

Y@HOME+

Steps to sign up

- 1 Step 1: Visit <https://www.ymcahome.ca/member> in your web browser.
- 2 Step 2: Scroll down to the very bottom of the page and click on the “Create an Account”, the white coloured button.
- 3 Step 3: Sign in using your existing account by clicking on “Already have an account? Sign in” at the bottom.
- 4 Step 4: You will then need to fill in your contact details again.
- 5 Step 5: Under Payments & Discounts, you will still need to enter a valid credit card number, CVC and your Postal Code attached to your credit card. You will not be charged any fees as a member of the
- 6 Step 6: Enter the discount code you were provided and click on the grey button “Apply”. You will see on the right side of the screen under Membership Summary, you are being charged \$0.00.
- 7 Step 7: Click the teal Subscribe button under “Review & Subscribe”.
- 8 Step 8: You should now have an account with Y@HOME+! Click on the red button “View Member Area” to get started with Y@HOME+. YThrive can be found under Workout Plans.
- 9 Step 9: Make sure you bookmark the page <https://www.ymcahome.ca/member-home> as this will make it much easier for you to access the virtual programs.

