

YMCA of Greater Dayton

111 W. First St. Suite 207
Dayton Ohio 45402

Area(s) Served:

Montgomery County

<http://www.ymcaonline.org>

Phone: 937-233-5201

Phone Extension: N/A

Contracted Provider: Not Applicable

Description:

YMCAs are founded to serve the whole individual spirit, mind and body and the whole community, from infants to seniors. Health and fitness are critical to the YMCA mission, and have been for over 100 years.

Physical activity for all ages is an important part of the Y experience, but is only one aspect of overall health. In over 120 countries children and adults are learning values and life skills at YMCAs; from fitness to child care, tutoring to serving their communities ... it's all part of the YMCA experience. To find out more about the programs the Y has to offer visit their website [here](#).