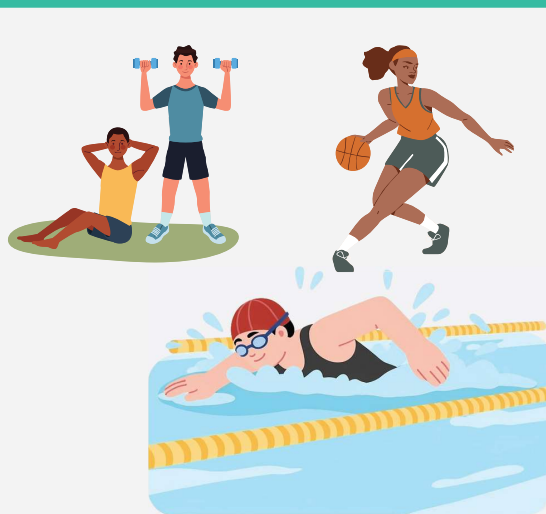


VISITING A YMCA

The YMCA is a community organization focused on healthy living.



Some activities I can do there include exercising, playing sports, swimming, or learning new things.



I can ask a staff member what activities are available at my YMCA location.



Some items I might bring are a water bottle, exercise clothes, sneakers, a towel, a swimsuit, and headphones.



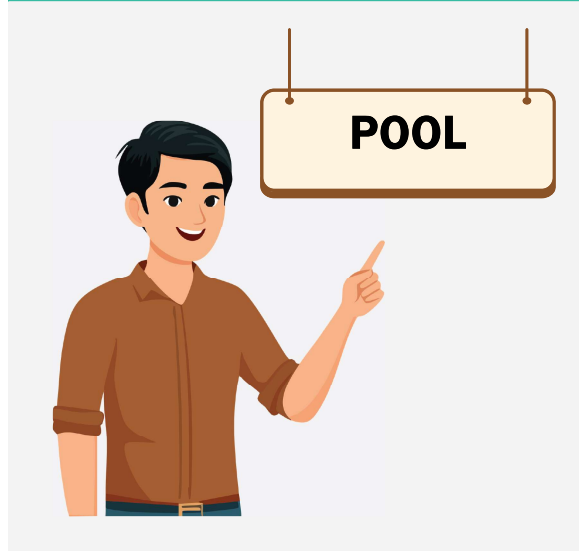
I can use the locker room to change if I am going to swim or exercise.



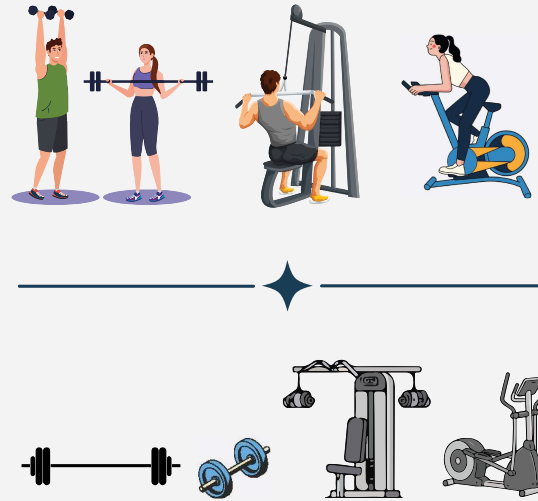
When I arrive, I will need to check in. I must have a membership to go to the YMCA.



Once I check in, I can choose an activity.
I might exercise, swim, walk, or relax.



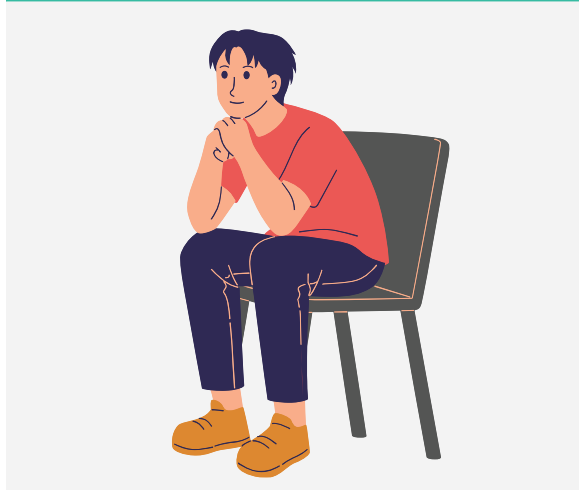
The YMCA may be quiet or busy
depending on the time of day.



The YMCA may have many sounds. I
may hear people talking, music,
exercise machines, splashing water,
whistles near the pool, and more.



If I feel overwhelmed, I can take a
break, find a quiet space, put on
headphones, and tell a trusted adult
or staff member.



The YMCA is a shared space. I should
expect to wait my turn, clean up after
myself, and follow facility rules.



If I feel unsure about something, I
can ask a staff member for help.

