



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE INLAND NORTHWEST MEMBER HANDBOOK



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WELCOME!

At the Y we give everyone a safe place to learn, grow, and thrive.

Welcome to the Y! We are a charitable nonprofit committed to helping everyone thrive at each stage of life. Our community brings together people of all ages, ability, ethnicity, faith, cultural background, race, identity and orientation, and financial circumstances. Our values of caring, honesty, respect, and responsibility guide everything we do. You are now part of a community joined together by a shared commitment to nurture the potential of kids, promote healthy living, and foster a sense of social responsibility. At the Y, everyone is welcome, and you'll find our staff and program variety will support your needs as we work together toward improved spirit, mind, and body.

As part of the Y community, you are entitled to the following benefits:

- 5 Great Regional [locations](#) – PLUS [Nationwide Membership!](#) (4 Spokane, WA, 1 Sandpoint, ID)
- Wellness Welcome Orientation with a Certified Wellness Coach
- Brand New Strength & Cardio Equipment (*equipment varies by location*)
- Healthy Activities for everyone – from kids to seniors
- 2 Free Hours of [Child Watch](#) per day while in the building
- Hundreds of [Group Exercise Classes](#) with certified instructors including Virtual Classes
- [Water exercise classes](#) for adults and seniors.
- Pickleball, Volleyball, Basketball, and more! (*Activities vary by location*)
- Reduced Fees & Priority Registration for [Programs](#) like Youth Sports, Camps, and Swim Lessons
- [Guest Passes](#) – Bring a friend to try the Y - their first 2 visits are Free.
- [Membership Rate Options](#) to best fit your needs.
- [Membership For All](#) Financial Assistance is available for those who qualify thanks to generous donors who believe in supporting our community
- Welcoming, family-friendly environment to support your overall wellness.
- [Volunteer opportunities](#) to help strengthen our community.
- 150 Club Member Rewards Program. When you use the mobile app to check in at the YMCA you will earn points toward cool stuff! See Member Services for details.

DOWNLOAD OUR MOBILE APP

- We've partnered with MotionVibe to create a robust mobile app that you can use to view the most up-to-date schedules, check in at the Y, and reserve your spot for TRX, Cycling, virtual classes, fitness consultations, and some water exercise classes. [Get started.](#)

Hours and Services



Hours may vary by branch. Visit [locations](#) for facility hours and [program area schedules](#) on the website for details or call 509 777 9622.

- Central YMCA: 930 N Monroe, Spokane, WA 99201
- North YMCA: 10727 N Newport Hwy, Spokane, WA 99218
- South YMCA: 2921 E 57th, Spokane, WA 99223
- Valley YMCA: 2421 N Discovery Pl, Spokane Valley, WA 99216
- Litehouse YMCA: 1905 Pine St, Sandpoint, ID

HOLIDAY HOURS

Facilities close at 4pm in observance of the following holidays: Memorial Day | Labor Day | New Years Eve

Facilities open at 9am in observance of: New Year's Day

Facilities will be CLOSED in observance of: Easter | Independence Day | Thanksgiving | Christmas Eve | Christmas Day

MEMBER SERVICES

We welcome you to find out about everything happening at your Y. Our staff offers guidance regarding programs, classes, camps, registration, and facility schedules. Check-in is simple: at the Welcome Center just scan your card or smartphone using our app. If you do not have your membership card, please bring photo ID with you. Members and guests ages 12 and older entering the YMCA facilities must have valid photo ID.

The YMCA of the Inland Northwest does not permit tobacco use (including E-cigarettes) on any YMCA properties. In addition, we are weapons, alcohol, and drug free zones.

MEMBER FEEDBACK

We appreciate positive and detailed, constructive feedback and have implemented many changes as a result. Consoles are available at each branch which allows you to rate your experience and provide any comments. If you had an unsatisfactory experience or believe something should be addressed, please alert leadership on site at the time. It is far more productive to be able to address any situation in real time. Your feedback allows us to work together to better meet your needs and improve our programs.

