



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE A BETTER LIFE

JEFFERSON CITY AREA YMCA

MORE THAN YOU IMAGINE

The Jefferson City Area YMCA is the place where families have fun and spend quality time together, kids play and build character, adults develop ways to live healthier and neighbors connect with their community.

- Free Land Group Exercise Classes
- Youth and Adult Sports
- Personal Training
- Fitness Challenges
- Swimming Lessons
- Aquatics Trainings and Certifications
- Indoor and Outdoor Pools
- Water Aerobics Classes
- Tennis Lessons and Leagues
- Racquetball Leagues
- Indoor Climbing Wall
- Indoor Tracks
- Basketball Courts
- Before and After School Care
- Summer Camp
- YMCA Child Development Center
- Kids Centers and Nurseries



YMCA OUTREACH FUND

Financial support for the Jefferson City Area Y's Outreach Fund is provided by the Y's Annual Auction, Bob Linville Memorial Golf Tournament, individual donations and United Way funds. Anyone who cannot afford the fees can complete an Outreach application. Applications are available at the service desk or at www.jcymca.org.

YMCA MEMBER BENEFITS: Your Y membership entitles you to use all three YMCA facilities as well as participate in land group exercise classes for FREE and receive reduced rates for programs.

FIRLEY • 525 Ellis Blvd. • 761-9530

25 Meter Outdoor Pool (4 ft.-12 ft.)
Fitness Center
Racquetball/Handball Courts (5), Indoor Tennis Courts (4)
1/14 Mile Indoor Track
Locker Rooms with whirlpools, saunas, steam rooms
Multipurpose Room
Indoor Basketball Courts (2)
Indoor Cycling Room
Conference Room
Indoor Climbing Wall
Nursery

KNOWLES • 424 Stadium Blvd. • 761-9531

25 Yard Indoor Pool (4 ft.-9 ft.), Whirlpool
Fitness Center
Gymnastics Center
Indoor Basketball Courts (2)
1/16 Mile Indoor Track, 1/3 Mile Outdoor Trail
Locker Rooms with saunas, steam rooms
Family Changing Rooms
Nursery, Kids' Center, School-Age Child Care

KNOWLES ANNEX • 424 Stadium Blvd.

Multipurpose Room
Big Brothers/Big Sisters
Young Life

WEST • 3507 Amazonas Dr. • 761-9532

Fitness Center
Group Exercise Room, Multipurpose Room
Locker Rooms with saunas, steam rooms
Nursery and Kids' Center

FACILITY HOURS

Monday-Thursday

Firley and West: 4:30 a.m.-10 p.m.; **Knowles:** 5 a.m.-10 p.m.

Friday

Firley and West: 4:30 a.m.-9 p.m.; **Knowles:** 5 a.m.-9 p.m.

Saturday and Sunday

Firley, West & Knowles: 6 a.m.-6 p.m.

Holidays The YMCA is open every day of the year except Easter Sunday, Thanksgiving Day & Christmas Day.

MEMBERSHIP RATES

Membership Type	Monthly Bank Draft	Joining Fee with Agreement	Joining Fee without Agreement
Youth/Young Adult	\$28	\$0	\$50
Adult	\$39	\$0	\$75
Couple	\$48	\$0	\$100
Single Parent Family	\$39	\$0	\$75
Family	\$48	\$0	\$100
Senior Adult	\$32	\$0	\$50
Senior Couple	\$39	\$0	\$75

MEMBERSHIP DESCRIPTIONS

Youth/Young Adult: Defined as an individual between the ages of 14–23. *(Individuals under the age of 14 must be accompanied by an adult with membership privileges.)*

Adult: Defined as any individual 24 years of age or older.

Couple: Defined as two legally married persons without children. *(Verification may be required upon request in the event of differing last names, residence, etc.)*

Single Parent Family: Defined as a household with one parent. The membership includes family members as defined in the family membership.

