

# AMERICA 250

Celebrate Friendship, Freedom, and Fitness  
with the YMCA of Auburn-Lewiston

## BRING A FRIEND FOR FREE

July 6-10 and August 9-15, 2026



## SWAG BAG PRIZE RAFFLE

Member receives 1 raffle ticket for every friend  
they bring. Friend also gets 1 raffle ticket.

Raffle drawing for YMCA Swag Bag occurs  
in August 2026.



## IF YOUR FRIEND BECOMES A MEMBER\*

Friend gets 25% off their first month, plus a free  
30 minute nutrition counseling session.

Member gets 25% off their September  
membership fee.\*



YMCA OF AUBURN-LEWISTON   [alymca.org](http://alymca.org)

\* New membership must be EFT (Electronic Funds Transfer) to qualify for discount.

\* 25% discount does not stack if more than one friend becomes an EFT member.