Membership Information

YOUTH VISITING THE Y WITHOUT A PARENT/GUARDIAN

Youth under the age of 12 are required to be supervised by an adult who is 18 years or older. Youth who are 12 years and older are welcome to visit the Y without adult supervision (photo ID is required of all members/guests 12 years and older). Visits to the Y are not intended to provide a place for youth for a full day. For a fee, the Y offers supervised full-day programming in the summer as an option for working parents. Recommended length of time for a visit to the Y for an unsupervised youth is 2 hours or less. The Y reserves the right to revoke membership or deny access to any individuals that abuse this privilege.

MEDICAL HOLDS

Due to injury or illness, you may put your membership on a medical hold with a letter from your physician stating you are unable to perform regular activities at the Y and you will not be drafted. To restore your membership privileges, simply provide the Y with a note from your physician stating you are physically able to return. See Member Services for more information.

RELOCATING TO A NEW Y

If your life takes you away from our YMCA, we want to help you with your transition to your new Y. Your Membership Director can provide you with a letter of good standing to take to your new Y requesting that your join fee be waived. However, because every Y is different, we cannot guarantee they will honor this request.

NATIONWIDE MEMBERSHIP

If you are traveling and want to visit a Y, ask if they participate in the Nationwide Membership program. If they do, simply present your membership card, and sign a waiver to access their facilities.

MEMBERSHIP REFUNDS AND CANCELLATIONS

You may cancel your membership at any time. To cancel, please notify YMCA Member Services in writing to stop charges and membership. Please provide 30 days' notice to prevent additional charges. Membership dues are nonrefundable.

PARKING

Free parking for members is available at all YMCA of the Inland Northwest locations. The North, South, Valley, and Lighthouse YMCAs offer open parking. The Central YMCA has a permit only lot north of the Y facility (entrance is on Lincoln St.). At the Central YMCA members get a free parking permit and may review additional free member parking options at the Member Services desk.

BEHAVIOR EXPECTATIONS

YMCA Members and Guests are expected to uphold the Y values of caring, honesty, respect, and responsibility at all times. Provide an atmosphere free of derogatory or unwelcome comments, conduct or actions of a sexual nature, or actions based on an individual's gender, race, ethnicity, age, religion, disability,

sexual orientation, or any other legally protected status. Acts of violence or aggression, offensive language, inappropriate behavior, horseplay, inappropriate dress, or tattoos*, or disrespect of YMCA staff, fellow members, or guests which does not comply with the [YMCA Code of Conduct](#) and [mission of the Y](#) will not be tolerated.

* Offensive dress or tattoos may include, but is not limited to, pictures, words, or symbols that do not represent the YMCAs values and mission. YMCA staff will ask individuals to change their attire or cover up tattoos. Individuals who experience or observe offensive conduct or attire are encouraged to promptly report their concern to Y staff. See YMCA Code of Conduct for additional information.

MEDIA

Taking photos and videos in the YMCA is prohibited.

Locker Rooms

All our YMCAs have locker rooms for changing, showering, and storing your items for day use only while you are in the building. We encourage you to bring and use padlocks to secure your belongings. Please do not leave belongings overnight. Locks are removed and lockers emptied by our custodial staff at the end of each day. Items are placed in Lost & Found.

- Children ages 4 and under may accompany their supervising adult of the opposite gender into the locker room.
- All-Gender Family Changing Rooms are available at Central, Valley, and North YMCA locations. For additional changing options at the South and Lighthouse YMCAs, please see Member Services.
- Youth ages 15 and older are allowed to use the designated Adult Areas of the locker room at Central and North.
- The YMCA of the Inland Northwest complies with all state and city laws related to non-discrimination and gender identity inclusion.
- Taking photos and videos in the YMCA is prohibited.
- Food and drink are prohibited in the locker rooms.

Our staff works diligently to keep the locker rooms clean. You can help by:

- Returning seats and benches to their proper location.
- Drying off in the shower area before returning to the locker area.
- Drying wet counter tops after use.
- Notifying staff if there are cleanliness or maintenance issues that need attention.

We want to keep you and your belongings safe. See below for useful information to keep your valuables secure.

- Lock your locker! Unlocked lockers are easy for anyone to access.
- **Don't bring valuables to the Y.** Don't leave valuables in your car.
- Only bring what you need to workout.
- Instruct your children to use the lockers secured with padlocks to store belongings.
- Small items lockers (keys, wallets, etc.) are available for FREE in Wellness areas.
- Locks are available for purchase at the Member Service desk.



