## 2019-2020 MEMBERSHIP RATES

### ONE WEEK PASS RATES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Adult Week</th>
<th>Family Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (ages 26-61)</td>
<td>$25.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$45.00</td>
<td></td>
</tr>
<tr>
<td>Household</td>
<td>$56.00</td>
<td></td>
</tr>
<tr>
<td>Senior Adult (age 62+)</td>
<td>$79.00</td>
<td></td>
</tr>
<tr>
<td>Senior Couple (age 62+)</td>
<td>$81.00</td>
<td></td>
</tr>
</tbody>
</table>

### DAY PASS RATES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Youth</th>
<th>Adult</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (ages 6-18)</td>
<td>$5.00</td>
<td>$8.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>Young Adult (ages 19-25)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult (ages 26-61)</td>
<td></td>
<td></td>
<td></td>
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<td>Single Parent Family</td>
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<td></td>
</tr>
<tr>
<td>Senior Couple (age 62+)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NEW MEMBER JOINING FEES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (ages 6-18)</td>
<td>No Fee</td>
</tr>
<tr>
<td>Young Adult (ages 19-25)</td>
<td>$25.00</td>
</tr>
<tr>
<td>Adult (ages 26-61)</td>
<td>$45.00</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$60.00</td>
</tr>
<tr>
<td>Household</td>
<td>$60.00</td>
</tr>
<tr>
<td>Senior Adult (age 62+)</td>
<td>$45.00</td>
</tr>
<tr>
<td>Senior Couple (age 62+)</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

### MEMBERSHIP TYPE AND MONTHLY BANK DRAFT ANNUAL RATE

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Bank Draft</th>
<th>Annual Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth (ages 6-18)</td>
<td>$18.00</td>
<td>$216.00</td>
</tr>
<tr>
<td>Young Adult (ages 19-25)</td>
<td>$35.00</td>
<td>$420.00</td>
</tr>
<tr>
<td>Adult (ages 26-61)</td>
<td>$56.00</td>
<td>$672.00</td>
</tr>
<tr>
<td>Single Parent Family</td>
<td>$73.00</td>
<td>$876.00</td>
</tr>
<tr>
<td>Household</td>
<td>$79.00</td>
<td>$948.00</td>
</tr>
<tr>
<td>Senior Adult (age 62+)</td>
<td>$49.00</td>
<td>$588.00</td>
</tr>
<tr>
<td>Senior Couple (age 62+)</td>
<td>$68.00</td>
<td>$816.00</td>
</tr>
</tbody>
</table>

### SUMMER HOURS

- **June-August**
  - Mon.-Fri.: 5:00am-9:00pm
  - Sat.: 7:00am-6:00pm
  - Sun.: 12:00pm-6:00pm

### FALL-WINTER HOURS

- **September-May**
  - Mon.-Thurs.: 5:00am-10:00pm
  - Fri.: 5:00am-9:00pm
  - Sat.: 7:00am-6:00pm
  - Sun.: 12:00pm-6:00pm

### Questions?

Contact Member Services at:
- 605.225.4910
- member.services@aberdeenymca.org
- aberdeenymca.org/membership

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**ABERDEEN FAMILY YMCA**

5 S. State Street
Aberdeen, SD 57401

605.225.4910

www.aberdeenymca.org
JOIN THE Y
MEMBERSHIP
INFORMATION

OUR MISSION:
We put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. YMCA programming, youth sports, swim lessons and all other Y activities are rooted in the mission of the YMCA.

OUR CAUSE:
Each day we strive to strengthen the community. We work side by side with our members in the community to ensure that everyone regardless of age, income or background, has the opportunity to grow, learn and thrive. Our work is focused on three fundamentals: youth development, healthy living, and social responsibility.

OUR VALUES:
As a Y member, we hope you will reflect on our four core values. We feel that these values will promote character in our youth and adults and reflect the true spirit of our organization.

Caring to demonstrate a sincere concern for others, for their needs and well-being.

Social Responsibility: Giving back and providing support to our neighbors.

Respect to treat others as I would want others to treat me, to value the worth of every person, including myself.

Responsibility is to do what is right, to be accountable for my choice of behavior and actions and my promises.

Honesty to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs.

OUR FOCUS:
Youth Development: Nurturing the potential of every child and teen. Healthy Living: Improving the health and well-being of those we serve. Social Responsibility: To treat others as I would want others to treat me, to value the worth of every person, including myself.

RESPECT
TO TREAT OTHERS AS I WOULD WANT OTHERS TO TREAT ME, TO VALUE THE WORTH OF EVERY PERSON, INCLUDING MYSELF.

Responsibility is to do what is right, to be accountable for my choice of behavior and actions and my promises.

Honesty to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs.

GROUP FITNESS
Your Y membership is a combination of people and programs that keep members motivated to achieve their wellness goals. Group Fitness is just one of the ways to reach your goals, make friends, gain strength and increase your fitness level. The YMCA offers over 100 group fitness classes a week. Pump, Combat, Sprint, Zumba and Senior Shape-up offer something for all ages and abilities. Classes are held from 5:30 am–7:15 pm.

