

MIDDLESEX YMCA MEMBERSHIP OPTIONS



IF YOU PLAN TO USE THE FACILITY TWO TIMES PER WEEK OR MORE, CONSIDER A FITNESS OR FITNESS PLUS MEMBERSHIP

ENROLLMENT FEE FOR INDIVIDUALS & FAMILIES = \$50

Pay enrollment fee only once as long as membership remains continuous. A 30 day grace period is allowed.

	① FITNESS MEMBERSHIP	② FITNESS PLUS MEMBERSHIP
Individual Adult	\$ 42 Monthly	\$ 67 Monthly
Add each additional adult in household	+ \$ 27	+\$ 42
Add children through high school	+ \$ 20	+\$ 20
Senior Individual (62+)	\$ 39	\$ 61
Senior Couple (62+)	\$ 69	\$103
Senior Ind. Non-Prime Time (62+)	\$ 21	n/a
Senior Couple Non-Prime Time (62+)	\$ 40	n/a
College Student (up to age 25)	\$ 39	\$ 64
Youth (Ages 12-High School)	\$ 28	n/a

Prices above are for automatic payments from a CHECKING ACCOUNT OR CREDIT CARD (VISA OR MASTERCARD ONLY). Monthly plans without automatic deduction are available. Add \$30 to above rates for the first month and \$10 each additional month. \$20 of first month's fee = enrollment fee. No annual contract. Pay annually and save 15%.

IF YOU PLAN TO ATTEND CLASSES OR USE THE FACILITY LESS THAN TWO TIMES PER WEEK, CONSIDER A PROGRAM MEMBERSHIP

③ PROGRAM MEMBERSHIP

	Yearly Fee	Enrollment Fee	Total	
Individual Adult	\$ 65 yearly	\$ 10	\$ 75	+Daily usage fee below
Family	\$ 90 yearly	\$ 10	\$ 100	+Daily usage fee below
Individual Youth	\$18 - Term (5-8 weeks)			

	PROGRAM MEMBER DAILY USAGE FEE:
Adult	\$5 Daily
Youth (-18)	\$3 Daily
Family	\$8 Daily

OTHER MEMBERSHIP OPTIONS

	CT STATE EMPLOYEE MEMBERSHIP
Individual Adult	\$17.50 per pay period (\$35.00 deposit required)
Family	\$28.00 per pay period (\$56.00 deposit required)

Enrollment fees are waived for employees of our corporate accounts: Middlesex Hospital, City of Middletown, Middletown Board of Education, Pratt & Whitney and Northeast Utilities. Enrollment fees are waived for employees of our annual campaign business partners: Stone Insurance, Guilmartin, DiPiro & Sokolowski, CT Lighting Centers, Best Cleaners, A & A Office Systems, Suburban Office Products and Daniels Oil. Proof of employment is required.

GENERAL INFORMATION

HOURS OF OPERATION

Monday-Friday:	5:15AM - 9:30PM
Saturday:	7:00AM - 6:00PM
Sunday:	7:00AM-5:00PM (Sept. - June) 8:00AM-1:00PM (July - August)

① FITNESS MEMBERSHIP:

- 25 yard, 6 lane pool
- Sauna
- 20 yard, 4 lane warm water pool
- Free weights/weight machines
- 2 Racquetball courts
- Cardiovascular equipment
- Separate program and workout space for beginners
- Gymnasium
- Showers and locker rooms

PROGRAMS & SERVICES

FREE adult fitness and cycling classes
 Personal training
 FREE orientations to fitness equipment
 Child-Watch services
 Racquetball court reservations
 Swim lessons
 Fitness assessments
 Arthritis aquatics program
 Licensed pre-school child care services
 Licensed after-school programs
 Water exercise
 Parent/Child classes
 Basketballs can be borrowed at the front desk
 Racquets & balls can be rented at the front desk

OPEN DOORS

If your total household income is less than \$35,000 annually, you are eligible for financial assistance/reduced membership rates. Please ask about the Open Doors Program.

② FITNESS PLUS MEMBERSHIP:

Use of all general fitness facilities PLUS:

- All adult environment of Fitness Plus Center
- Sauna
- Whirlpool
- Steam room
- Private workout equipment/space
- Bathing suit and towel service
- Additional locker rooms
- Lounge with TV and daily newspapers

PROGRAMS & SERVICES

All services listed under Fitness Membership PLUS:
 Discounted adult water exercise classes
 FREE racquetball court reservations
 FREE water exercise classes for seniors
 Convenient entrance to parking area

SATISFACTION GUARANTEE

If you are not completely satisfied with your membership, you may request a full refund during the first 30 days of membership. After 30 days, a prorated refund will be granted based upon the unused portion of membership term.



NORTHERN MIDDLESEX YMCA

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