



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR MEMBERSHIP MEANS MORE AT THE Y

Membership Information ROCKLAND COUNTY YMCA

Welcome to the Y, a nonprofit organization dedicated to strengthening the community. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your participation will bring about meaningful change not just within yourself, but in your community, too. When you join the Y, you join a community organization that offers more health, more hope, more opportunity.

Membership Types and Rates

Youth (ages 0-12) \$80—no joiner fee (must be accompanied by an adult at all times)

Teen (ages 13-18) \$115—no joiner fee

***Young Adults** (ages 19-23) \$25 joiner fee and \$220 year or \$23 per month

***Adults** (ages 24-61) \$50 joiner fee and \$660 year or \$58 per month

***Family**-(2 adults, children up to age 21) \$80 joiner fee & \$960 year or \$84 per month

***Senior** (62+) \$50 joiner fee and \$564 year or \$50 per month

***Senior Family** (2 adults (62+), children up to age 21) \$80 joiner fee and \$840 year or \$74 per month



ROCKLAND COUNTY YMCA

35 South Broadway

Nyack, NY 10960

(845) 358-0245

www.rocklandymca.org



BENEFITS OF MEMBERSHIP

- FREE daily aqua exercise
- FREE group exercise classes
- FREE Indoor Cycling, Yoga, Tai Chi, Pilates & Meditation classes
- Friendly, experienced, knowledgeable and professional staff
- No long-term contracts
- FREE orientation to the Fitness Center with a certified YMCA Personal Trainer
- Heated Pool w/ sauna, hot tub and steam room
- Weight Training room
- Teen Center with computer lab, ping-pong, foosball tables
- Fitness classes
- Recreational gym time
- Family Swim times
- Reduced program fees/ priority registrations
- Nationwide YMCA membership - FREE Access to most YMCA's around the USA

INDIVIDUAL BENEFITS—Through programs and facilities experience building self-esteem, improving health and wellness, learning leadership skills, making new friends, and providing social outlets.

FAMILY AND COMMUNITY BENEFITS

Participation in a fun family atmosphere which helps to strengthen family bonds, promote healthy lifestyles, build community connections, offers opportunity for volunteerism, and creates partnerships.

FITNESS BENEFITS — A HEALTHIER YOU!

The health risks associated with inactivity include: premature death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression, cancer, and other health-related diseases. Even moderate amounts of exercise are attributed to:

- Better health
- Improved fitness
- Better posture and balance
- Better self-esteem
- Weight control
- Stronger muscles and bones
- Feeling more energetic
- Relaxation and reduced stress
- Continued independent living later in life

CUSTOMER SERVICE GUARANTEE

Customer service is our highest priority. We are committed to providing services and activities that meet your expectations. If you have any questions or concerns please see a YMCA we are always happy to help!

For more information: contact Tom Mahoney, Vice President of Membership & PR/Marketing

358-0245 x 111 or TMahoney@rocklandymca.org

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