

YMCA MEMBERSHIP BENEFITS

HEALTH & FITNESS TRAINING CENTER

- **Cardio Conditioning Center:** Precor Ellipticals, Life Fitness Cross-Trainers, Life Fitness Treadmills, Bikes, Stretch Trainers, Arc Trainers, Precor AMT Trainers and Rowers
- **CardioTheater:** HDTV flat screens with six preset channels or six preset music station.
- **Cybex Center:** more than 39 pieces of weight resistant equipment to train all major muscle groups
- **Free Weights:** Over 8,500 lbs of free weights and dumbbells
- **Teen Training Room:** (ages 12 - 14 years) Cardio and strength training equipment for teens plus Expresso S2 Interactive Bikes!
- **Personal Training:** For adults and teens; individual, partner and group sessions

FITNESS STUDIO & SPINNING

- **59 fitness classes** a week including yoga, pilates, BOSU, kickboxing, strength & conditioning and more
- **23 Spinning classes** with 22 StarTrac NXT Spin Bikes
- Mirrors, ballet bar and flexible hardwood flooring
- Special programs and children's ballet

INDOOR HEATED SWIMMING POOL

- 25 yards, six lanes, 84 degrees
- Adult, Children and Parent/Child swim lessons
- Water Exercise
- Competitive Swimming and Masters Program
- Lane, Lap & Recreational Swim Time
- Birthday Parties

BASKETBALL GYMNASIUM

- Adult Basketball and Volleyball Drop-In Games
- Youth Soccer and Basketball Leagues
- Youth Sports Programs
- Gymnastics
- Recreational time for families
- Special Classes, Events and Birthday Parties
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COMMUNITY ENRICHMENT

- Health and Wellness Programs
- Screenings by local hospitals
- Senior and Older Active Adult programs and classes

KIDS CARDIO ARCADE (6 - 14 years)

Supervised place for kids to get moving, meet friends and have fun with Interactive games including:

- Wii Sport & Wii Fit
- Playstation 2
- Techno Steppers
- Cybex Trazer
- X-er Dance!
- Kid-size Expresso Bikes

MARION MANN ROBERTS EARLY CHILDHOOD LEARNING CENTER

- State licensed with full and partial day childcare through state certified Kindergarten
- Ages 2 1/2 - 6 years
- Open from 7:30am-6 pm

KIDS CLUB AFTER SCHOOL CARE

- State licensed, off-site after school care for elementary students.
- 1st - 8th grades
- Covers scheduled half days and school vacations.

SUMMER DAY CAMP

- Half-day Camp for ages 3 years through 2nd grade
- Full-day Camp programs and specialties for ages 6 - 12 years
- Leaders - in -Training program for teens 13 - 15 years
- Counselor - in -Training program for teens 15 and 16 years

CHILDREN'S OUTDOOR PLAYGROUND

- Colorful and challenging equipment
- Safe and secure
- Open to the community

McCRUDDEN PICNIC PAVILION

- Free and open to the community (call to reserve)
- Seating for 200 + plus
- Two oversized barbecue grills
- Surrounding wooded trails
- Restrooms

BUILDING HOURS

MON-FRI 5:00 a.m. - 10:30 p.m.

SAT 7:00 a.m. - 9:00 p.m.

SUN 7:00 a.m. - 7:00 p.m.

BABYSITTING HOURS

Ages 6 weeks to 11 years old.

MON/WED/FRI 8a.m. - 3:00 p.m. / 4:00 - 7:00 p.m.

TUE/THU 8:00 a.m. - 1:00 p.m. / 4:00 - 7:00 p.m.

SAT 8:00 a.m. - 1:00 p.m.

SUN 9:00 a.m. - 11:00 a.m.

YOUTH & TEEN MEMBERSHIP BENEFITS

YOUTH/TEEN AQUATICS

6 months to 3 years	Swim class (with parent)
3 - 6 years	Swim lessons
6-14 years	Swimming & diving lessons
15 & UP	Adult swim lessons
15 & UP	Red Cross Lifeguarding

YOUTH FUN & FITNESS

18 months to 3 ½ years	Preschool Fun & Fitness (with parent)	
2 ½ years to 7	Fun & Fitness Classes	
3-8	Half Day Camp	
4-6 years	DROP-IN PLAYTIME	FREE
5-12 years	Youth Fun & Fitness Classes	
6-12 years	Summer Day Camp	
5-13 years	Youth Indoor Soccer League	
5-11	Youth Basketball League	
6-12	KIDS' CARDIO ARCADE	FREE
7-11	SENSATIONAL SATURDAY YOUTH NIGHT	FREE
7-12	CRAZY CIRCUIT, ZUMBA, YOGA	
	DROP-IN GAME TIME, LEARN THE ARCADE	FREE

TEENS

12-14	TEEN HEALTH & FITNESS CENTER	FREE
12-18	TEEN OPEN GYMNASIUM	FREE
13-16	Teen, LIT & CIT Camp	
11-15	Red Cross Babysitting	
15 & Up	Red Cross Lifeguarding	
15 & Up	HEALTH & FITNESS CENTER	FREE
15 & up	FITNESS & SPINNING CLASSES	FREE
15 & UP	Adult swim lessons	

Teen Training Room: (ages 12 - 14 years) Cardio and strength training equipment for teens plus Expresso S2 interactive Bikes.

Kids Cardio Arcade: (6 - 14 years) Supervised place for kids to get moving, meet friends, and have fun with interactive games including:

- Wii Sport & Wii Fit
- Playstation 2
- Techno Steppers
- Cybex Trazer
- X- er Dance!
- Kid - size Expresso Bikes

Monday to Friday 4-8:30pm/Sat. 9am-12pm & 6pm-8pm and Extra hours for school holidays

Pool:

- Recreation swim
- Lane swim (15 & Up)
- Family lane swim
- Teen lane swim