

At the Y, we are for youth development, healthy living and social responsibility. We are dedicated to ensuring our facilities, programs and services are open and welcoming to all. As part of this effort, we are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals.

ALWAYS WELCOME

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

IN EVERY COMMUNITY

We understand that sometimes it is more convenient for members to take advantage of a Y near their workplace or when they are traveling outside the area of their home Y. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

WHAT YOU NEED TO KNOW

- Nationwide Membership is valid for active, **full facility YMCA members** whose home Y participates without restriction or blackout periods
- Nationwide member visitors must use their home Y at **least 50% of the time**
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide **basic membership data** such as name and email address
- Members will need to sign a universal liability waiver and privacy policy
- Ys should allow nationwide members access to services typically offered to full-facility members. **Check with the Y for schedule and availability.** Nationwide members visiting other Ys for a period greater than 28 days must transfer membership affiliation for continued use
- All Ys reserve the right to restrict or revoke these privileges
- Registered sex offenders are prohibited from participating



THERE'S A Y IN EVERY FAMILY

**Membership Brochure
Texas County Family YMCA**



OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

TEXAS COUNTY FAMILY YMCA
1602 N OKLAHOMA
GUYMON, OK 73942
580.468.9622 FAX: 580.338.5643

YMCA FACILITY HOURS

Sundays: 1:00pm - 5:00pm
Weekdays: 5:00am - 9:00pm
Saturdays: 9:00am-6:00pm

OUR FACILITY

Wellness Center:	Gymnasium
* Free Weights	Child Watch Room
* Machine Weights	Multi Purpose Room
* Treadmills	Aquatic Center:
* Ellipticals	* 8-Lane Lap Pool (84 degrees)
*Adaptive Motion Trainers	* Therapy Pool (94 degrees)
* Bikes	* Hot Tub (104 degrees)

FITNESS CLASSES (INCLUDED WITH MEMBERSHIP)

*Class Passes may be purchased for \$5/class or \$40 for 10 classes

Land Fitness Classes

- Zumba
- Turbo Tone
- Kundalini Yoga
- Senior Fitness
- Group Cycling
- Pilates

Aquatics Classes

- Aqua Shape
- Water Pilates
- Water Aerobics

PERSONAL TRAINING

We offer one-on-one or small group sessions. Both are one hour times with a personal fitness trainer. Our personal trainers are educated professionals who can help any YMCA member. Your initial visit includes a review of your health history, lifestyle and goals.

One-on-One Training

\$25/hr or \$125/ 6 hrs for Y members
\$40/hr or \$200/6 hrs for any non-members.

Small Group Training

\$35/hr or \$175/6 hrs for Y members
\$50/hr or \$250/6 hrs for any non-members.

*SMALL GROUP SESSIONS ARE 2 OR MORE PEOPLE.

MEMBERSHIP RATES

Youth (age 10-17)

- * \$15 / Monthly draft
- * \$180 / Annual
- * \$25 / One-Time Join Fee

Family (Includes spouse, all dependents 18 and younger, unless enrolled in college -age 26 & younger)

- * \$57 / Monthly draft
- * \$684 / Annual
- * \$50 / One-Time Join Fee

Young Adult (anyone age 18-25)

- * \$25 / Monthly draft
- * \$300 / Annual
- * \$25 / One-Time Join Fee

Senior (anyone age 60 & older)

- * \$31/ Monthly draft
- * \$372 /Annual
- * \$25 / One-Time Join Fee

Adult (anyone age 26 & older)

- * \$39 / Monthly draft
- * \$468 / Annual
- * \$25 / One-Time Join Fee

Senior Couple (at least one age 60+)

- * \$49 / Monthly draft
- *\$588 / Annual
- * \$50 / One-Time Join Fee

Adult Couple (married, engaged)

- *\$51 / Monthly draft
- *\$612 / Annual
- *\$50 / One-Time Join Fee

AQUATIC CENTER HOURS

Sundays: 1:00pm - 4:45pm
M-F: 5:00am - 1:00pm
4:00pm - 8:00pm
Saturdays: 9:00am- 5:45pm

All children 7 and younger must be accompanied in the water by a parent or a person age 16 or older.