Family: Defined as two legally married persons and includes all dependent, immediate family living at home. Immediate family may include dependent parents and grandparents living in the home, dependent children 23 years of age and younger and disabled family members living at home. *(Verification may be required upon request in the event of differing last names, residence, etc.)*

Senior Adult: Defined as any individual person 62 years of age or older. (Members must complete a membership change form when they qualify for the reduced rate.)

Senior Couple: Defined as two legally married persons, who are both 62 years of age or older. Members must complete a membership change form when they qualify for the reduced rate. *(Verification may be required upon request in the event of differing last names, residence, etc.)*

MEMBER ONLY TIMES

The YMCA is open to “members only” on Mondays.

FACILITY USAGE AGE REQUIREMENTS

Facilities: *(Gyms, Tracks, Tennis & Racquetball Courts)* Members under the age of 14 must be accompanied by a member 16 years or older.

Fitness Centers: 14 years and older or those who have passed the Kidz N Weights or Kidz N Training class, wearing an ID bracelet and are accompanied by an adult 18 years and older.

Pools: During recreation swim, an adult 18 years and older must accompany children 7 years of age and under in the water. An adult 18 years and older must accompany children 8–13 years of age in the pool area.

Sauna/Steam Room: 14 and older

Spa/Whirlpool: 16 and older

Nursery: 3 months–Pre-Kindergarten

Kids Center: 5–13 years old

REGISTERING FOR PROGRAMS

For your convenience, the YMCA offers program registration online at www.jcymca.org or at any of our three Jefferson City locations. You may pay by cash, check, credit or debit card.

CORPORATE MEMBERSHIPS

The YMCA Corporate Membership Program is a great way for companies to promote the benefits of exercise to their employees. For more information about corporate memberships, please call 761-9021.

DAY PASS

A non-member can use the YMCA facilities by showing a current photo ID* and paying the day pass fee. Non-members 15 and under must be accompanied by an adult 18 years or older with a valid photo ID which includes date of birth. Non-members 16 and older must show a valid photo ID*. Day passes cannot be purchased on Mondays.

Day Pass Fee: FREE Child (under age 5)
\$5 Youth/Young Adult (6–17 years)
\$5 Senior (62 and older)
\$10 Adult (18 and older)
\$15 Family

6-Day Pass Fee: \$48 Adult
\$25 Youth/Young Adult, Senior

GUEST ENTRY POLICY

Guest entry is for those interested in a Y membership. Membership privileges may be granted one time at no charge after the following has been accomplished: check-in with the service desk; provide current photo ID that includes date of birth; tour the facility.

VISITOR PASS POLICY

Each Y membership account will be credited six visitor passes per year to share. Each pass grants an individual or a family access into the facilities for one day. Visitors must be accompanied by a member 16 years or older, adhere to membership guidelines and provide a current photo ID that includes date of birth. Visitors may only use six passes per calendar year. Visitor passes are accepted during member only times.

ONE Y

YMCAs in Missouri have adopted a reciprocal agreement. Your Jefferson City Area YMCA membership now provides you with facility access to all 25 YMCA associations in Missouri. For more information, visit www.jcymca.org.

AWAY PASSES

Members of a Y outside of Missouri may use up to 10 free visits per calendar year by providing a valid photo ID with date of birth. Proof of out of state YMCA membership is also required. Away members may purchase additional passes for half the cost of a day pass.

LOCKER RENTAL

Lockers may be rented on annual basis. At the Firley Y, the full locker fee is \$75 and half locker fee is \$50. At the Knowles Y, the locker fee is \$63. At the West Y, the extra-large locker fee is \$100, the full locker fee is \$75 and the half locker fee is \$50. Individuals may use empty lockers and are asked to bring their own locks that MUST be removed daily. Call 761-9014 to rent a locker.

INCLEMENT WEATHER

Due to the unpredictability of each weather situation, the Y reserves the right to alter this procedure on a case by case basis. Cancellations and closings will be announced at jcymca.org, on the Y's Facebook and Twitter pages and on the Y information line at 681-9622.



Visit us at www.jcymca.org. Follow us on

