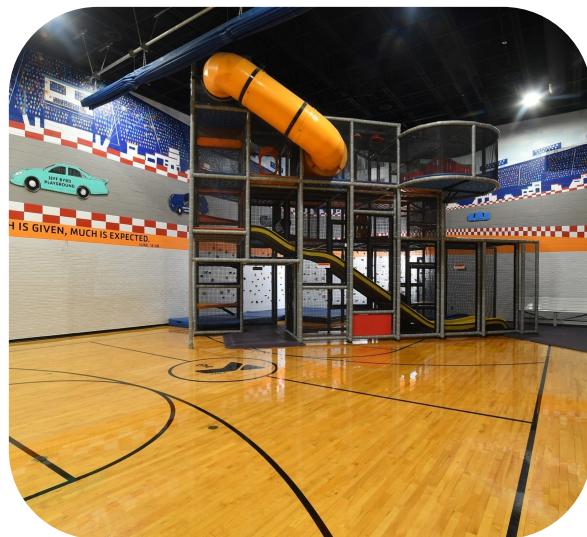
This is a fun and safe place for children to play while their parents are working out. They can enjoy various activities that are age appropriate, like music and movement, arts and crafts, and story time. Two hour daily time limit.

Ages: 6 weeks-5 years

Hours of Operation:

Monday-Friday: 8:00 am - 12:00 pm  
4:00 pm - 8:30 pm

Saturday: 8:00 am - 5:30 pm  
Sunday: 1:00 pm - 5:30 pm



## Kids Gym

Play games, climb on the bouldering wall, explore our indoor play structure, practice your aim with our kid-height basketball goal and more! Two hour daily time limit.

Ages: 5-12 years

Staffed Hours:

Monday-Friday: 4:00 pm - 8:30 pm  
Saturday: 8:00 am - 5:30 pm  
Sunday: 1:00 pm - 5:30 pm

Families are welcome to play together in the Kids Gym during unstaffed hours with adult supervision.

## Teen Center

Come hang out after school, when school is out, on weekends, and during the summer. Play ping pong, enjoy our arcade games, relax with our 48" TV, finish your homework, or chill with your friends. Your time spent your way!

Ages: 12-17 years

Teens only: Weekdays from 2-6 PM, otherwise open for family enjoyment.