LIFEGUARD & 1ST AID CERTIFICATION

Red Cross Lifeguard and First Aid/CPR certifications are instructed by one of our Aquatics staff periodically at the Y. If you or your group needs to be certified or for more information contact the YMCA. A minimum of 5 individuals are needed for a class.

GROUP SWIM LESSONS

YMCA Group Swim Lessons are fun and instructional lessons geared for kids of all ages and skill levels. Lessons teach swimmers how to swim, have fun, and most importantly, water safety. Educated instructors work with small groups that do not exceed YMCA of the USA swim ratio's. Each session is made up of 8 lessons (6 guaranteed) that are 45 minutes in length. The Y will make every effort (within reason) to reschedule any lessons that are cancelled due to weather.

Group Lessons are scheduled throughout the year on Tuesday and Thursday nights!

Pre/Youth at 5:45-6:30pm

\$30/ session for Y members and \$50/session for non-members
Parent/Child Swim Lessons at 5:30-6pm Tuesday nights only!
\$25/Y members and \$40/non-members.

PRIVATE/SEMI-PRIVATE SWIM LESSONS

Private and Semi-Private Swim lessons are for adults and children alike. Instructors work one-on-one with you whether your goal is to learn how to swim or to improve upon your stroke and technique. We have several instructors for you to choose from. Dates and times are set mutually between the instructor and you.

Private Lessons

\$25/hr or \$125/ 6 hrs for Y members
\$40/hr or \$200/6 hrs for any non-members.

Semi-Private Lessons

\$35/hr or \$175/6 hrs for Y members
\$50/hr or \$250/6 hrs for any non-members.

*SMALL GROUP SESSIONS ARE 2 OR MORE PEOPLE.

GATOR SWIM TEAM

The Guymon Gator Swim Team is not a YMCA program. However, the Gators do practice in our Aquatics Center. For information about the Gators Swim Team, visit the gators website at

<http://guymongators.tripod.com/>

BOOK A PARTY WITH US!

The YMCA manages all rentals for the YMCA pools and the Guymon City Pool (Summers Only) City Pool parties are available Mon-Sat 7-9pm, and Sun 5-7pm. YMCA parties are scheduled on a first come, first served basis during open hours. Parties booked at the YMCA are during Open Swim, we do not rent the entire pool for private parties.

YMCA - \$60/Member and \$80/Non-Members 2 hour minimum
(Prices include 1 hour in a private room for cake, presents, etc.)
City Pool—\$100 per Hour (Private Rental)

CHILD WATCH

Mon-Thur: 5:00pm - 8:00pm
Closed on Weekends

Rates

****Free with Family Membership**
\$2/per child per visit or \$10/month per family
Parents must remain in the YMCA.

Ages : 6weeks-6years

AFTER SCHOOL PROGRAM

Ages

K—6th Grade

Times

Monday- Friday after school
until 6:30pm

Rates

Members: \$40 / Week
Non-Members \$60 / Week
Drop-in: \$20/day

The YMCA bus picks up children from any Guymon Elementary School and takes them to the Y where they get assistance with homework, explore STEM activities, and learn about Healthy Eating and Physical Education (HE-PA), including swimming .

***DHS Subsidized care provider.**
\$5 discount for each additional child.

NSFD'S (NO SCHOOL FUN DAYS)

Ages

K—6th Grade

Rates

Members: \$15 / Day
Non-Members: \$30 / Day

No School is no problem at the YMCA! We have child care from 7:30am to 6:30pm during scheduled school closings.

See the Y for dates and details.

***DHS Subsidized care provider.**

SUMMER DAY CAMP

Ages

5 - 12 year olds

(Going into grades K-6 in the fall)

Times

Monday- Friday

7:30am-6:30pm

Summer time at the YMCA means exploration, character development, and improving social skills, all while having fun in a safe environment. The caring involved staff keep children interested in a variety of activities including swimming, sports, crafts, community service, and games. Each week has a new theme that peaks children's interest in the world around them as we delve into each topic.

Rates: Members- \$80/week Non-Members- \$95/week.
\$10 discount for each additional child.

***DHS Subsidized care provider.**

Seasonal Programs Include...

K-2 Flag Football
K-6th Basketball
Youth Super Sports Basketball
(3-5 years old)

Adult Leagues
Healthy Kids Day
Gobbler Gallop 5K
Contact the Y for more information!

For more information and program updates find us on facebook and check out our website at www.txcoymca.com

