New scholarships and discounts are now available to JCC Members.*

Unless otherwise specified per program, JCC will cover 1/3 of the cost and Ashland YMCA will offer a scholarship for 1/3 of the cost, with the remaining 1/3 to be paid by the JCC member.

*Program spots and scholarships are limited and offered on a first-come-first-serve basis.

Ashland Family YMCA
Phone: 541-482-9622
Email: info@ashlandymca.org

Connect with YMCA staff for more information, to see which programs are right for you and to sign up. Be sure to tell them you are a Jackson Care Connect Member.

Low Cost YMCA Membership

YMCA Membership includes full use of fitness and aquatic centers, wellness studio, basketball and volleyball courts during scheduled hours, and access to over 80 classes each week, with reduced program fees for JCC members.

Web: jacksoncareconnect.org
Email: info@jacksoncareconnect.org
Call/text: 855-722-8208
Hours: 8 am – 5 pm, Monday – Friday
Facebook: jacksoncareconnect
Download our free mobile app from Apple App Store or Google Play

Jackson Care Connect members can connect to health through the Ashland YMCA
Jackson Care Connect members get access to low-cost programs for the whole family.

**12 Weeks to a Healthier You Program**
If you are looking to lose weight and feel healthier, this is a great place to start. This is a group-centered program with nutrition, fitness, health coaching and personal training to support your individual needs to achieve a healthy lifestyle.

*JCC covers 100% of program cost.*

**6 Week Commit to Fitness Team Challenge**
A training and nutrition program to improve health, fitness and body composition.

*JCC covers 100% of program cost.*

**Youth Fitness Program**
Youth meet three times a week to workout with their peers under the direction and supervision of YMCA certified personal trainers. Sessions include introduction to strength training, nutrition, healthy lifestyles and good sportsmanship.

*JCC covers 100% of program cost.*

**Enhance® Fitness Classes**
This evidence-based group exercise program helps older adults with arthritis and other chronic disease become more active, energized and empowered to sustain independent living.

*JCC covers 100% of program cost.*

**Childwatch**
Drop-in care for your child (age 12 weeks to 6 years) by YMCA staff while you work out or take a class.

*JCC covers 100% of program cost for children of JCC members.*

**Play Days**
When school is out, the Y is in. On early release, conference, in-service and holidays, the YMCA offers Play Days for grades K-5th and goes from 8am-3pm with the option of extended care to 6pm. Includes swimming, activities and games, making crafts, and exploring our creativity!

**Gymnastics Classes**
Children participating in YMCA gymnastics will develop coordination, body strength and gymnastics skills, AND make friends, improve social skills and build their self-esteem.

**Swim Classes**
The Y offers great classes from Parent/Tot to Preschool to Advanced Swim Technique Development. We focus on water safety, skill development and, of course, fun!