



Facility Hours

GYM

MONDAY-THURSDAY
5 am-9 pm

FRIDAY
5 am- 8 pm

SATURDAY
8 am- 5 pm

SUNDAY
11 am- 5 pm

POOL

MONDAY-FRIDAY
5:30 am- 7 pm

SATURDAY
8:15 am- 4 pm

SUNDAY
11:15 am- 4 pm




Pool hours may change due to time of year.

**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



the  **FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**HIGHLANDS
COUNTY
FAMILY YMCA**



**100 YMCA Lane
Sebring, FL 33875
P: 863.382.9622
[www. highlandSYMCA.org](http://www.highlandSYMCA.org)**

WHAT WE OFFER

CLASSES

Silver Sneakers
Water Aerobics
Pilates/Yoga
Body Pump
Zumba
Cycling
Tai Chi
Kickboxing
Karate

* check with the front desk for new programs and schedules *

YOUTH PROGRAMS

Basketball
Flag Football
Tumbling
Swimming Lessons
Soccer

CAMPS

Summer
Spring
Winter
Boot Camp

* specialty camps year round; see front desk for details *

MEMBERSHIP

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

Individual \$47/MONTH
(any Adult over the age of 24)

Couple \$67/MONTH
(Any Adult Couple residing in the same house hold or single-parent with one child)

Family \$82/MONTH
(Not more than 2 adults and at least one child living in the same household)

Student/Youth \$30/MONTH
(Available to ages 13-24; must show student ID)

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



KIDZONE

**Monday-Friday
8:00AM-NOON**

&

4:00PM-8:00PM

Saturday 8:00am-NOON

(Kidzone services are included with Family membership ONLY)

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 class
- Strength trainers available 7 days a week (personal training for additional cost)

