



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

Special Offer. See Below.

CDYMCA.ORG



SPECIAL OFFER

Time Warner Cable employees are welcome
to join the CAPITAL DISTRICT YMCA and we'll
waive the joiner fee (\$100 value).



Simply bring proof of employment to the Capital District YMCA branch you wish to join. We have locations in Albany, Bethlehem, Clifton Park, Glenville, Greenbush, Guilderland, Niskayuna, Schenectady, and Troy. For a complete list, visit us online at **www.CDYMCA.org**.

Hurry! This special offer ends April 10, 2011. Offer cannot be combined with other offers.
Valid at any branch of the CAPITAL DISTRICT YMCA.