

YMCA MEMBERSHIP BENEFITS

- Individual fitness evaluations for ages 13+
- Standard exercise programs
- Full gym and pool access
- Discounts on all programs
- Aerobic / Fitness and Spin Classes
- Strength trainers available 7 days a week (personal training for additional cost)



Kidzone

Available for children 6 months - 12 years of age
(Parent must remain in facility)

HOURS

Monday - Friday

8:00 am - Noon

&

4:00 pm - 8:00 pm

Saturday 8:00am-12:00pm

Kidzone Services are included with a
Family Membership ONLY

MEMBERSHIP

Monthly rates are charged via automatic draft from credit card or checking account on the 1st or 15th of the month

Individual **\$43 / Month**
(any Adult over the Age of 24)

Couple **\$61 / Month**
(Any Adult Couple residing in same household or Single-parent with one child)

Family **\$75 / Month**
(Not more than 2 adults and at least one child living in same household)

Student/Youth **\$27 / Month**
(available to ages 13-24; must show student ID)

Note: There is a one-time, non refundable, joining fee of \$50. Membership cancellations require 30 days notice.

*Military/First Responder Pricing Available

Non Bank Draft Memberships are a

3 month minimum

**CORPORATE MEMBERSHIPS
ARE AVAILABLE**



CLASSES

Silver Sneakers
Water Aerobics
Pilates/Yoga

Body Pump
Zumba
Cycling
Tai Chi
Kickboxing
Karate
And More

*Check with the front desk for new programs and schedules.

YOUTH PROGRAMS

Basketball: 4 - 14 yrs.

Flag Football: 5 - 14 yrs.

Gymnastics: 2 - 12 yrs.

Swimming Lessons: 6 mo - Adult

Soccer: 2 - 14yrs.

CAMPS

Summer

Spring

Winter

Boot Camp

Specialty camps year round.

See front desk for details





Facility Hours

GYM

MONDAY-THURSDAY

5:00a - 9:00p

FRIDAY

5:00a - 8:00p

SATURDAY

8:00a - 5:00p

SUNDAY

11:00a - 5:00p

POOL

MONDAY-THURSDAY

5:30a - 7:30p

FRIDAY

5:30a - 7:30p

SATURDAY

8:15a - 4:00p

SUNDAY

11:15a - 4:00p

Pool hours may change in late fall and winter months.



We Build Strong Kids, Strong Families, Strong Communities

Thanks to donations from the United Way and community members of Highlands County, the YMCA is able to offer financial assistance to those in need.

Our wish is to never turn anyone away because of an inability to pay and donations into our Strong Kids Fund help make this goal possible.

Financial Assistance forms are available at the front desk.

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www.highlandsymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HIGHLANDS COUNTY FAMILY YMCA

