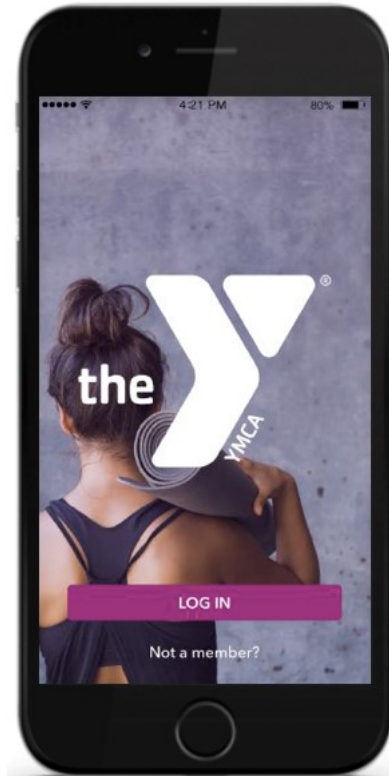
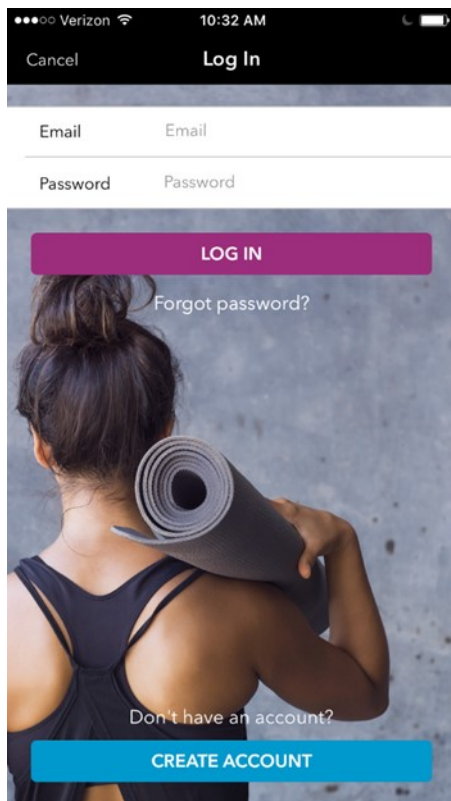


Darien YMCA Mobile App Guide

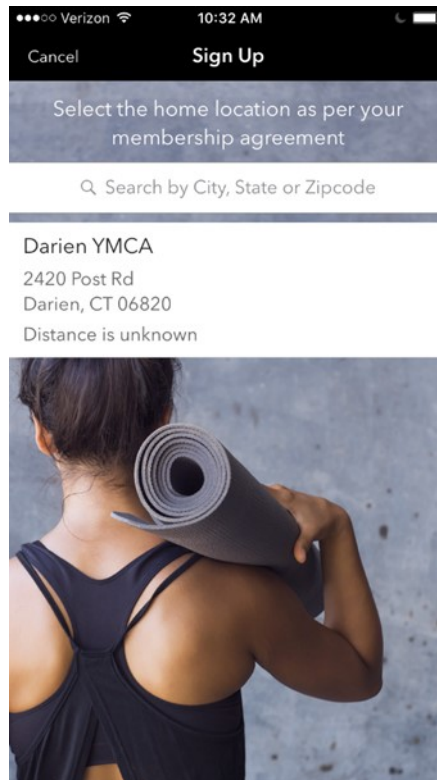


How to create your account...

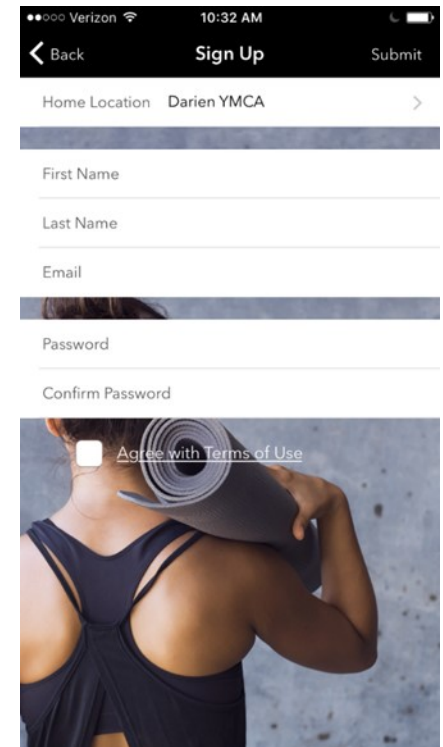


This is the login screen. If you have created an account for the NEW app, you can enter your credentials. If not, you tap the "create account" button.

