



YMCA of Greater Des Moines



MEMBERSHIP RATES

Effective September 2010



Membership Type	Joiner Fee	Monthly Bank Draft	Annual
1 Adult*	\$50.00	\$52.50	\$630.00
1 Adult with dependent children	\$50.00	\$63.50	\$762.00
2 Adults with or without dependent children	\$50.00	\$75.50	\$906.00
1 Senior*	\$50.00	\$37.50	\$450.00
2 Seniors	\$50.00	\$59.50	\$714.00
Student*	NA	\$31.50	\$378.00
Youth*	NA	\$15.00	\$180.00

* Adults Are 19-64 Years | *Dependent Children Are Under 23 Years Of Age
 *Seniors Are 65 Years And Up | *Youth Memberships Age 9 Through High School Senior
 *Full Time College Student Needs Letter From Registrar Indicating Status

MEMBERSHIP ADVANTAGES

- Personal wellness coaching
- Nursery services
- Towel service
- Membership privileges at 8 locations throughout the Greater Des Moines community
- Fitness classes including step aerobics, group cycling, Y Pump, and cardio kickboxing
- Water fitness classes
- Reduced program rates
- A.W.A.Y. program for use of out-of-town YMCAs
- Yoga and Tai Chi classes
- A chance to give back to your community through many volunteer opportunities

FREE WELLNESS COACHING

YMCA Wellness Coaches are trained to help members of any fitness level set realistic goals and develop plans to meet those goals. Their job is to assist you with developing and/or maintaining healthy lifestyle habits. Our Coaches do this primarily through relationship building and consultation. Coaches can also provide services to support your needs, interests and goals. These may include fitness testing, body measurements, body composition, fitness center orientation, equipment orientation and fitness class consultation. You can meet with your Coach as many times as necessary in order to establish healthy habits or to progress in your pursuit of wellness. Most members find that 2 to 4 visits with a Coach are helpful in becoming acclimated to the YMCA. We provide Wellness Coaching free to our members because we want you to be successful and to get the most out of your YMCA membership.

FINANCIAL ASSISTANCE

Thanks to many generous community donors to the YMCA Partner With Youth Campaign, the YMCA strives to never turn anyone away from the YMCA due to an inability to pay. Please ask about our financial assistance policy.

www.dmymca.org

PAYMENT OPTIONS

Continuous Draft

Your checking, savings, credit or debit card account can be debited once per month, on the 1st or 15th, depending upon your join date.

Annual

Dues may be paid in full upon joining and renewed each year.

CARING HONESTY RESPECT RESPONSIBILITY

 **We build strong kids,
strong families,
strong communities.**





YMCA
of Greater Des Moines

	Fitness Classes	Nursery	Family & Teen Programs	Free Weights	Gymnasium	Climbing Wall	Group Cycling	Racquetball or 4-Wall Courts	Running Track	Sauna, Whirlpool or Steam Room <small>* Fitness Center only at Riverfront</small>	Strength/Cardiovascular Equipment	Swimming Pool
Ankeny Family YMCA 1102 N. Ankeny Boulevard Ankeny, Iowa 50023 Phone: 965-8800	▲	▲	▲	▲	▲		▲	▲		▲	▲	▲
Boone County Family YMCA** 608 Carroll Street Boone, Iowa 50036 Phone: 515-432-5925	▲	▲*	▲	▲	▲		▲	▲	▲	▲	▲	▲
John R. Grubb YMCA 1611 11st Street Des Moines, Iowa 50314 Phone: 246-0791	▲	▲	▲	▲	▲		▲		▲	▲	▲	▲
Northwest YMCA** Grimes Program Center 410 S.E. Main Street Grimes, Iowa 50111 Phone: 979-4452	▲	▲	▲				▲				▲	
Riverfront YMCA 101 Locust Street Des Moines, Iowa 50309 Phone: 282-YMCA (9622)	▲	▲	▲	▲	▲		▲	▲	▲	▲	▲	▲
South Suburban YMCA 401 E. Army Post Road Des Moines, Iowa 50315 Phone: 285-0444	▲	▲	▲	▲	▲	▲	▲				▲	▲
Walnut Creek Family YMCA 948 73rd Street Des Moines, Iowa 50312 Phone: 224-1888	▲	▲	▲	▲	▲		▲		▲	▲	▲	▲
Waukee Family YMCA 210 N. Warrior Lane Waukee, Iowa 50263 Phone: 987-9996	▲	▲	▲	▲	▲		▲	▲	▲		▲	▲
Y Camp 1192 166th Drive Boone, Iowa 50036 Phone: 243-0100			▲			▲						▲
YMCA Healthy Living Center™** 12493 University Avenue Clive, IA 50325 Phone: 226-YMCA (9622)	▲	▲		▲			▲		▲	▲	▲	▲

*additional fee for nursery services at this location

**Special Rates Apply

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.