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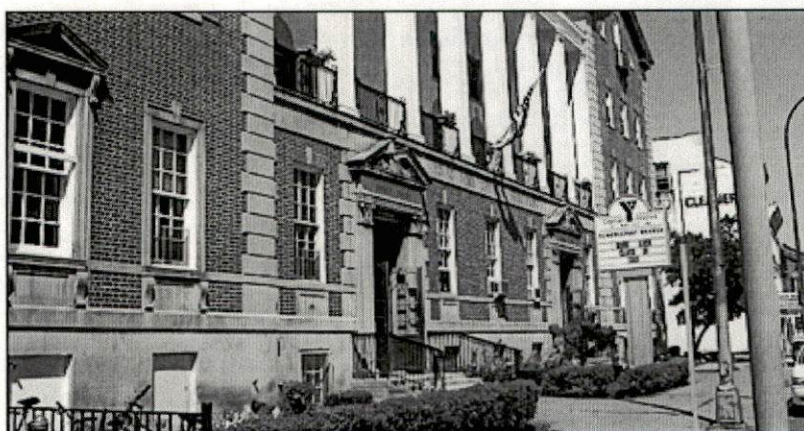
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Capital District YMCA Administrative Offices:

151 Vly Road
PO Box 12640
Albany, New York
12212-2640
518-869-3500

SCHENECTADY YMCA

**13 State Street
Schenectady, NY 12305
(518) 374-9136**



We offer our Schenectady members...

- Heated indoor swimming pool
- 2 Gymnasiums and auxiliary gym
- FREE fitness orientation
- Indoor running/walking track
- 4 Regulation handball & racquetball courts
- Squash court
- FREE parking
- Swim lessons for all ages and abilities
- Teen Center
- Locker room and shower facilities
- Cardio and light and heavy weight rooms
- Use of the Turchi Family Center
- Quality programs for all ages, and abilities

Plus...

Les Foster Fitness Center at Schenectady featuring:

- Treadmills, EFX cross-trainers, gravitron, exercise bicycles, step and row machines
- Nautilus and Cybex strength training circuits

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