This account is separate from your Daxko account. If you have not used the NEW mobile app, you must



This is the first step in creating your new account. Here you either type in our tap "Darien" and select "Darien YMCA"

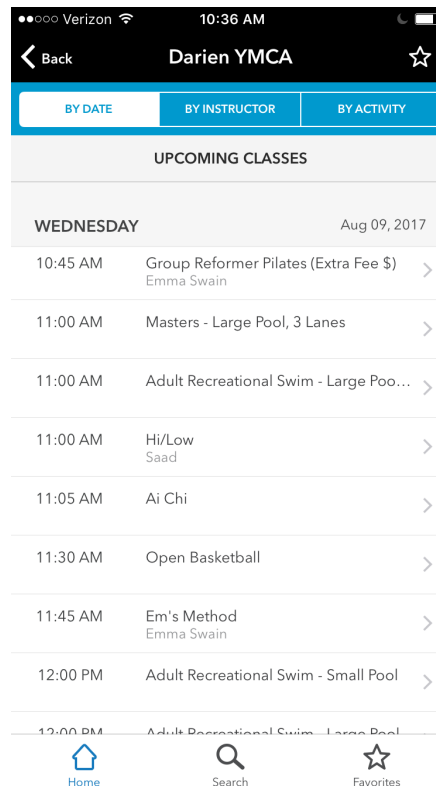
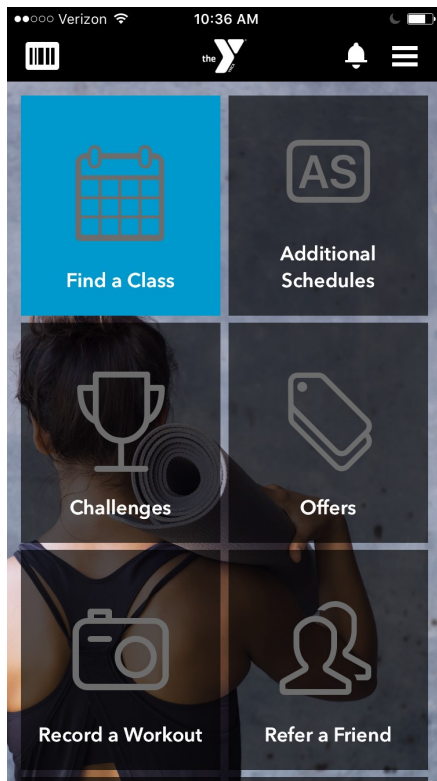


Here, you fill out your credentials. When you are finished you press submit in the top right corner.

Common Issues

Passwords don't match
Misspelled email address

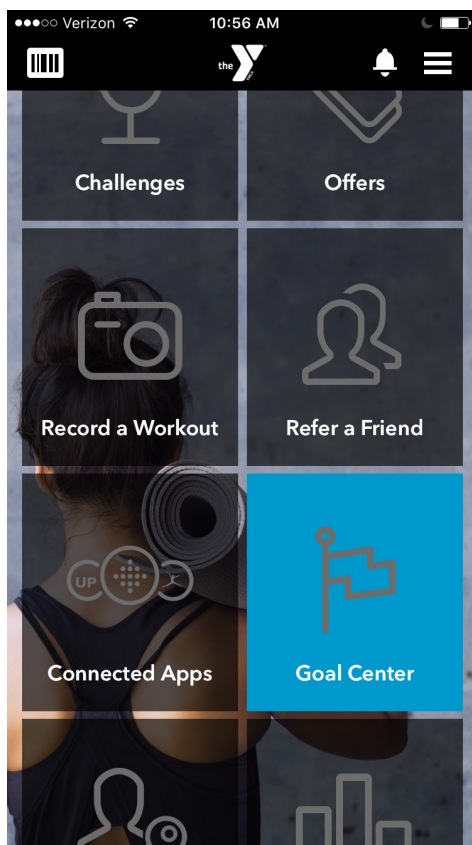
How to find a class...



