

MEMBERSHIP RATES

FAMILY MEMBERSHIPS

| Type | Monthly Rate | Joining Fee |
|---------------|--------------|-------------|
| Family | \$64.50 | \$50.00 |
| Single Parent | \$48.00 | \$25.00 |
| Military | \$40.00 | NONE |

INDIVIDUAL MEMBERSHIPS

| Type | Monthly Rate | Joining Fee |
|-----------------|--------------|-------------|
| Adult 18+ | \$39.75 | \$25.00 |
| Military Adult | \$20.00 | NONE |
| Older Adult 64+ | \$37.00 | \$25.00 |
| College Student | \$30.75 | NONE |
| Teen 13-17 | \$24.50 | NONE |

All branch membership fees are available upon request.

YOUTH MEMBERSHIPS

| Type | Monthly Rate | Joining Fee |
|----------------|--------------|-------------|
| Age 12 & 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 quincyyymca.net to read about volunteer opportunities.



QUINCY FAMILY YMCA

3101 Maine St., Quincy, IL

217.222.YMCA (9622)

quincyyymca.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



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, free weight room and indoor rubberized walk/run track. FREE Wellness 101 Program, a six week program with a Y Fitness Coach who will gradually introduce you to the components of an exercise program based on your individual fitness goals. A structured, sensible fitness routine, gradually adding new exercises leading to greater success in achieving your health goals.

GYMNASIUM

Open gym time is for all ages to enjoy basketball, volleyball, kickball, pickleball and MORE! Families and individuals will learn teamwork skills that last a lifetime.

SWIMMING POOL

Swim lessons build confident kids and strong swimmers. An opportunity for social and emotional development and a healthy lifestyle with our competitive Dolphin Swim Team. Increase strength and physical endurance with our water exercise classes. Pool area also includes whirlpool, steam room & sauna.

PERSONAL TRAINING

The hardest part of starting your wellness journey is walking in the door. Our Personal Trainers will help you jumpstart your fitness, achieve your goals and build long-lasting friendships.

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.

From boxing to yoga, we have something for every interest and every fitness level. Our experienced instructors will help you have fun and get healthy while you gain strength, endurance, increased energy and build long-lasting relationships. All group exercise classes designed for a variety of fitness levels.

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



ALSO AT THE Y

Childcare

- Nursery
- After School Care
- School Out Days

Youth

- Swim Lessons & Swim Team
- Sports & Karate
- Summer Camp
- Kids Fit Zone
- Youth Performance Program
- 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 - Saturday | 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

- Build long-lasting relationships with staff and other members
- Wellness 101 to guide you on your wellness journey
- Physical Therapy Step-Down Program
- Cancer Survivor Wellness Program
- Build more than muscle, support the values & programs that strengthen community.
- Guest passes to share with family & friends
- Giving and volunteer opportunities