



## 2020-2021 MEMBERSHIP RATES

MEMBERSHIP TYPE	MONTHLY BANK DRAFT	ANNUAL RATE	Joining Fees:
Youth (ages 6-18)	\$18.00	\$216.00	No Fee
Young Adult (ages 19-25)	\$35.00	\$420.00	\$25.00
Adult (ages 26-61)	\$56.00	\$672.00	\$45.00
Single Parent Family	\$73.00	\$876.00	\$60.00
Household	\$79.00	\$948.00	\$60.00
Senior Adult (age 62+)	\$49.00	\$588.00	\$45.00
Senior Couple (age 62+)	\$68.00	\$816.00	\$60.00

# MEMBERSHIP YOU BELONG AT THE Y.



**DAY PASS RATES**

Youth	\$5.00
Adult	\$8.00
Family	\$15.00

**ONE WEEK PASS RATES**

Adult Week	\$25.00
Family Week	\$45.00

**MONTHLY PASS RATES**

Youth	\$35.00
Adult	\$80.00
Family	\$120.00

**TOWEL SERVICES/ month**

Individual	\$12.00
Household	\$18.00

**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

**Summer Hours: June- August**

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

**LOCKER RENTAL/ month**

Kit Locker	\$5.00
Half Locker	\$8.00
Full Locker	\$13.00

**Contact Member Services at:**  
605.225.4910 or [memberservices@aberdeenyumca.org](mailto:memberservices@aberdeenyumca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**ABERDEEN FAMILY YMCA**  
5 S. State Street  
Aberdeen, SD 57401  
605.225.4910  
[www.aberdeenyumca.org](http://www.aberdeenyumca.org)

# JOIN THE Y

## MEMBERSHIP INFORMATION



# BENEFITS OF MEMBERSHIP

## ONE PLACE, ENDLESS OPPORTUNITIES

### 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 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:

Giving back and providing support to our neighbors.

### 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.

**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 true with my stated positions and beliefs.

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

### 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.

#### 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 collects your membership dues). This is offered to help you reach your health and wellness goals wherever you live, work, or travel.

### 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](http://www.aberdeenymca.org) or email [aquatics@aberdeenymca.org](mailto:aquatics@aberdeenymca.org)

### 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.

### 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, kettlebells, 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.

### 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.

### GYM & RACQUETBALL COURTS



Sports, fun and discovering new hobbies aren't just for the kids. Improving your health might be the goal and when teamwork is involved, there's the added benefit of being connected. With something to offer for everyone, there's no such thing as being too old to get in the game. 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.