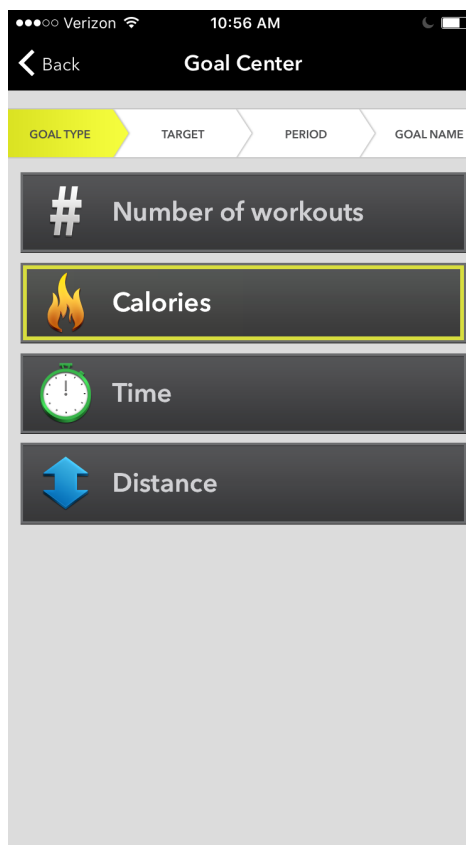
Select the “Find a Class” tile

After selecting “Find a Class”, you can sort it by date, instructor, or activity. You may also use the search tab at the bottom center of the screen. In the bottom right corner, you can view your favorite classes. These classes can be selected by

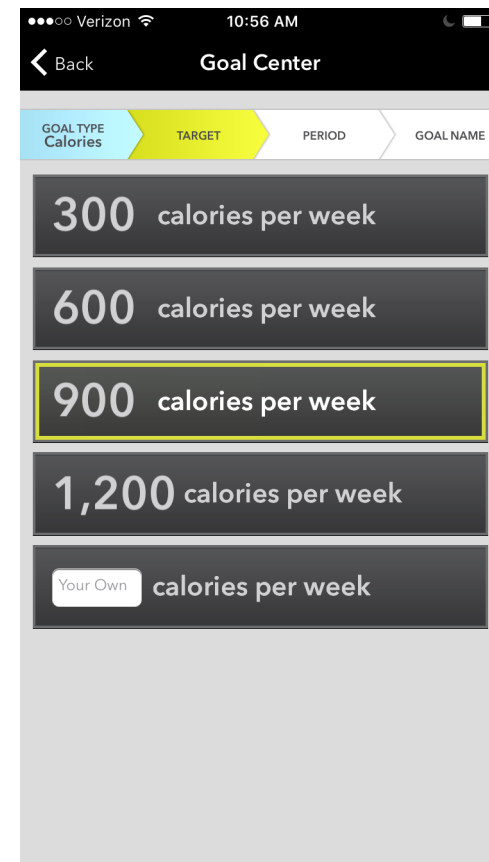
How to create a fitness goal...



Tap the "Goal Center" tile.



Select the type of goal you would like to setup

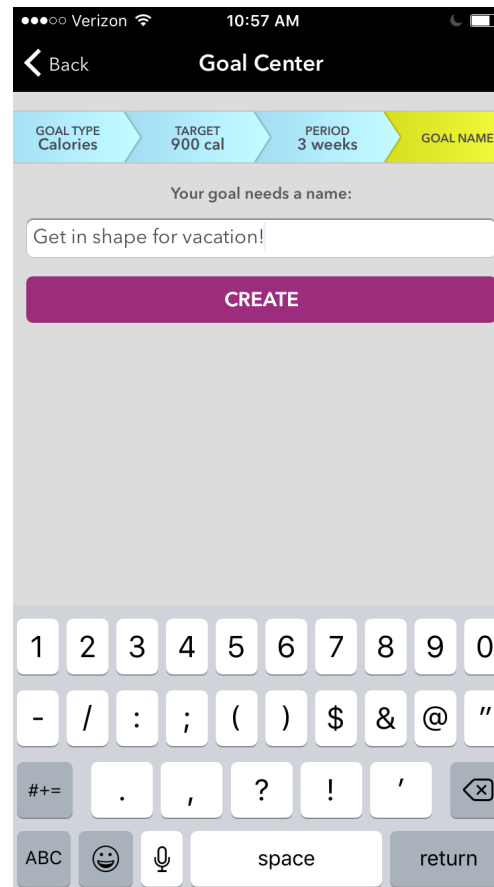


After establishing the type of goal you would like to pursue, you must choose the quantity or number to fulfill the goal. There is always on option to create your

