

# MEMBER BENEFITS

- Nationwide Membership
- Member Referral Program
- Complimentary Consultation & Fitness Orientation
- FREE 30 Minute Personal Training Session
- Over 50 FREE Land & Water Classes
- FREE Child Care for Family & Single Parent Family Memberships
- Pool, Hot Tub, Sauna & Steam Room
- Guest Passes for Family & Friends
- Discounts on Programs



# JOIN THE Y GET INVOLVED

We are a volunteer-led cause driven non 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](http://quincyyymca.net) to read about volunteer opportunities.

## QUINCY FAMILY YMCA

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

[quincyyymca.net](http://quincyyymca.net)



### HOURS OF OPERATIONS

Mon.-Fri.	Saturday	Sunday
5:00am-8:00pm	7:00am-5:00pm	10:00am-2:00pm
Pool: 5am-3pm, 5pm-8pm	Pool: 7:00am to 1:30pm	Pool: 10:00am to 2:00pm

\*Visit our website for specific pool times.

#### 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

# A BETTER YOU MAKES A BETTER US

Membership  
Quincy Family YMCA



# WELCOME TO A BETTER YOU

We're so much more than a fitness center. Your membership makes you part of something bigger.

When you're part of the Quincy Family YMCA, you're a member of a community that's committed every day to helping you and your family through programs focused on:

## HEALTHY LIVING

- Consultation
- Personal Training
- Group Fitness Classes
- Water Aerobics
- Wellness Center Orientation
- Gymnasium

## YOUTH DEVELOPMENT

- Swim Lessons
- Dolphin Swim Team
- Child Care
- After School Program
- Summer Camp
- Youth Sports
- Youth Fitness
- Karate

## SOCIAL RESPONSIBILITY

- Financial Assistance
- Safety Around Water
- Strength 4 Survivors Cancer Wellness
- Rock Steady Boxing for Parkinson's
- Volunteer & Giving Opportunities

# 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 62+	\$37.00	\$25.00
College Student	\$30.75	NONE
Teen 13-17	\$24.50	NONE
Youth 12 & Under	\$17.50	NONE

All branch membership fees are available upon request.

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

## 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.

### WHO DO WE HELP?

Our Y helps people live, grow, and thrive. Over the last 12 months...



# CONSULTATION

A Consultation is a complimentary one-on-one session where a trained YMCA professional will meet with you to identify your health, fitness and overall goals. During this session your consultant will identify Y programs, classes, resources and services to help you meet your needs and discover what the Y has to offer.

## WHY SHOULD I SIGN UP FOR A CONSULTATION?

Everyone is different. What works for one person may not for others. Let us help you navigate all that we have to offer.

1. Receive guidance specific to your:
  - Goals
  - Lifestyle
  - Personal predispositions
  - Family wellness goals
2. Learn about programs offered at our Y that could help you and/or your family reach your goals.

