



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY STARTS HERE

JEFFERSON CITY AREA YMCA

www.jcymca.org

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 and 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 |
| Single Parent Family | \$39 | \$0 | \$75 |
| Household | \$49 | \$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 13-23. *(Individuals under the age of 13 must be accompanied by an adult with membership privileges.)*

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

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

Household: Two adult persons living in the same household and immediate family living within the same household. Immediate family may include the following individuals living in the same home/household: (i) children 23 years of age and younger living in the home; (ii) legal dependent; (iii) disabled family members living at home; and (iv) legal guardians. *(Documentation and/or proof of residency may be required upon request.)*

Household Add On: Up to two additional adults may be added onto a Household membership for \$20 per adult per month. Adult(s) added onto the membership must show proof of same residency. Proof of residency may be requested periodically.

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 adult persons, who are both 62 years of age or older. Members must complete a membership change form when they qualify for the reduced rate. *(Documentation and/or proof of residency may be required upon request.)*

FACILITY USAGE AGE REQUIREMENTS

Facilities: Individuals under the age of 13 must be accompanied by an individual 16 years or older.

Fitness Centers: Must be 13 years and older. Youth who have passed the appropriate training class must wear an ID bracelet and be accompanied by someone 16 or above.

Pools: Ages 7 years and under must have an adult (18 or older) in the water within arm's reach. Ages 8-12 years must have an adult (18 or older) in the pool area. Ages 13 and older may swim independently.

Sauna/Steam Room: 14 and older

Spa/Whirlpool: 14 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 761-9001.

DAY PASS

A non-member can use the YMCA facilities by showing a current photo ID* and paying the day pass fee. Non-members 12 and under must be accompanied by an adult 16 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 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 is given 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 13 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.

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this so you can reach your health and wellness goals wherever you live, work or travel.

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 page and on the Y information line at 681-9622.

Visit us at www.jcymca.org. Stay connected at:

