

Young man, there's no need to feel down  
I said, young man, pick yourself off the ground  
I said, young man, 'cause you're in a new town  
There's no need to be unhappy

Young man, there's a place you can go  
I said, young man, when you're short on your dough  
You can stay there, and I'm sure you will find  
Many ways to have a good time

**It's fun to stay at the YMCA 2x**  
**They have everything for you men to enjoy**  
**You can hang out with all the boys**  
**It's fun to stay at the YMCA 2x**  
**You can get yourself clean, you can have a good meal**  
**You can do what ever you feel**

Young man, are you listening to me?  
I said, young man, what do you want to be?  
I said, young man, you can make real your dreams  
But you got to know this one thing

No man does it all by himself  
I said, young man, put your pride on the shelf  
And just go there, to the YMCA  
I'm sure they can help you today

**It's fun to stay at the YMCA...**

Young man, I was once in your shoes  
I said, I was down and out with the blues

I felt no man cared if I were alive  
I felt the whole world was so tight

That's when someone came up to me  
And said, young man, take a walk up the street  
There's a place there called the YMCA  
They can start you back on your way

It's fun to stay at the YMCA 2x  
They have everything for you men to enjoy  
You can hang out with all the boys

YMCA, it's fun to stay at the YMCA  
Young man, young man, there's no need to feel down  
Young man, young man, pick yourself off the ground

YMCA, it's fun to stay at the YMCA  
Young man, young man, are you listening to me  
Young man, young man, what do you wanna be?

YMCA, you'll find it at the YMCA  
No man, young man, does it all by himself  
Young man, young man, put your pride on the shelf

YMCA, and just go to the YMCA  
Young man, young man I was once in your shoes  
Young man, young man I was down with the blues,  
YMCA