

Welcome to the Norwich Family YMCA!

Feel free to stop by the Front Desk to discuss membership options, request information on specific programs, learn about volunteer opportunities, or for a tour of the facility.

Membership Categories

Adult Membership includes the use of the Adult Locker Room, which includes a complimentary kit locker, full-size day use lockers, rental lockers and sauna. All adult memberships include fitness classes (unless otherwise noted), the Fitness Center, swimming pool, whirlpool, three-lane track, three gymnasiums, and racquetball/handball/squash courts.

Senior Membership receives all of the same benefits of the adult membership at a discounted rate for members 62 years of age or older.

Family Membership includes two adult memberships, and may add all children in the family who are students up through age 22 free of charge. A family membership receives all YMCA benefits of an adult member.

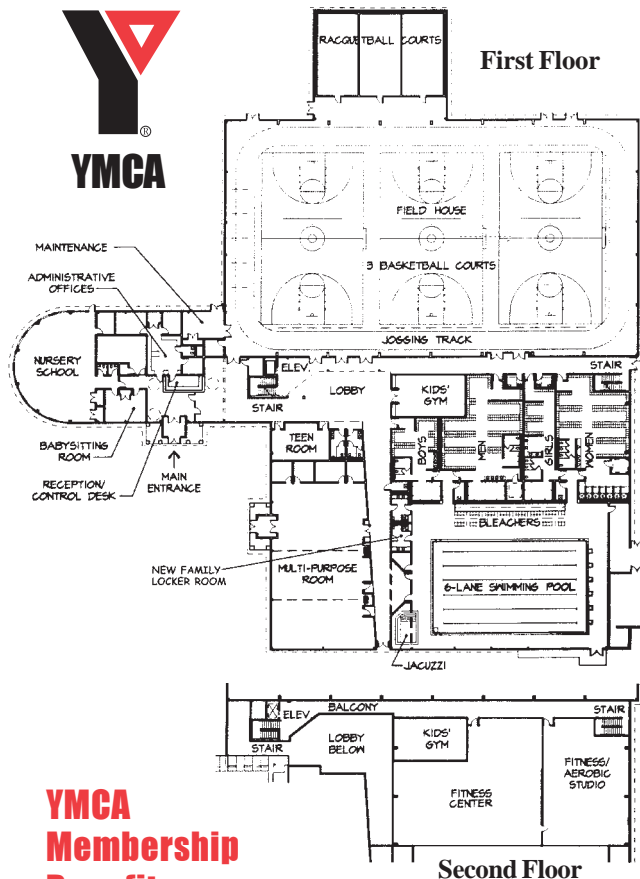
Single Parent Family Membership is for single adult households and their children. A single parent family membership receives all benefits of an adult member.

College Membership is for full-time college students (verification of enrollment in a minimum of 12 credit hours per semester is required). College students enjoy the same privileges as our adult membership.

Teen Membership is for students in grades 9-12. Teen members have access to the entire facility based upon availability and high school hours. There are specific policies regarding teen usage of the Fitness Center. Please see the "Fitness Center Policies" flyer for additional information. Teens are required to use the Youth Locker Rooms.

Junior Membership is for children in grades 6-8. This membership gives access to the YMCA facility including the youth locker rooms, swimming pool, three gymnasiums, track, etc. There are specific policies regarding junior usage of the Fitness Center. Please see the "Fitness Center Policies" flyer for additional information. Junior members are required to use the Youth Locker Rooms. Membership also includes reduced fees for YMCA Youth Programs (i.e. youth basketball, swim lessons, camp, afterschool program).

Youth Membership is for children birth - grade 5. This membership gives access to the YMCA facility including the youth locker rooms, Kids Gym, swimming pool, three gymnasiums, track, etc. Youth members are required to use the Youth Locker Rooms. Youth members are required to be directly supervised by an adult or enrolled in a YMCA program. Membership also includes reduced fees for YMCA Youth Programs (i.e. youth basketball, swim lessons, camp, afterschool program, etc.).



YMCA Membership Benefits

- Access to the Adult or Youth Locker Room
- Unlimited Fitness Classes
- Utilization of the Fitness Center which includes:
 - 12-station Cybex Circuit
 - Cybex Modular Station
 - Treadmills
 - Bicycles
 - Stair-climbers
 - Elliptical Machines
 - A Variety of Hoist & York Freeweight Equipment
- Three Gymnasiums
- Three-lane Walking Track
- Six-lane, 25-yard Swimming Pool
- Whirlpool
- Sauna in the Men's and Women's Locker Room
- Aerobics Studio
- Racquetball/Handball Courts
- Squash Court
- Family Locker Rooms
- Babysitting Room
- Community Room
- Computer Lab
- Teen Room
- Common Lobby Area
- Elevator and Complete Handicap Accessibility
- Nursery School Room

Y GENERAL INFORMATION™



YMCA Mission:

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



Norwich Family YMCA

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Norwich, New York 13815

607-336-9622 (Telephone)
607-336-3334 (Fax)

www.norwichymca.com



The Norwich Family YMCA is a
Chenango United Way Member agency.

