

BENEFITS OF MEMBERSHIP

- All YMCA family memberships will include one aquatic and two land programs per child/per session. Families who are currently placing their children in programs will benefit from the savings.
- Membership rates on ALL registered programs
- Register early – members register before non-members
- Free drop in programs for members of all ages
- Member Connect program included with membership
- Guest Privileges at other YMCA's throughout Canada

FEATURES

- Treadmills, Elliptical Trainers, Arc Trainers, Lifecycles and Recumbent Lifecycles
- Upper Body Ergometers and Rowing Machines
- Keiser M3 Indoor Cycling Bikes
- Selectorized and Plate Loaded Strength Training Equipment
- Iron Grip Free Weight Equipment
- Group Fitness Classes and Aqua Fitness Classes
- Open Swim and Lane Swimming
- Gymnasium, Recreational Sports, Shower and Locker Facilities

UNLIMITED GUEST PASSES

Bring your friends to the YMCA. Passes are provided to introduce potential members to our YMCA. Your guests must be accompanied by you and must provide photo ID. Each visitor is limited to 3 free visits only.

MEMBERSHIP HOLD POLICY

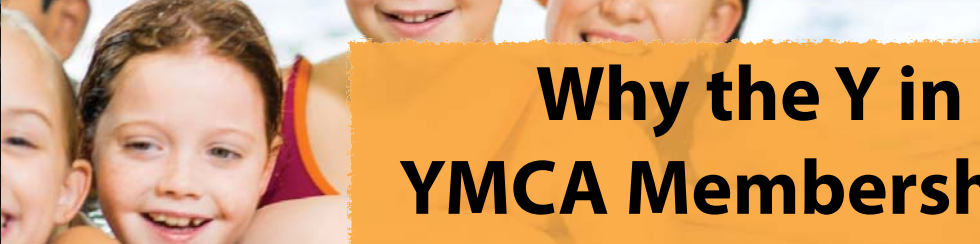
Memberships can be placed on hold at any time for a maximum of three months per calendar year. If you wish to place your membership on hold, we require 10 days written notice prior to your next payment.

MEMBERSHIP ASSISTANCE

The YMCA believes that all individuals in the community should have the opportunity to belong to the YMCA regardless of their financial circumstances. Please contact the Membership Desk for more information. You can now submit your application online at:

http://ymcaofceo.ca/belleville-financial_assistance.php

http://ymcaofceo.ca/city_of_quinte_west-financial_assistance.php



Why the Y in 2016 YMCA Membership Guide Quinte Region



YMCA of Central East Ontario
Belleville Branch
433 Victoria Avenue
Belleville, Ontario
K8N 2G1
(613)966-9622

City of Quinte West Branch
50 Monogram Place
Trenton, Ontario
K8V 5P8
(613)394-9622

ymcaofceo.ca



Building healthy communities

First Year Members

Membership Category	Fee
Adult 18+ Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.	\$54.00
Family Memberships Family membership includes 2 adults and dependant children 24 years and under living in the same household. Family Membership includes Swim lessons and two registered dry land programs for each child per session. Two Adult One Adult	\$97.00 \$75.00
Couples 18+ Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock. For two adults and no children. Adult Senior	\$90.00 \$81.00
Senior 60+ If you are Ages 60 plus, you are entitled to our Senior membership. In addition to our great adult programs, we have new programs to interest you both physically and socially.	\$52.00
Young Adult 18-24yrs Young adults who are between the ages of 18-24, who are not students. Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.	\$44.00
Student 15yrs + Full time students who are 15 years of age or older and have a valid full time student card from a recognized university, college or high school are eligible for a student membership rate.	\$37.00
Youth/Child 0-14yrs We like to see young people at the YMCA. Children and youth can become YMCA members. As part of the All Inclusive Membership, all youth/child/preschoolers receive 2 free registered dry land and 1 free swim lesson per session. We have many activities and courses that are designed specifically for these ages.	\$36.00

**Fees listed are per month. Add HST where applicable

+PLUS Your Membership

- **Adult Only Change Room 18+**
 - Towel Service
 - Steam Room
- **Amenities including shampoo, body wash and body lotion**

YOU have the power to improve your health and your community

At the Y you join more than a gym. You join a community deeply committed to helping build healthy children, adults and families. As a member, you'll feel good about the YMCA's work in your community while improving your own health.

We'll help you achieve your goals

- ☑ no locked-in contract - you can cancel at anytime
- ☑ unlimited free adult fitness and aqua fitness classes
- ☑ complimentary YMCA Health and Wellness coaching and exercise program review - Member Connect
- ☑ free swim lessons for all ages, drop in family swim times and lane swimming

Dream, grow and achieve together at the YMCA

What we do...

- ☑ Inspire possibilities
- ☑ Promote development
- ☑ Create opportunities for improved health
- ☑ Sustain change by building relationships and self-efficiency

How we do it...

1. As a part of a larger YMCA strategy for healthy communities we promote physical activity to contribute to a healthy lifestyle.
2. Promoting health in spirit, mind and body with an understanding that health is a resource for everyday life and community building.
3. Providing meaningful opportunities for volunteering to serve others and to participate in building a better community for everyone.
4. Focusing on enhancing values of acceptance, respect, health, caring and responsibility.
5. Creating a sense of belonging for participants through opportunities to build relationships.
6. Being open to all. No one is turned away because they can't afford to participate.
7. Valuing individuals opinions and contributions.

Why we do it...

To nurture the potential of individuals, promote healthy living and foster social responsibility.

Our YMCA outcomes are:

1. Better health for individuals - healthier weights and reduced risk factors for chronic disease.
2. Evidence of personal development.
3. Increased sense of belonging and involvement.
4. Increased public awareness of the role the YMCA plays in building healthier communities.

Renewing Members

Renewing Members receive discounted membership rates below as a thank you for their continued support.

Membership Category	Fee
Adult 18+ Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.	\$50.00
Family Memberships Family membership includes 2 adults and dependant children 24 years and under living in the same household. Family Membership includes Swim lessons and two registered dry land programs for each child per session. Two Adult One Adult	\$92.00 \$71.00
Couples 18+ Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock. For two adults and no children. Adult Senior	\$86.00 \$77.00
Senior 60+ If you are Ages 60 plus, you are entitled to our Senior membership. In addition to our great adult programs, we have new programs to interest you both physically and socially.	\$48.00
Young Adult 18-24yrs Young adults who are between the ages of 18-24, who are not students. Enjoy all the benefits of membership. Change rooms have daily use lockers and options for private change or shower area. Bring a lock.	\$40.00
Student 15yrs + Full time students who are 15 years of age or older and have a valid full time student card from a recognized university, college or high school are eligible for a student membership rate.	\$34.00
Youth/Child 0-14yrs We like to see young people at the YMCA. Children and youth can become YMCA members. As part of the All Inclusive Membership, all youth/child/preschoolers receive 2 free registered dry land and 1 free swim lesson per session. We have many activities and courses that are designed specifically for these ages.	\$34.00

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