



## 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, child or older adult, a YMCA membership delivers fitness options for every age and stage. With new flexible membership options, there's something for everyone at the YMCA.

Visit [ymcaofniagara.org](https://ymcaofniagara.org) to view our program schedules, class information and more!



ANY MEMBER 18+ CAN ADD  
**PLUS CHANGE ROOM ACCESS**  
TO THEIR MEMBERSHIP FOR AN  
ADDITIONAL \$15 BI-WEEKLY

# Membership Options



## All-Inclusive

- Fitness Floor
- Open Gym
- Indoor Track
- Virtual Programs
- Aquatics
- Group Fitness
- Drop-in Sport & Rec
- Fitness & Goal Setting
- Sauna Access

### BI-WEEKLY RATES

Adult.....**\$27.48**  
(25-54)  
Senior.....**\$26.10**  
(55+)  
Youth/YA\*.....**\$24.73**  
(13-24)



## Fitness Only

- Fitness Floor
- Open Gym
- Indoor Track
- Virtual Programs

### BI-WEEKLY RATES

Adult.....**\$15.95**  
(25-54)  
Senior.....**\$15.15**  
(55+)  
Youth/YA\*.....**\$14.36**  
(13-24)



## Fitness, Group & Rec

- Fitness Floor
- Open Gym
- Indoor Track
- Virtual Programs
- Group Fitness
- Drop-in Sport & Rec
- Fitness & Goal Setting

### BI-WEEKLY RATES

Adult.....**\$19.25**  
(25-54)  
Senior.....**\$18.29**  
(55+)  
Youth/YA\*.....**\$17.33**  
(13-24)



## Aquatic

- AquaFit
- Lane Swimming
- Indoor Track
- Recreational Swimming
- Sauna Access

### BI-WEEKLY RATES

Adult.....**\$21.98**  
(25-54)  
Senior.....**\$20.88**  
(55+)  
Youth/YA\*.....**\$19.78**  
(13-24)

## Child Membership - \$18 Bi-Weekly

- Open Swim & Open Gym
- Family Track
- Drop-In Recreation Programs
- Registered Skill-Based Programs
- Discount & priority registration for Swim Lessons and Specialty Programs
- Access to the Fitness Floor for 10+ years accompanied by an adult 16+

## Family Member Discounts:

Adult/Senior: **15% Discount**  
Youth/Young Adult/Child: **50% Discount**

### Please Note:

Must include one adult. Not all family members need to select the same membership option.

**Please Note:** All memberships include a personal orientation, locker rooms, showers and access to our three YMCA branches in Grimsby, Welland and Port Colborne.

\*Discount & priority registration for swim lessons and specialty programs.

**BUILDING FEE - \$60.00 for individual, \$100.00 per family.** The Building Fee is used to maintain YMCA facilities/equipment through capital improvements and refurbishment. *This is a one-time fee for all new YMCA of Niagara adult/senior members*

## No One Gets Left Behind:

YMCA Financial Assistance makes membership available to all.  
[ymcaofniagara.org/about-the-ymca/financial-assistance/](http://ymcaofniagara.org/about-the-ymca/financial-assistance/)



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