YMCA 12/05

Y GENERAL INFORMATION™

Membership Pricing

New membership rates become effective **January 1, 2009**. New rates will be introduced to current members upon their renewal date. For example, if your membership is due for renewal in September 2009, you will not see a change in your membership fee until September of 2009.

Below please find our membership categories and our Annual Membership rates. Please Note there are NO Joiner Fees when joining the Norwich Family YMCA.

Membership Type	Annual
Family	\$722
Single Parent Family	\$398
Adult (18 & older)	\$361
Senior (62 & older)	\$324
College (full time)	\$161
Teen (9-12 grade)	\$75
Junior (6-8 grade)	\$60
Youth (birth-5 grade)	\$50

PLEASE SEE OUR MEMBERSHIP RATE SHEET THAT DESCRIBES OUR FOUR DIFFERENT PAYMENT OPTIONS WHICH INCLUDE: ANNUAL PAYMENT; PERPETUAL MONTHLY; 1/3 ANNUAL PAYMENTS; AND MONTH TO MONTH OPTIONS. CASH, CHECK, OR CREDIT CARD CAN BE USED TO MAKE MEMBERSHIP & PROGRAM PAYMENTS.

- A thirty day written notice for cancellation is required
- A \$50 re-joiners fee will be assessed to any member who chooses a perpetual monthly membership & cancels their membership and re-joins within a twelve month period
- There are no membership refunds for non usage.**

All of our membership rates are all-inclusive; meaning all fitness classes, the swimming pool and the Fitness Center are included in your membership. The Fitness Center is equipped with state-of-the-art CYBEX selectorized machines, treadmills, bicycles, elliptical machines and a fully equipped free weight room.

Hours of Operation

Mon.–Fri.	5:30 a.m.–10 p.m.
Saturday	6 a.m.–9 p.m.
Sunday	9 a.m.–5 p.m.

Closed: New Year's Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, and Christmas

Day Rates

Day Rates For Non-YMCA Members

All rates are per person per day except the Family Day Pass which is per family per day.

YMCA AWAY Program & Military Program (Current membership card required) (Children free when accompanied by an adult)	\$2.00
Adult Day Pass (18–61)	\$10.00
Senior Day Pass (62 & Over)	\$9.00
Family Day Pass	\$17.00
College Day Pass (Full-time Student)	\$6.00
Junior/Teen Day Pass (6-12 grade)	\$5.00
Youth Day Pass (Birth-5 grade)	\$4.00

Session Rates

Session Rates For Non-YMCA Members

8-Week Session for Land or Water Fitness (per class) One time per week \$80, Two times per week \$160, Three times per week \$240	
8-Week Session for Senior Land or Water Fitness (per class) One time per week \$70, Two times per week \$140, Three times per week \$210	

Norwich Family YMCA Children's Safety Policy

The YMCA is dedicated to the safety of all children in our facility and on our grounds. For this reason we ask that the following guidelines be followed at the Norwich Family YMCA:

- **Youth Members who are below the 5th grade level** are welcome at the Norwich Family YMCA as long as they are under direct supervision of a parent or adult guardian (18 years of age or older), or are enrolled in a YMCA program.
- **Youth Members in 5th and 6th grade** are welcome at the YMCA unsupervised until 6:00 p.m. After this time they are required to be enrolled in a YMCA program or be under direct supervision of a parent or adult guardian (18 years of age or older).

- **Teen Members in grades 7 through 12** may use all of the YMCA facilities without adult supervision, including the courts, gymnasium, fitness area (with appropriate training and trainer approval), computer lab, teen room and swimming pools. Teen hours end at 9:00 p.m. every day except Sunday when they will end at closing time.

The Norwich Family YMCA is not responsible for the welfare of children who are left unattended and are not enrolled in a YMCA program while at the YMCA facility. Parents are urged to accompany their children, especially younger children, on their visits to the YMCA.

YMCA employees are not directly supervising Youth Members who visit the YMCA daily as "drop-in" members who are not enrolled in YMCA programming. Present employees are engaged in teaching programs, member registration and check-in, lifeguarding and providing other member services. Building supervisors do monitor the building but "cannot be in all places at the same time."

Parents are reminded that numerous unexpected events may occur while their children are at the YMCA un-attended. The child could: wander out of the facility on his/her own; be approached by untrustworthy people who sometimes visit public buildings; or be physically injured. The Norwich Family YMCA is not responsible for the whereabouts of unattended members/guests that are not involved directly with a program. Unattended youth members could be asked to leave if misbehaving, or could be stranded at closing time or during an unexpected closing.

Although the Norwich Family YMCA is a large facility, space is still limited for youth "drop-in" usage. Members enrolled in YMCA programs will have precedent for facility usage. For example one of the three gymnasiums will be reserved daily for the participants in our state-registered Schoolage Child Care Program.

Membership and program scholarship applications are available at the YMCA front desk.

Parents are encouraged to update their family and child emergency contact information at the front desk. It is very important that we have current addresses, telephone numbers and emergency contact information on file for all YMCA members.

*Adopted by the YMCA Board of Directors on 11-15-04
Initiated 1-1-05*

The Norwich Family YMCA

We build strong kids, strong families, strong communities.