Child Watch

One of the most valuable services the YMCA of the Inland Northwest provides to members is FREE Child Watch for up to 2 hours per day for children ages 6 weeks to 6 years old. Parent/Guardians must remain on YMCA premises while children are in care. On your child's first visit, you will complete a registration form which provides staff with important information about your child.

Child Watch Guidelines

- Toddlers who are potty-training must be appropriately dressed in pull-ups or underwear. If a child needs help, staff will locate the parent to assist. Child Watch staff are not responsible for potty-training, or changing diapers and soiled clothing.
- Security items such as pacifiers or blankets are OK for infants. Please do not bring toys or personal items from home.
- Parents may provide pre-made bottles for infants. Bottles must be labeled and are stored out of reach of other children. If able, staff will hold and feed infants.
- Other than bottles for infants, no food is allowed in the Child Watch area.
- Occasionally, children in Child Watch become upset. Staff will try holding, soothing, and entertaining upset children. If they are unable to soothe an upset child for up to 10 minutes, they will contact the parent to sign the child out of Child Watch for the day.
- Please pick up additional information on Child Watch behavior and illness policies at each Child Watch facility.

Wellness Center

Our professionally trained and certified Wellness Coaches and Group Exercise Instructors can assist you in reaching your health and well-being goals. They seek to provide answers to your fitness questions while providing information and guidance for you to feel comfortable using the Wellness Center. To effectively serve your needs, we offer those who are new to the Y (ages 16 and older) a Wellness Welcome session to learn about the different programs and wellness opportunities at the Y. You can schedule your session on our mobile app. [Download app.](#)

We schedule our Wellness Coaches to be available in the Wellness Center to answer any questions you may have. The Y offers additional personal training and small group options for a fee if you would like additional motivation and support to reach your goals. We also provide a wide range of small and large free group exercise classes. See Member Services for more details.

GROUP EXERCISE CLASSES

Enjoy the variety of classes offered to meet your needs. Classes are available for all fitness levels and most classes are available for free. Visit ymcainw.org/schedules/group-exercise for current schedule.

FREE-WEIGHT AREA

The Y has a free-weight area in each Wellness Center. To provide a positive experience for everyone, the Y has the following expectations of all patrons:

- Always use proper form and technique.
- Always use collars on Olympic bars. Use a spotter when necessary.
- Please return all weights, bars, collars, and other equipment to their proper locations.
- Avoid using multiple stations at the same time.
- Please clean exercise equipment after each use.
- Offensive language, inappropriate behavior, horseplay, inappropriate dress, or disrespect of others which does not comply with the [YMCA Code of Conduct](#) and mission of the Y will not be tolerated.
- Please store personal belongings in the locker room, in a locked locker or in a small item's locker. Free small items locker tokens are available at Member Services.

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WELLNESS CENTER AGE RESTRICTIONS

- Non-members under the age of 18 are not allowed in the Wellness Center.
- For safety reasons, youth ages 9 and under are not permitted in the Wellness Center, including infants in carriers.
- All Youth ages 10-15 must attend a free YMCA of the Inland Northwest Youth Wellness Center Training to use the Cardio (ages 10-15) and Strength (ages 12-15) equipment.
- Youth under the age of 12 must be supervised by an adult.
- Youth ages 10-11, after completing a Youth Wellness Center Cardio Training, may use the Cardio equipment only with direct parental supervision. Wrist band must be worn and visible. See Member Services for wristband.
- Youth ages 12-15, may access the Wellness Floor without adult supervision after completing both Youth Wellness Center Trainings. Wrist band must be worn and visible.
- Youth Wellness Center trainings must be completed in this order: Cardio (\$0), Strength (\$0), then optional Free-Weights (\$15).
- Please use our App to register for the free cardio and strength trainings.

