



AVAILABLE AMENITIES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NO RESERVATIONS REQUIRED



FITNESS FLOOR

Is available for all members and guests during our regular business hours. Lockers are also available



24/7 FITNESS

Is available for all members 18+ who have received 24/7 access both during and after regular business hours.



LOCKER ROOMS

All Locker Rooms are open. Lockers are free for daily use and can be rented out for a monthly fee. Don't forget your towel!



INDOOR TRACK

Open for walking and running.
One lap = 1/8 mile.



STEAM ROOMS/SAUNAS

Only 2 people per sauna/steam room at a time.
Members and Guests 18+.



BASKETBALL

Courts are available for all members and guests.

BY RESERVATION



LAND AND AQUATICS GROUP EXERCISE CLASSES

Scan the QR Code or visit our website for the most up to date schedule.



LAP POOL

Lap Pool lanes are available only by reservation.



KIDZONE CHILDWATCH

Open Mon-Thurs 8:30am-10:30am & 5:00pm-7:00pm | Sat 8:30am-10:30am
Reservations are for full 2 hours.



LEISURE POOLS

Exercise Pool, Zero Entry Pool, Lazy River and Water Slide are all available.
Water Slide hours are Fri 3pm-Close & Sat 12pm-3:30pm.



PADDLEBALL/RACQUETBALL/PICKLEBALL

Courts are available for all members and guests.

REGULAR BUSINESS HOURS

Monday - Thursday | 5AM-8PM Friday | 5AM-7PM Sat | 7AM-4PM CLOSED SUNDAY
24/7 Fitness Available at Anytime for Members with Access

DOW BAY AREA FAMILY YMCA