



Shine On



## 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 wellness 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 \$15.75 BI-WEEKLY

All memberships include a personal orientation, locker rooms, showers and access to our three YMCA branches in Grimsby, Welland and Port Colborne. PLUS, discount and priority registration for swim lessons and specialty programs.

## Membership Options

### ALL-INCLUSIVE BI-WEEKLY RATES

Fitness Floor	Virtual Programs	Drop in Sport/Rec	Adult (25-54) \$30.28
Open Gym	Aquatics	Fitness & Goal Setting	Senior (55+) \$28.78
Indoor Track	Group Fitness	Sauna Access	Youth/YA (13-24) \$27.27

### FITNESS ONLY BI-WEEKLY RATES

Fitness Floor	Virtual Programs		Adult (25-54) \$17.59
Open Gym			Senior (55+) \$16.71
Indoor Track			Youth/YA (13-24) \$15.83

### FITNESS, GROUP + REC BI-WEEKLY RATES

Fitness Floor	Virtual Programs	Drop in Sport/Rec	Adult (25-54) \$21.22
Open Gym	Group Fitness	Fitness & Goal Setting	Senior (55+) \$20.16
Indoor Track			Youth/YA (13-24) \$19.11

### AQUATICS BI-WEEKLY RATES

Aquafit	Virtual Programs		Adult (25-54) \$24.22
Lane Swim	Indoor Track		Senior (55+) \$23.01
Recreational Swim	Sauna Access		Youth/YA (13-24) \$21.81

### 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 Discounts

Adult/Senior: 15%  
 Youth/Young Adult/Child: 50%  
 Please Note: Must include one adult.  
 Not all family members need to select the same membership option.

### No One Gets Left Behind:

YMCA Financial Assistance is available to all, serving individuals and families who have the greatest need in our community. For more information please visit: [ymcaofniagara.org/about-the-ymca/financial-assistance/](http://ymcaofniagara.org/about-the-ymca/financial-assistance/)

### Join Fee:

\$60.00 for individual or \$100.00 for family. The Join Fee is a non-refundable contribution which supports the maintenance and investment in future capital development of YMCA facilities. It is a one-time fee.