

MEMBERSHIP GUIDE 2023



MEMBERSHIP TYPES

FAMILY* : Two adults (18+) and all dependents** through the age of 24 living in the same household.	\$73.00/mo
INDIVIDUAL ADULT (25-59)	\$51.00/mo
SENIOR (60+)	\$40.00/mo
SENIOR HOUSEHOLD : Two adults (one must be age 60+) living in the same household. If adding dependents, the membership type must be Family.	\$61.00/mo
TWO ADULT HOUSEHOLD : Two adults (18-59) living in the same household.	\$65.00/mo
YOUNG ADULT (18-24)	\$40.00/mo
YOUTH (14-17)	\$30.00/mo

***ADD UP TO 2 ADDITIONAL ADULTS** to any FAMILY membership for \$27.00 per adult per month. Adults added must also be living in the same household.

****We reserve the right to request proof of dependency** (children or other) by way of 1040 tax forms.

A one-time \$25.00 joining fee applies to all memberships.

MEMBER BENEFITS

- 6-lane, 25 yard indoor heated swimming pool
- The newest fitness equipment with FREE fitness coaching through our FitQuest program
- All group exercise classes (land and water) are included for free
- Supervised childcare for FAMILY memberships so parents can exercise, take classes, and swim
- Cutting edge group and small group programs in our Functional Training Zone
- New Beast Mode program
- Nationwide YMCA membership
- Programs for families, kids, and teens
- Full service locker rooms
- Youth swim team and Masters Swim
- Certified personal trainers to help you meet your fitness goals
- Safe, family-friendly atmosphere
- Much, much more!

GUEST POLICY

The Foothills Area YMCA is a membership organization and our first priority is to serve our members who have made a commitment to the YMCA by joining. The purpose behind our guest policy is to: enhance service to current members who are encouraging a friend to join; and to make reasonable accommodations for out-of-town family and visitors.

GUESTS OF CURRENT FAYMCA MEMBERS

All guests of current FAYMCA members will receive one complimentary visit each year. Each guest must be accompanied by a member and will be required to stop by the welcome desk, be registered as a guest, and sign applicable waivers. After the first visit, guests of current members may visit the Y thereafter with a member for a nominal fee outlined below:

- Guests 18+: \$10 per daily visit
- Guests 17 and under: \$5 per daily visit

FREE TRIAL/DAY/POOL/CLASS PASS

At this time, the Foothills Area YMCA does not provide free membership trials, day passes (unaccompanied by a current member), pool or class passes. ALL guests must be accompanied by a current member.

COTTINGHAM CAMPUS HOURS OF OPERATION

Monday-Thursday: 5:30 am-9:00 pm
Friday: 5:30 am-8:30 pm
Saturday: 7:00 am-5:00 pm
Sunday: 1:00 pm-5:00 pm

The pool will close 30 minutes prior to facilities daily. The pool may also close for 30 minutes at a time for lightning and thunder.

Refer to the Child Watch section of this guide for Child Watch hours.

2023 HOLIDAY HOURS

Easter Sunday: CLOSED
 Memorial Day: 5:30 am-12:00 pm
 Independence Day: 5:30 am-12:00 pm
 Labor Day: 5:30 am-12:00 pm
 Thanksgiving Day: CLOSED
 Christmas Eve (SUNDAY): CLOSED (typically, close at noon)
 Christmas Day: CLOSED
 New Year's Eve (SUNDAY): CLOSED (typically, close at noon)
 New Years Day (MONDAY, January 1, 2024): Open regular hours

FINANCIAL ASSISTANCE

As a cause-driven, charitable organization, we value the practice of inclusion for all regardless of race, religion, gender, age or economic circumstance. We are deeply committed to raising the funds necessary to remove income as a barrier so that everyone in our community can participate in Y membership, programs and services that encourage positive growth, promote a healthy lifestyle, build community, and support social responsibility.

CHILD WATCH

Child Watch is an added-value benefit to those with an active **FAMILY membership**. It provides a safe and enriching environment for children ages 6 weeks to 10 years, while parents exercise to achieve their health and wellness goals. When parents are in the branch, children are fully engaged in themed activities including arts and crafts, music and movement, and fun discovery and learning. Parents may use Child Watch for up to 90 minutes per visit. Parents must remain in the branch while their children are in Child Watch.

CHILD WATCH HOURS OF OPERATION

Monday–Thursday: 8:00 am–12:00 pm AND
4:30 pm–8:00 pm
Friday: 8:00 am–12:00 pm AND
4:30 pm–6:30 pm
Saturday: 8:00 am–12:00 pm
Sunday: CLOSED

YOUTH FITNESS ACCESS AND PROGRAMS

- **Ages 9 and under** are not permitted in the Fitness Center.
- **Ages 8+** may use The Zone next to the Welcome Center unsupervised so long as they behave and represent the Y's four core values of Caring, Honesty, Respect, and Responsibility.
- **Ages 7 and under** may use The Zone with direct supervision.
- **Ages 10+** may participate in group exercise classes with their parent or guardian provided the class does not involve any free weights. Youth must be at least 52" tall to participate in cycling classes.
- **Ages 10–11** may use the cardio equipment in the Fitness Center after completing our free Kids Cardio orientation with a Y Fitness Coach. Parents must remain in the Fitness Center.
- **Ages 13–14** may use free weights **ONLY AFTER** completing 8–55 minute teen free-weight training sessions with a Y personal trainer and with trainer approval. As a Y staff for more information.
- **Ages 12–14** may use the selectorized equipment in the Fitness Center after completing our free TeenQuest appointment with a Y Fitness Coach. Parents must remain in the Fitness Center. They may not use free weights.
- **Ages 15+** has full access to the Fitness Center (machines & free weights) and group exercise classes.

The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

FITQUEST

FitQuest, powered by ActivTrax, is a personalized fitness program designed to meet your specific fitness needs and is included in Y membership at no additional cost. With exercise programs customized to fit your needs, and online fitness and nutrition tools, FitQuest supports all ages and fitness levels. You can also link to most wearable devices to FitQuest and track your activity automatically. With FitQuest, you will receive the 1-hour appointments with a fitness professional!

Appointment 1: Q&A with Fitness Coach, goal setting, strength evaluation and machine orientation, ActivTrax profile setup.

Appointment 2: Complete 1st ActivTrax workout with Fitness Coach guidance.

Appointment 3: Progress check and FREE 45 minute personal training session with Personal Trainer.

At the completion of FitQuest, the member will be offered a discounted, introductory personal training package.

Schedule your first appointment TODAY at the Welcome Center!

PERSONAL TRAINING

Y personal trainers are certified fitness professionals who are experts at working with you to build an effective health and wellness routine that meets your needs. They specialize in a variety of training styles, including:

- General personal training
- Personal training for seniors
- Personal training for medical conditions
- Sport-specific personal training (i.e. football, running, etc.)
- Injury recovery personal training
- Personal training for youth

Styles vary by trainer. Individual and partner training is available.

WEBSITE & SOCIAL MEDIA

Be sure to visit and bookmark our website at **faymca.org** where you can access your account information, sign up for classes, and register for programs.

To stay up-to-date on all happenings at the Y, follow us on **Facebook & Instagram** at **/foothillsareaymca**.