



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET CONNECTED STAY ON TRACK

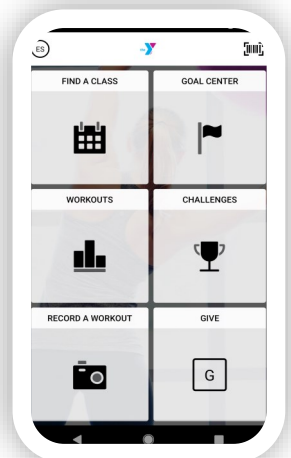
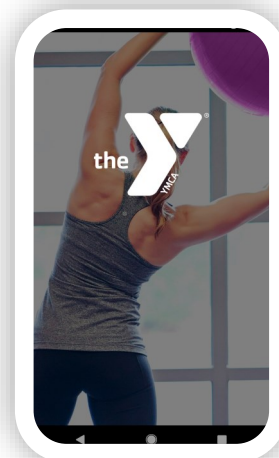
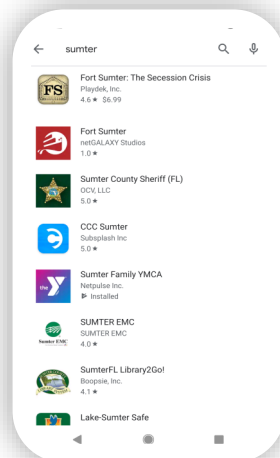
## YMCA Mobile App

We are excited to announce a more streamlined mobile fitness app experience for our members! Our updated app puts all the tools you need for a healthier lifestyle right in the palm of your hand.

With the app you can:

- Register for programs
- Track your workouts and participate in fitness challenges
- And have a direct link to our website and social media pages
- Pool and Kidscape reservations
- Fit Plans

Find us in the app store  
by searching key words:  
Sumter YMCA



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