



YMCA of Greater Des Moines



MEMBERSHIP RATES

YMCA Healthy Living Center™ – Effective September 2010



YMCA HEALTHY LIVING CENTER RATES

Membership Type	Joiner Fee	Monthly Bank Draft	Annual
1 Adult*	\$50.00	\$73.50	\$882.00
1 Adult with dependent children	\$50.00	\$89.50	\$1074.00
2 Adults with or without dependent children	\$50.00	\$107.50	\$1290.00
1 Senior*	\$50.00	\$55.50	\$666.00
2 Seniors	\$50.00	\$77.50	\$930.00
Youth*	NA	\$21.00	\$252.00

* Adults Are 19-64 Years | *Dependent Children Are Under 23 Years Of Age | *Seniors Are 65 Years And Up *Youth Memberships Age 9 Through High School Senior | *Full Time College Student Needs Letter From Registrar Indicating Status

MEMBERSHIP ADVANTAGES

- Free Wellness Coaching with a YMCA Healthy Living Coach
- Sauna, whirlpool and steam room
- Two pools for member use – a lap only pool and a warm water exercise pool
- State-of-the-art locker rooms and fitness facilities
- A large variety of fitness classes including Step, Zumba, Kickboxing, Group Cycling, Y Pump, Yoga and much more!
- Reduced program rates
- Use of all other YMCA of Greater Des Moines branches
- Current YMCA of Greater Des Moines members may add the YMCA Healthy Living Center to their membership for an additional fee

FINANCIAL ASSISTANCE

Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay. At the YMCA Healthy Living Center we focus our financial assistance dollars on those individuals with medical needs that cannot be met at our other YMCA branches. Please ask about our financial assistance program at the Member Service Desk.

www.healthym.com



CARING
HONESTY
RESPECT
RESPONSIBILITY



YMCA We build strong kids,
strong families,
strong communities.



YMCA
of Greater Des Moines

	Fitness Classes	Nursery	Family & Teen Programs	Free Weights	Gymnasium	Climbing Wall	Group Cycling	Racquetball or 4-Wall Courts	Running Track	Sauna, Whirlpool or Steam Room <small>* Fitness Center only, at Riverfront</small>	Strength/Cardiovascular Equipment	Swimming Pool
Ankeny Family YMCA 1102 N. Ankeny Boulevard Ankeny, Iowa 50023 Phone: 965-8800	▲	▲	▲	▲	▲		▲	▲		▲	▲	▲
Boone County Family YMCA** 608 Carroll Street Boone, Iowa 50036 Phone: 515-432-5925	▲	▲*	▲	▲	▲		▲	▲	▲	▲	▲	▲
John R. Grubb YMCA 1611 11st Street Des Moines, Iowa 50314 Phone: 246-0791	▲	▲	▲	▲	▲		▲		▲	▲	▲	▲
Northwest YMCA** Grimes Program Center 410 S.E. Main Street Grimes, Iowa 50111 Phone: 979-4452	▲	▲	▲				▲				▲	
Riverfront YMCA 101 Locust Street Des Moines, Iowa 50309 Phone: 282-YMCA (9622)	▲	▲	▲	▲	▲		▲	▲	▲	▲	▲	▲
South Suburban YMCA 401 E. Army Post Road Des Moines, Iowa 50315 Phone: 285-0444	▲	▲	▲	▲	▲	▲	▲				▲	▲
Walnut Creek Family YMCA 948 73rd Street Des Moines, Iowa 50312 Phone: 224-1888	▲	▲	▲	▲	▲		▲		▲	▲	▲	▲
Waukee Family YMCA 210 N. Warrior Lane Waukee, Iowa 50263 Phone: 987-9996	▲	▲	▲	▲	▲		▲	▲	▲		▲	▲
Y Camp 1192 166th Drive Boone, Iowa 50036 Phone: 243-0100			▲			▲						▲
YMCA Healthy Living Center™** 12493 University Avenue Clive, IA 50325 Phone: 226-YMCA (9622)	▲	▲		▲			▲		▲	▲	▲	▲

*additional fee for nursery services at this location

**Special Rates Apply

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