



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMART START

Start Strong. Belong From Day One.

At the Y, we're here to help you feel confident and connected from the very beginning. Smart Start sets you on the right path — so you can make the most of your membership and your goals.

YOUR GOALS. YOUR PLAN. YOUR Y.

You'll meet one-on-one with a Smart Start Facilitator who will:

- Answer your questions
- Help you define your goals
- Guide you through equipment and programs
- Support you every step of the way

WHAT TO EXPECT

Smart Start includes up to three personalized sessions, each lasting 30–45 minutes, based on your needs. Every appointment is designed to build confidence, create connection, and help you maximize your Y experience.



Session 1: Get to Know You

You'll meet one-on-one with a Smart Start Facilitator to talk about your goals, answer questions, and learn what you need most. Together, you'll build a plan using our Smart Start worksheets.

Session 2: Check In & Keep Going

This session is a chance to reconnect, see how things are going, and adjust your plan if needed. We'll help you stay motivated and explore next steps at the Y.

Session 3: Follow-Up Support

Your Facilitator will follow up to see how you're doing and help you stay on track.

Follow-up can happen by phone, email, or in person at the branch.