



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 to view our program
schedules, class information and more!



ANY MEMBER 18+ CAN ADD PLUS CHANGE ROOM ACCESS TO THEIR MEMBERSHIP FOR AN ADDITIONAL \$16.00 BI-WEEKLY

Membership Options

ALL-INCLUSIVE BI-WEEKLY RATES

Fitness Floor	Virtual Programs	Drop in Sport/Rec	Adult (25-54) \$31.19
Open Gym	Aquatics	Fitness & Goal Setting	Senior (55+) \$29.64
Indoor Track	Group Fitness	Sauna Access	Youth/YA (13-24) \$28.09

FITNESS ONLY BI-WEEKLY RATES

Fitness Floor	Virtual Programs		Adult (25-54) \$18.12
Open Gym			Senior (55+) \$17.21
Indoor Track			Youth/YA (13-24) \$16.31

FITNESS, GROUP + REC BI-WEEKLY RATES

Fitness Floor	Virtual Programs	Drop in Sport/Rec	Adult (25-54) \$21.86
Open Gym	Group Fitness	Fitness & Goal Setting	Senior (55+) \$20.76
Indoor Track			Youth/YA (13-24) \$19.68

AQUATICS BI-WEEKLY RATES

Aquafit	Virtual Programs		Adult (25-54) \$24.95
Lane Swim	Indoor Track		Senior (55+) \$23.70
Recreational Swim	Sauna Access		Youth/YA (13-24) \$22.46

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.

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. Please Note: Rates subject to HST.

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/