



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU BELONG WITH US AT THE YMCA

Good things come together at the Alamance County Y. Whether you hunger for better health or want to nurture your child's creativity, support your fitness goals or give back to help your neighbors reach theirs. When you join the Y, you become part of so much more than a gym. You become part of our cause to strengthen community.

There's a little something for everyone here, and a lot for your community. There's everything you've come to expect from the Y and so much more.



JOIN TODAY

ALAMANCE COUNTY YMCA
1346 S. Main Street
Burlington, NC 27215
336.395.9622
Visit us at www.acymca.org

YMCA Mission: To put Christian principles into practices through programs that build healthy spirit, mind and body for all.

2019 Membership Rates

Membership Types:

Membership Types	Basic Membership	Health Center
*Teen	\$17	n/a
*Young Adult	\$26	n/a
Adult	\$35	\$50
Senior Citizen	\$30	\$44
Family	\$52	\$73
Senior Family	\$44	\$62

Teen: Ages 12-15

Young Adult: Ages 16-17

Adult: Ages 18-64 with children under the age of 5 included

Senior Citizen: 65 and older

Senior Family: Husband and wife, one must be 65 or older

Joining Fees:

\$29 Adult Memberships

\$59 Family Memberships

** No joining fees for Teens or Young Adults. The joining fee will be waived for Full-Time College Students with current class schedule.

Family: Two adults living in same household w/up to 6 dependents included (rates available for 1-5 adults in household)

Basic Membership Privileges:

- 5 Gymnasiums
- Indoor Swimming Pool
- 5 Racquetball Courts
- Indoor Walking/Running Track
- Group Fitness Classes
- Aqua Fitness Classes
- Cardio Theatre Room
- Free Weight Room
- Locker & Shower Facilities
- Towel Service
- Childcare for a nominal fee
- Member Savings on classes
- Daily use lockers

YMCA Features:

- 66,000 sq. ft. facility
- State of the art aerobics studio
- 5 lane, 25 yard indoor pool
- 5 basketball courts
- 5 racquetball courts
- Fitness Center including: bikes, stair climbers, elliptical cross trainers and treadmills
- X-Bike Cycling Classes
- Free Weight Room
- Senior Programs
- Aquatics Programs
- Competitive Swim Team
- Group Exercise Classes
- Youth & Teen Programs
- Sports Programs
- Summer Camps
- Family Events
- After School Program
- Camp Frontier Pool
- Volunteer Opportunities

Program Youth: Ages 11 and under. Receives member rates on programs. Does not include facility privileges: \$98/year

YMCA HOURS

Monday-Friday

5:30am-9:00pm

Saturday

7:00am-6:00pm

Sunday

1:00pm-6:00pm

Child Watch Hours

(2 hour maximum)

Monday-Friday

8:00am-12:00pm

Monday-Thursday

4:15pm-8:15pm

Saturday

8:00am-12:00pm

Sunday

3:00pm-5:00pm

Health Center Privileges:

(Must be 18 or older to use)

- All basic privileges plus:
- Jacuzzi, Steam & Sauna
- Lounge & Vanity
- Lockers (nominal fee)
- Free Child Watch
- Laundry Service (nominal fee)

Payment Options: (The Joining Fee must be paid with the membership application)

- Monthly Bank Draft- The Y can draft your checking, savings or credit card account. A down payment of the first month's fee and the joining fee is to be made with the membership application.
- Annual, Semi Annual or Quarterly payments may be made.
- Financial Assistance Applications are available at the Membership Desk and on our website at acymca.org