

Did you know?

The Valparaiso Family YMCA programs and memberships are designed for people of all ages, abilities, faiths, ethnic groups, and incomes.

We offer a welcoming atmosphere where participants feel comfortable and receive the support they need to improve their physical, mental, and spiritual health. Our programs help develop self-esteem and self-confidence, build lasting relationships, and increase civic engagement. Services are offered at affordable fees for the community at-large, with financial assistance available for those who cannot afford the full fee.