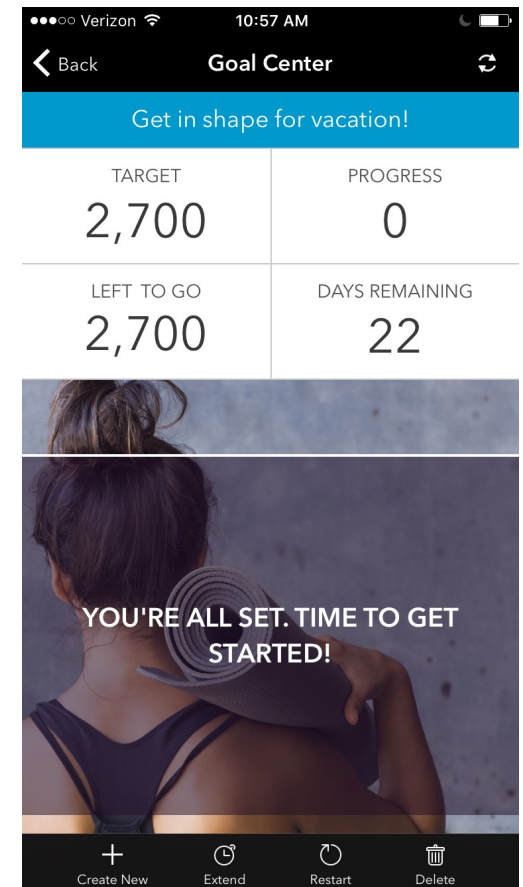
How to create a fitness goal...



After choosing the goal, you must establish a timeframe which the goal must be completed in. The options are as listed above.

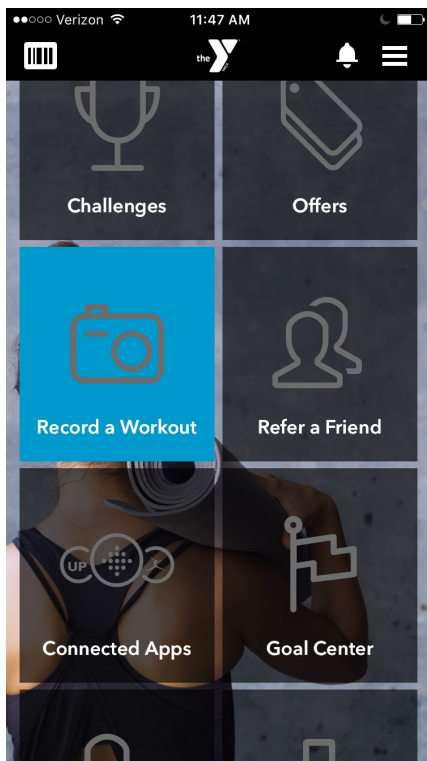


After you have entered the specifications for the goal, you need to give it a name. By pressing create you have created your goal.

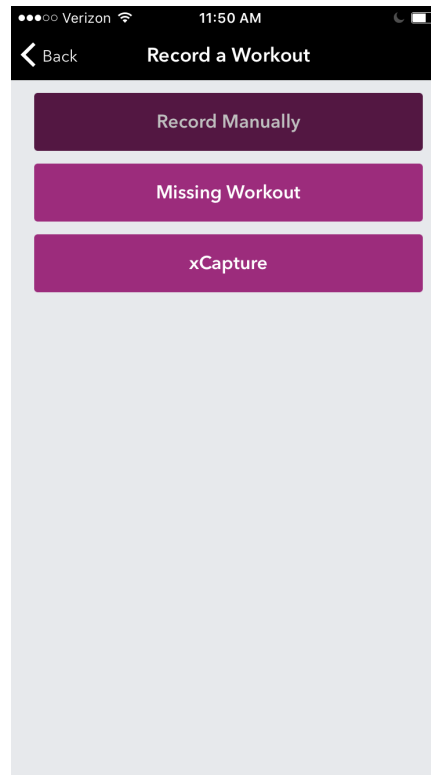


Now, when you click on the "Goal Center" tile on the home screen, it will show you your progress towards your goal. When you record a workout, it will automatically

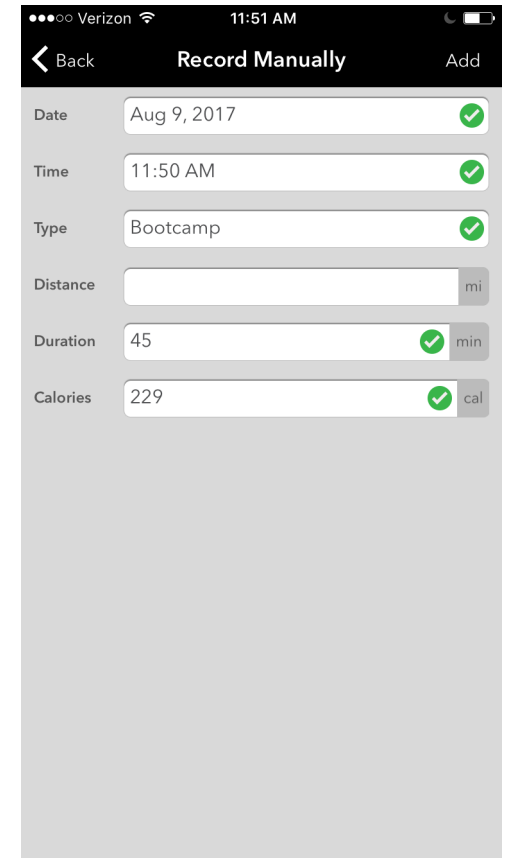
How to record a workout...



