

MEMBERSHIP RATES

FAMILY MEMBERSHIPS

Type	Monthly Rate	Joining Fee
Family	\$64.50	\$50.00
Single Parent	\$48.00	\$25.00

INDIVIDUAL MEMBERSHIPS

Type	Monthly Rate	Joining Fee
Adult 18+	\$39.75	\$25.00
Older Adult 64+	\$37.00	\$25.00
College Student	\$30.75	NONE
Teen 14-18	\$24.50	NONE

All branch membership fees are available upon request.

YOUTH MEMBERSHIPS

Type	Monthly Rate	Joining Fee
Age 13 & Under	\$17.50	NONE

The one time joiner fee is due in full upon joining.

Did you know that we offer financial assistance?

The Quincy Family YMCA strives to provide membership, programs and services to all who wish to participate. Our scholarship program provides memberships and program financial assistance for those in need within the community. Applications are available at the Welcome Desk. A \$10 processing fee is required for all applications that will be used towards your first payment if you decide to become a member.

HOURS OF OPERATIONS

Mon.-Fri. 24 Hours	Saturday	Sunday
4:00am (M) to Midnight (F)	7:00am to 6:00pm	10:00am to 6:00pm
Pool 5:00am to 9:00pm	Pool 7:00am to 5:00pm	Pool 10:00am to 5:00pm

JOIN THE Y GET INVOLVED

We are a volunteer-led cause driven not-for-profit organization committed to developing the potential of every child, promoting healthy living and fostering a sense of social responsibility in our community.

Please share your enthusiasm, expertise, and experience with us to make a difference in the lives of those we serve so that our community is a happier, healthier place. Your time and talent is greatly valued. Inquire at the Welcome Desk to volunteer today, or visit quincymca.net to read about volunteer opportunities.



QUINCY FAMILY YMCA

3101 Maine St., Quincy, IL
217.222.YMCA (9622)

quincymca.net



YMCA Mission

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US QUINCY FAMILY YMCA

Membership Information



24-HOUR
FITNESS CENTER on Weekdays

The Quincy Family YMCA is a full-service facility with a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. Our programs and services are designed to build healthy, confident, and connected children, families, and communities.

AMENITIES

WELLNESS CENTER

State-of-the-art fitness equipment and indoor rubberized walk/run track. One complimentary orientation with a Wellness Center staff member to help get you started.

FREE WEIGHT CENTER

A wide variety of free weight equipment and benches, as well as over 5,000lbs of Olympic free weights and dumbbells (from 5-120lbs) that can help to build muscle, tone, or strength.

GYMNASIUM

Open gym time is for all ages to enjoy. Basketballs are available for use by individuals and families to enjoy some time on the court. Practice your shot, play a game of "horse" as a family, or join a pick up game of ball.

SWIMMING POOL

Family members enjoy free family swim on weekends. Heated indoor 25 yard pool with up to 6 lanes for lap, open or family swim, swim lessons, group exercise, and pool parties. We offer over 15 adult classes each week. Fully handicap accessible. Pool area also includes whirlpool, steam room & sauna.

PERSONAL TRAINING

Work with one of our certified Personal Trainers to get an individual fitness program to help you jumpstart your fitness, achieve a goal or to keep you on track. Contact the Wellness Director for additional information.

GROUP EXERCISE CLASSES

Our approach to exercise focuses on the wellness of the whole person: spirit; mind and body. Our extensive variety of well-taught group exercise classes reflects that commitment. Whatever your class interest or experience we have something for you.

When an instructor led class is not available try our Fitness on Demand Video Classes all at the touch of a button. There are hundreds of exercise videos available, from kickboxing and dance to yoga and cycling - and new classes are updated monthly.

Class schedules available at the Welcome Desk or online at quincyyymca.net.



ALSO AT THE Y

Childcare

- Nursery
- After School Care
- School Out Days

Youth

- Swim Lessons & Swim Team
- Karate
- Summer Camp
- Kids Fit Zone
- TrainSmart with Gary (strength & conditioning)
- Weight Training
- Birthday Parties

Racquetball Courts
Annual Family Events

NURSERY SERVICES

Our Nursery is open to children of Family and Adult members while exercising in our facility. The Nursery accepts children ages 6 weeks to 3rd grade and is FREE for Family and Single Parent Family members. Hours and cost for other members are:

Day	Time	
Monday - Friday	8:00-11:00am	
Monday - Thursday	4:30-7:00pm	
Children	Daily Fee	Monthly Fee
1	\$3.00	\$18.00
2	\$6.00	\$22.00
3 or more	\$9.00	\$30.00



ADDED BENEFITS OF BEING A MEMBER

- Register online for programs and events
- Guest passes
- Locker rentals
- Vending machines and coffee bar
- Convenient parking
- Online news, alerts, tips, and program, membership and volunteer information
- Giving and volunteer opportunities
- Usage of facilities in Mt. Sterling, Barry, Mendon, and Payson