GYM & RACQUETBALL COURTS
Sports, fun and discovering new hobbies aren’t just for the kids. Join us for open gym, pick-up ball, pickleball, adult volleyball and racquetball. Check with member services for the weekly gym schedule.

CROSSFIT RAILS
CrossFit is constantly varied, functional movements executed at high intensity. Providing a more balanced overall fitness experience, increasing your capability and capacity to a broader range of movements and activities. CrossFit is scalable to your level of experience, fitness level, and health history. Our team’s mission is to provide you the best overall workout experience. As a YMCA member, you have access to CrossFit Rails at a discounted rate.

BENEFITS OF MEMBERSHIP
ONE PLACE, ENDLESS OPPORTUNITIES

Y MEMBERSHIP INCLUDES:

- **Activity Areas:** Basketball courts, indoor track, rock climbing wall and racquetball courts.
- **Youth Activity Center:** An area where young people gather and participate in a variety of activities, including games, air hockey, drawing, interactive beam floor system and reading.
- **Aquatics:** Lap pool, recreational pool, hot tub, open swim, Masters Swimming and water exercise classes.
- **FitPath Orientation:** All members have the option to meet with a Wellness Coach, to become familiar with the Wellness Center and Healthy Living Center, as well as get set up with ActivTrax.
- **ActivTrax:** Virtual training program, that provides you with a programmed strength and cardio workout, specific to your fitness level and goals.
- **Group Fitness:** Over 100 group fitness classes are offered seven days a week for people of all ages and abilities, as part of your membership.
- **Group Rentals:** Two community rooms that can be used for parties, meetings, etc. The pool, rock climbing wall, and gym can be added to these room rentals.
- **Guest Passes:** At the Y, you can bring friends for FREE! Each membership includes two guest passes, per year.
- **Get Paid to Get Healthy:** We have partnered with several major health insurance companies to offer you a reimbursement for your membership. Speak to your employer to see if your insurance qualifies.
- **Locker Rooms:** Five different locker rooms, men’s and women’s locker rooms have a sauna and steam room. Family locker rooms and youth locker rooms are also available.
- **Program Discounts:** Y members receive a discounted rate on various youth and adult activities and programs.

Aquatic Center
The aquatic center features an eight lane lap pool, a hot tub, zero–depth recreational pool with slide and play features. We offer a Masters Swimming, youth and adult swim lessons for all ages and skill levels, water fitness classes and open swim. Open swim is available five days a week, Monday, Wednesday, Friday, Saturday and Sunday, hours vary. Please check our aquatic schedule for more information. For information regarding our swim lesson program, please visit www.aberdeenymca.org or email aquatics@aberdeenymca.org

Wellness Center
The Wellness Center in combination with the Healthy Living Center offers over 50 pieces of cardio equipment, including treadmills, ellipticals, rowers, stair climbers and bikes, in addition to the walking/running track. The Wellness Center also includes a free weight area that hosts Olympic platforms, Smith machines, and squat racks. Over 100 weight machines, medicine balls, plyo boxes and sand balls are available. Wellness coaches are accessible for your personalized workout during hours of operation, to assist in setting up a machine, or to get you started with an orientation and strength test.

Group Fitness
Your Y membership is a combination of people and programs that keep members motivated to achieve their wellness goals. Group Fitness is just one of the ways to reach your goals, make friends, gain strength and increase your fitness level. The YMCA offers over 100 group fitness classes a week. Pump, Combat, Sprint, Zumba and Senior Shape-up offer something for all ages and abilities. Classes are held from 5:30 am–7:15 pm.

Child Watch
Our short term childcare is available to parents participating in YMCA activities and programs. We provide care for children six weeks thru six years old. There is a minimal fee for members. Open Monday–Friday in the summer and Monday–Saturday in the fall, winter and spring. Child Watch hourly rates are $2.50 for first child, $1.50 for each additional child.

Nationwide Membership
Nationwide Membership enables you to visit any participating Y in the United States through membership at your ‘home’ YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). This is offered to help you reach your health and wellness goals wherever you live, work or travel.

Information

MEMBERSHIP
JOIN THE Y

In this email, an exceptional designer and writer crafted a brief yet comprehensive overview of the YMCA’s mission, values, and focus areas. The emphasis on physical health, personal development, and social responsibility was clearly highlighted through the descriptions of various programs and services offered at the YMCA. The document also mentions the benefits of membership, including access to various facilities and programs, and the importance of community involvement through these activities. By providing clear information on membership options, the YMCA aims to encourage participation and strengthen the bond between the community and the organization. The detailed information on facilities and services, such as the Aquatic Center, Wellness Center, and Group Fitness programs, along with the emphasis on child care through Child Watch, demonstrates the comprehensive approach of the YMCA in promoting well-being and community engagement. The inclusion of Nationwide Membership further emphasizes the organization’s accessibility and commitment to supporting individuals’ wellness goals, regardless of their location. Overall, this document serves as an effective promotional material for potential YMCA members, showcasing the diverse range of opportunities available to support a healthy lifestyle and strengthened community.