WELLNESS CENTER RESPONSIBILITIES

To provide a positive experience, the Y expects the following of all patrons:

- Acceptable Attire: Close-toed shoes T-shirts and tank tops that fully cover the torso, shorts and pants that fully cover undergarments and bottom, and hijab, burka, or other cultural/religious attire.
- Please Do Not Wear: Sandals, bare feet, open-toed shoes, boots Cropped shirts, low cut shirts, tank tops with the sides cut out that show ribcage, shorts that don't fully cover bottom, or low-slung shorts or pants that show undergarments. jeans, and swimsuits. Staff reserve the right to ask you to change if your attire does not meet these requirements.
- Please limit your cell phone conversations in the Wellness Center and while participating in group exercise classes. If a cell phone must be used, please keep it on vibrate mode and move to an area that won't disturb others.
- Taking photos and videos in the YMCA is prohibited.
- Food and beverages (other than water) are prohibited in the Wellness Center. The Y encourages the use of re-sealable water bottles during workouts.
- Avoid using multiple stations at the same time.
- Please use the provided cleaner to wipe down exercise equipment before and after each use.
- Please limit your cardio workout on equipment to 30 minutes when others are waiting.
- Please store personal belongings in the locker room secured with a lock or in a small-items locker. Free small items locker tokens are available at Member Services.
- The YMCA does not allow non-Y certified staff to conduct personal training for you or your guests in the facility.

Aquatics



The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living. Whether you're looking for swim classes, want to learn water safety, or just enjoy swimming laps, you'll find what you're looking for at one of our pools.

WATER EXERCISE CLASSES

The Y offers free Water Exercise classes to members. These classes are ongoing, so feel free to join in at any time. Some of our water exercise classes are specialized for different populations including Active Older Adults (AOA) or those with arthritis. Some classes require a reservation, which can be done on our mobile app. [Download app](#). We encourage you to introduce yourself to the instructor before class. They will be able to spend additional time explaining the exercises, so you will have a positive experience.

SAFETY

For your health and safety, all Y aquatic activities are supervised by trained lifeguards. All Aquatic Centers are regularly inspected by the local Health Department to ensure we provide the highest levels of safety for everyone. YMCA Lifeguards are trained to prevent injuries in the water and on the pool decks. Your cooperation with the lifeguards is very important and greatly appreciated. Safety Breaks are times that the pools are closed for a short period. Please review an aquatics schedule for specific details. Our Lead Guards, designated by their blue staff shirts, will be happy to assist with any of your questions or concerns.

AQUATIC FEATURES, SLIDES, AND LAZY RIVER

The Y offers multiple aquatic features at select membership locations for your enjoyment. Each feature has specific rules and expectations posted nearby. Please be sure to read and explain them to your children prior to use. If you have questions, the lifeguards and aquatics staff will be happy to assist you. Visit our website or [download our app](#) to see [Aquatics schedule](#) for detailed swim times and pool information.

SAUNA & STEAM ROOM

There are saunas at all facilities. They are located on the pool deck at the Central and North Ys and in the locker rooms at the Valley, South, and Lighthouse Ys. There is a steam room at the Central Y located on the pool deck.

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SAUNA & STEAM ROOM CONT'D

- Sauna & Steam room users must be 15 years and older.
- Swimsuits are required. Towel wraps are acceptable in the South, Valley, and Litehouse YMCA saunas.
- Please limit your use to 15 minutes on each occasion.
- Those with existing medical conditions should consult a physician before using the sauna or steam room.
- Nobody with a communicable disease may use the saunas or steam room.
- Women who are, or may be, pregnant should seek advice of a physician prior to using the sauna or steam room.
- In case of an emergency the closest first-aid kits and emergency phones are located in the lifeguard offices.
- Do not pour water on sauna heating unit.

SPA

The Y has a spa for you to use on the pool deck at our Central, North, and Valley YMCAs

- Spa users must be 15 years and older.
- No food or drinks are permitted in the spa.
- Women who are, or may be, pregnant should seek advice of a physician prior to using the spa.
- Those with medical conditions such as heart disease, diabetes or high blood pressure should consult a physician before using the spa and should not use the spa alone.
- Please read the posted rules for additional spa regulations.

AQUATIC AGE & USE RESTRICTIONS

- Children ages 4 and under and anyone using a life jacket must have an adult with them IN THE WATER and within arm's reach AT ALL TIMES.
- Children ages 6 and under must have an adult with them IN THE POOL AREA.
- All children that are not potty-trained must wear appropriate swim diapers or fitted plastic pants. Standard diapers are prohibited. Swim diapers are available for purchase at Member Services.
- Appropriate modest swimwear is mandatory in the pool area. Jeans or cut-offs will not be allowed. Aquatics staff reserve the right to ask you to change if your swimwear does not meet these requirements.
- A cleansing shower is required before entering pools.
- The Lazy River at the North YMCA requires children ages 7 and under be accompanied, in the water, by an adult 18 years of age or older.
- For Slides & Water features adhere to age and height restrictions posted on the pool deck.
- Lap Swim lanes are reserved for ages 14 years and older. Lead Guards may approve younger swimmers. A swimming test may be required.
- For your health and safety, please read and obey all rules posted at each Y.