Tap the "Record a Workout" tile on the home screen.

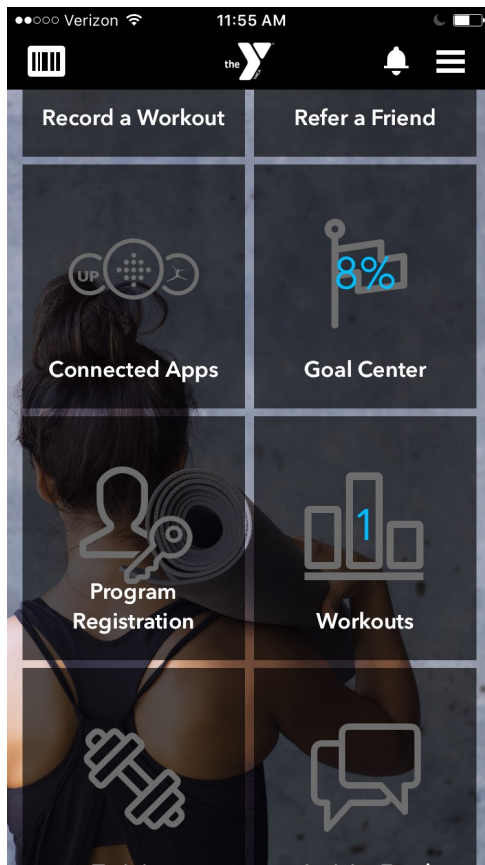


Select one of the three ways to record your workout. "Record Manually", is for activities/classes (Bootcamp/ Football). "Missing Workout" is for a type of machine (treadmill, elliptical, etc.). xCapture is used to take a picture of any machine that has a screen, and it will automatically record what you photograph. **Note:** If you have a wearable fitness tracker, you can sync it to the app using the "Connected Apps" tile. When you sync your device it will automatically record your workout.

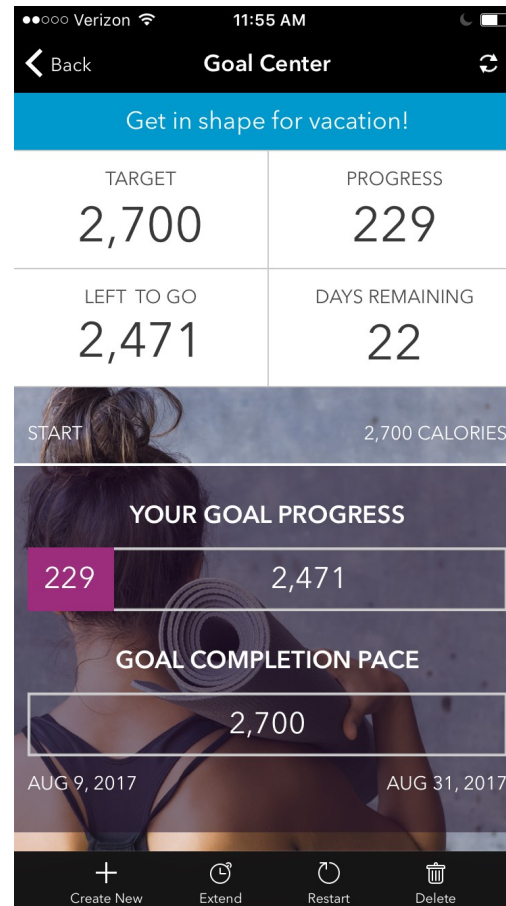


If you are using "Record Manually" or "Missing Workout", you will be brought to this screen. You choose the type of workout from the dropdown menu and input the distance or duration of the activity. The calories will then be automatically calculated. When you are finished, press "Add" in the top right.

How to record a workout...



When you return to your home screen, you will see that the workout you just recorded, went towards the goal you established and also saved under your "Workouts" panel.



After completing the workout and recording it, the Goal Center will update and show how much progress you have made.