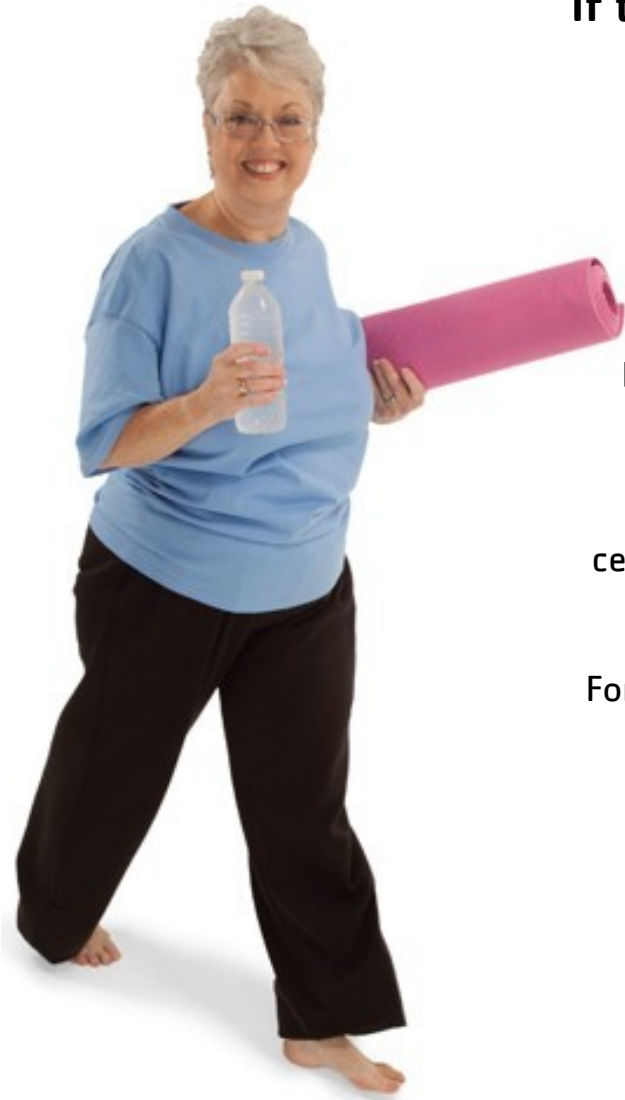




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NURTURING HEALTH TOGETHER

Give this referral card to a friend, neighbor or co-worker.
If they join, and bring in this completed card,
we'll give you a month **FREE!**



Staying active

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, gender or physical ability.

Take advantage of our group exercise classes, fitness center, weight room, basketball courts or pools. If you have troubles staying motivated, invite a friend.

For every membership you refer, you receive one free month of membership to help keep you on track.

Member Referral Card

Fill in your information and give this card to a friend. When your friend joins, you get a free month.

Member Name: _____

Member Birth Date: _____

Member Signature: _____

The new member must refer you at the time they join in order to receive the free month. Not good with other promotions/partnership or offers.

SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



SUMTER FAMILY YMCA
510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



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