Facility Features

There are many benefits of joining the YMCA community. You may choose from unique features depending on the location.

SKATE PARK - VALLEY YMCA

An outdoor Skate Park is available for free use at the Valley YMCA. This area is monitored by an attendant during specified hours. Those who choose to use the Skate Park must have an annual waiver of liability on file, signed by a parent or guardian over the age of 18. Users must wear wristbands and helmets, as well as follow all posted rules. Scooters, bikes, long-boards, etc., are prohibited. The Skate Park is open Spring through September, weather permitting. Please see Member Services for more information.

CLIMBING WALL - VALLEY YMCA

If you have ever wanted to try rock climbing, you're in luck. The Valley YMCA has an indoor rock-climbing wall. This is a free activity. We provide certified staff and equipment during designated open climb hours. Children ages 4 and older are welcome to climb. Please be sure to wear appropriate clothing (clothing must be dry) and wear close-toed shoes. For safety reasons pants or shorts are required. Please see Member Services for more information and hours of operation.

OUTDOOR WALKING TRAIL - NORTH YMCA

The North YMCA offers a one-third-mile gravel trail that weaves through trees on 16 acres of our property. Please see Member Services for more information.

Visit the branch locations page for a full list of amenities.

Spokane:

[Central](#)

[North](#)

[South](#)

[Valley](#)

Idaho:

[Litehouse](#)



Youth, Teen & Family Activity Centers

Serving families has always been at the heart of our Y work. Creating engaging, active, and stimulating activities can bring a family together or give kids a safe place to just be a kid. At the Y you can find the solution that best fits your needs as a family. Family Activity Centers are available at our Central and North locations.

Youth & Teen Centers offer a safe, friendly, and casual atmosphere for youth ages 7-17. Each center provides adult supervision and a fun place to hang out with friends. Our staff builds positive relationships with youth through games, special events, and programs. Youth & Teen Centers are available at our Central, North, and Valley locations. Staffed hours vary by location, please see [schedule](#).

Learn more about YMCA [Teen Programs](#)

Learn more about YMCA [Youth Programs](#)

Children's Center

For the times you can't be there yourself, the Central Spokane YMCA Children's Center supports your efforts to nurture your child's healthy development. We are dedicated to providing programming that is educational in focus through environments and activities designed to stimulate the cognitive, social, emotional and physical growth of young children ages 4 weeks to 6 years.

We are licensed through the state of Washington as a Level 3 Early Achievers site, providing high quality care in a healthy, safe, and nurturing program. The Central Children's Center is designed for families needing full-time childcare in an early learning preschool environment. Staff members are partners with parents and other caregivers working together to help children grow up healthy, happy, and strong.

Hours of Operation: Monday - Friday, 7am - 6pm

USDA approved meals, breakfast, lunch, and snack, are provided for children 1 year and older.

INFANT: 4 weeks - 1 year

The Infant program invites play, active exploration, and movement. Our colorful rooms, a variety of equipment and toys, and dedicated staff provide a warm, enriched environment for your youngest children.

TODDLERS: 1 year - 3 years

Toddlers are divided into two groups according to developmental age. These groups focus on developing self-help skills, self-esteem, spirit of cooperation, caring and trust. Short periods of structured activities such as learning games, large motor activities, art, music, and stories are introduced to this age group. Weekly water experience and mini-gym classes are included.

PRESCHOOL: 3 years - 6 years

Preschool (3-4 year olds) and Pre-kindergarten (4-6 year olds) children are given positive, hands-on learning activities that support healthy development of the social and emotional skills needed for successful transition into kindergarten. Children may work independently and in small and large group environments to explore areas of interest including math, science, early literacy, dramatic play, block play, art, movement, games, and nutrition. Weekly swim lessons are included.



Party & Events Rental

The Y is a great place to host your child's next birthday party or group event! Each of our locations offers a variety of parties and rental options to accommodate your needs.

