

**YMCA**  
**THAMES GATEWAY**

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**YMCA**

## **Five day trial**

You are entitled to a **FREE** five day membership of our Health & Wellbeing facilities at YMCA Thames Gateway in Romford

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**We believe that everyone should be able to enjoy the benefits of physical exercise**

To redeem your voucher please complete this form and hand it to reception on your visit.

Call our membership team to book your free visit on  
**01708 766211**

[www.ymcatg.org](http://www.ymcatg.org)

Follow us on



Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Referee \_\_\_\_\_ Expiry date \_\_\_\_\_



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION