



**YMCA of
Niagara**



At the Y, membership means more flexibility and savings!

It also means having access to great programs and motivated staff ready to help you achieve your health and fitness goals. Whether you're a family, student, individual or older adult, a YMCA membership delivers fitness options for every age and stage. With four new flexible membership options, there's something for everyone at the YMCA.

Visit ymcaofniagara.org to view our program schedules, class information and more!

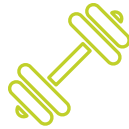
We now offer 4 flexible membership options to meet your needs!

Review the chart below for an outline of what amenities each membership includes:

YMCA of Niagara Locations:

Niagara Centre YMCA - 310 Woodlawn Rd, Welland
 Niagara West YMCA - 325 Main St. East, Grimsby
 Port Colborne YMCA - 550 Elizabeth St, Port Colborne

Choose one that suits your location, or choose an all inclusive membership to have flexibility around the region.



All-Inclusive		Fitness Only		Fitness, Group & Rec		Aquatic Programming	
Fitness Floor		Fitness Floor		Fitness Floor		AquaFit	
Open Gym		Open Gym		Open Gym		Lane Swimming	
Indoor Track		Indoor Track		Indoor Track		Indoor Track	
Virtual Programs		Virtual Programs		Virtual Programs		Recreational Swimming	
Aquatics				Group Fitness			
Group Fitness				Drop-in Sport & Rec			
Drop-in Sport & Rec				Fitness & Goal Setting			
Fitness & Goal Setting							
Multi-Branch Access							
Bi-Weekly Rates		Bi-Weekly Rates		Bi-Weekly Rates		Bi-Weekly Rates	
Adult	\$24.98	Adult	\$14.50	Adult	\$17.50	Adult	\$19.98
Senior	\$23.73	Senior	\$13.78	Senior	\$16.63	Senior	\$18.98
Youth/YA	\$22.48	Youth/YA	\$13.05	Youth/YA	\$15.75	Youth/YA	\$17.98

Please Note: All memberships include a personal orientation, access to your home branch, locker rooms and showers.

Adult (ages 25-54 years) | Senior (ages 55+ years) | Youth/Young Adult (ages 13-24 years)

Children under 10 must be supervised by an adult 16 yrs+ at all times in the facility

Aquatic Admission standards apply

Family Membership Discounts:

- Adult/Senior: 15% Discount
- Youth/Young Adult: 50% Discount

Please note: Must include 1 adult | not all family members need to select the same membership option

Visit ymcaofniagara.org/schedules

to view our program schedules, class information and more!

No One Gets Left Behind:

YMCA Financial Assistance makes membership available to all. People come to the YMCA to grow and develop into happier, more productive people. Regular participation in YMCA membership activities supports a balanced approach to personal growth, health and wellness. Our YMCA Financial Assistance program serves those individuals and families who have the greatest need in our community.

For more information please visit your nearest branch or ymcaofniagara.org/about-the-ymca/financial-assistance/

