

Our Mission

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

Membership Benefits

- Unlimited use of our Gym, Fitness Center, and Pool during YMCA/Pool hours
- Free special events just for members
- Free staffed Play Park from 4-7:30 pm M-F for members ages 3-10 years
- Free Weight Orientation or Personal Fitness Program
- Fitness assessment and Personal Training available
- Locker, batting cage, and virtual golf rental
- Discounted rates on Child Watch, Aquatics, Fitness, Sports, and more
- Free guest pass per member per year
- Discounts for out of area guests who visit the Y with you
- Membership at our North Central Missouri and Carroll County Area YMCAs
- Access to every YMCA in Missouri
- Access through the A.W.A.Y. program to YMCA's all over the country
- Becoming part of a Better Us



The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

YOUTH DEVELOPMENT

Every child and teen deserves the opportunity to discover who they are and what they can achieve. We weave essential YMCA values into all that we do. We work to partner with you to build happy, healthy, secure and connected children. Please ask us about:

- Child Watch and PlayPark
- Instructional and Competitive Gymnastics
- Swim Lessons
- Swim Team
- Martial Arts
- Summer Tennis and Track
- Team Sports
- Summer Camp
- Family Events



HEALTHY LIVING

Our approach to exercise focuses on wellness of the whole person: spirit, mind and body. Our Fitness Center is open to men, women and youth ages 14 and older. Whatever your interest or experience, we support your journey to wellness.

- Aquatic Classes
- Arthritis and Low Impact Classes
- Fitness Orientation and Personal Training
- Weight Machines, Free Weights, and Cardio Equipment
- Walking Track
- Group Exercise and Yoga Classes
- Heated Swimming Pool, Hot Tub, and Sauna
- Adult Sports Leagues

SOCIAL RESPONSIBILITY

We are committed to making a meaningful difference in our community with our programs and services. We offer Financial Assistance to qualified applicants. Additionally, the Y offers mission-based programs, such as:

- Y-PALS Mentoring Program
- Backpack Buddies
- Senior Card Day
- Partners in Education
- Community Safety Training including CPR, First Aid, and Lifeguarding
- Christmas Giving Tree
- Volunteer opportunities that help to strengthen our community

YMCA Hours

Winter Hours (Labor Day - Memorial Day)

Monday - Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 8:00 pm
Sunday	1:00 pm - 6:00 pm

Summer Hours (Memorial Day - Labor Day)

Monday - Thursday	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 5:00 pm
Sunday	Closed

Holiday Closings

The Y will be closed on Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas Day. Our hours may vary on Christmas Eve, New Years Eve, and New Years Day.

Membership Fees

(November 1, 2016 - October 31, 2017)

	<u>Join Fee</u>	<u>Annual</u>	<u>Monthly</u>
Youth	\$50.00	\$ 128.37	\$12.83
College	\$50.00	\$ 153.83	\$15.39
Adult	\$50.00	\$ 307.66	\$30.77
Couple	\$50.00	\$ 420.12	\$42.01
Single Parent Family	\$50.00	\$ 350.07	\$34.91
Family	\$50.00	\$ 508.17	\$50.82
Sr. Adult	\$50.00	\$ 253.56	\$25.36
Sr. Couple	\$50.00	\$ 382.98	\$38.30

Payment Options

Paid annually by check, cash, or credit card. Paid monthly by automatic bank draft or credit/debit payment (a \$2 fee applies to monthly credit/debit payments). Monthly withdrawals may be cancelled by completing a cancellation notice **IN PERSON** at the YMCA Welcome Center no less than **FIFTEEN (15) Days** in advance of the next scheduled withdrawal. Memberships are non-refundable. **Financial assistance is available for those in need.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU'RE WELCOME AT THE Y

Membership Guide GRAND RIVER AREA FAMILY YMCA



GRAND RIVER AREA FAMILY YMCA
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The YMCA is a charitable 501(c)(3) non-profit community organization.