KIDS PARTIES

Each Y location offers a room/area for hosting the party and we provide a staff person for assistance.

Party options may include:

- Pool parties for all ages feature water slides, lazy rivers, wading pools and water playgrounds for younger children. (Dependent on the facility features) – North, Central, Valley and Lighthouse YMCAs
- Bounce House – South YMCA

EVENTS

We are pleased to offer you a place to gather with your group, or to participate in programs or activities together. Non-profit or governmental organizations are welcome to host an event or make reservations regarding activities such as:

- | | |
|---------------------------|-----------------------------|
| School Field Trips | Lap Lane/Pool Rentals |
| Group Swim Lessons | Family Nights |
| Boy/Girl Scout Activities | Meetings/Trainings/Seminars |
| Church/Youth Group Events | |



YMCA Camp Reed

YMCA Camp Reed is located 30 miles north of Spokane on 555 beautiful acres surrounding Fan Lake! Our programs provide opportunities for exploring the outdoors, developing interpersonal skills, making lifelong friends, and creating lasting memories. Our energetic and supportive staff work together to help all participants and groups achieve their goals, build healthy relationships, and find a sense of belonging.

- **Traditional Camp:** A week-long overnight camp for children entering grades 3-9 in the fall after the summer they wish to participate. Campers will participate in the full Camp Reed experience and can join in all that camp has to offer: waterfront, arts & crafts, hikes, campfires, games, and more!
- **CIT Program:** (2 weeks) The Counselor in Training (CIT) program represents the next step in teen leadership at YMCA Camp Reed. Over the course of two weeks, teens build their leadership skills through active team building, group learning, community building, and service. Designed for youth entering grade 10, the CIT program incorporates one "work week" at camp, and one week out of camp on a 200+ mile unforgettable bike trip. [Watch Video](#).
- **Mini Camp:** Mini campers enjoy a three day and two-night opportunity to experience camp under the watchful eye of counselors and junior counselors. Mini campers swim, explore the 555, and participate in traditional camp activities. The mini-camp experience is designed for children ages 6-8, entering grades 1-2 in the fall after the summer they wish to participate.
- **Retreat to Reed:** Our incredible lakefront retreat offers spring, fall, and winter accommodations and group facilities for the ultimate outdoor get-away experience. Your school, church or non-profit organization is welcome to host a retreat at Camp Reed. Lodging, such as cabins and bunkrooms, are available. We also offer various activities to choose from and a complete meal service is available.
- **Challenge Course:** Camp Reed's first-class Challenge Course has over twenty high & low course elements that will bring your school, team, church, or non-profit group closer. Come enjoy this unique experience while developing teamwork and communication skills among your group.



Program Registration and Class Reservations

Members receive priority registration and discounts on many program registrations. See our website ymcainw.org/programs for details.

SIGNING UP FOR PROGRAMS ONLINE

- Click [Register for Programs](#)
- Search for keywords or click one of the categories listed.
- On the left side menu, select Location and any other filters that may be of interest.
- Click the program.
- If you know your password, login to your YMCA account.
 - If you don't know your password, choose **Find Account** and follow the steps listed.

RESERVE CLASSES ON OUR MOBILE APP

We've partnered with MotionVibe to create a robust mobile app that you can use to view the most up-to-date schedules, check in at the Y, and reserve your spot for TRX, Cycling, virtual classes, fitness consultations, and some water exercise classes. [Get started.](#)



Volunteer Opportunities

ANNUAL CAMPAIGN

Volunteers play a key role in raising funds to support financial assistance for those in our community who would otherwise be unable to participate in YMCA programs and membership. This is a fun and exciting time each year at the YMCA! You can help by pledging a donation that can be added to your monthly membership dues, provide a one-time gift, or help as a volunteer. If you would like to be a part of the Annual Campaign experience, please tell Member Services or your Branch Executive.

VOLUNTEER AT THE Y

The YMCA of the Inland Northwest is a non-profit, cause-driven organization with hundreds of volunteers who provide leadership and stewardship. Our cause is to strengthen communities by committing each day to youth development, healthy living, and social responsibility. When you volunteer at the Y, you are taking an active role in the creation of meaningful, enduring change right in your own neighborhood. We welcome your talents and any time you can offer. Please visit ymcainw.org to view [volunteer opportunities](#) and complete a volunteer application.