



YMCA of Metropolitan Dallas

www.ymcadallas.org

	Coppell	T. Boone Pickens	Frisco	Frisco 2	Garland	Grand Prairie	Irving	Kaufman County	Lake Highlands	Lakewest	Lewisville	McKinney	Moonland	Oak Cliff	Park Cities	Park South	Plano	Richardson	Rockwall	Russell Creek	Town North	Waxahachie	White Rock
Adult Sports Leagues	▼	▼				▼	▼	▼		▼	▼		▼	▼		▼	▼	▼	▼		▼	▼	
Arts & Humanities	▼	▼		▼			▼			▼		▼	▼	▼	▼		▼			▼	▼		▼
Camping - Day	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Child Care Preschool	▼														▼	▼	▼			▼			▼
Child Care School Age	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼	▼
Childwatch	▼	▼	▼	▼	▼	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Climbing Wall	▼													▼			▼		▼				
Computer Center										▼				▼		▼							
Family Programs	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Financial Assistance	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Fitlinxx	▼	▼						▼	▼		▼	▼			▼		▼		▼		▼		▼
Group Exercise Classes	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Gymnasium	▼	▼		▼	▼	▼	▼		▼	▼	▼	▼	▼	▼		▼	▼	▼		▼	▼	▼	▼
Locker Room General	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Locker Room Family	▼			▼					▼			▼					▼		▼				▼
Outdoor Playing Fields		▼		▼	▼	▼	▼		▼	▼	▼		▼	▼	▼		▼	▼	▼	▼	▼	▼	▼
Personal Fitness Program	▼	▼	▼	▼	▼	▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Pool	▼	▼			▼	▼	▼		▼	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Racquetball/Handball		▼			▼	▼				▼					▼			▼	▼				▼
Senior Programs	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Strength & Cardio Equipment	▼	▼	▼	▼	▼	▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Teen Programs	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Tennis - Outdoor								▼						▼	▼		▼						
Towel Service	▼	▼	▼	▼		▼	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Track	▼	▼															▼		▼	▼	▼		▼
Volunteer Opportunities	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Youth Fitness Programs	▼	▼	▼	▼	▼	▼			▼					▼	▼	▼	▼	▼	▼	▼	▼	▼	▼
Youth Sports	▼		▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼	▼

Track & Pool Guide : ▼ Indoor ▼ Outdoor ▼ Indoor/Outdoor

Camp Grady Spruce is the residential camp for the YMCA of Metropolitan Dallas. You can visit them online at www.campgradyspruce.org
 Collin County Adventure Camp YMCA is a year round Outdoor Center dedicated to engaging kids and adults alike in a hands-on outdoor learning experience that build relationships and promotes respect for our natural resources. You can visit them online at www.collincountyadventurecamp.org