



the

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

# Hot Springs Family

## YMCA

We know that lasting personal and social change comes about when we all work together. That is why, at the Y, strengthening our community is our cause. Everyday we work side by side with our neighbors to make sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive.

### Corporate Rates

**Young Adult: \$29.00 (18-24)**

**Adult \$35.00 (25&up)**

**1 Adult Household: \$47.00**

**2 Adult Household: \$55.00**

### Hours of Operation:

**Monday –Friday:**

**5:00a.m.–8:00p.m**

**Saturday: 7:00 a.m.–5:00 p.m.**

**Sunday: 12:30p.m.– 5:00 p.m.**

**\*Aquatics closes 30 minutes prior to gym.**



## Member Benefits:

- 6,200 Square foot Wellness Center
- State of the Art Aerobic Equipment
- Hammer Strength Plate Loaded Equipment
- Nautilus Circuit Machines
- 65 Group Instruction Classes per week
- Sauna
- 25 meter indoor heated pool
- Certified Personal Trainers
- Children's Physical Activity Classes
- Child Watch (child care available while you work out)
- Building Relationships

## Programs:

- Youth Sports
- Quality out of School Child Care
- Progressive Swim Lessons
- Competitive Swim Team
- Pay Up Challenge Classes
- Kids Pay Up Classes/Camps
- Youth Indoor Playground
- Volunteer Opportunities
- Adventure Guides
- Achievements Gap Educational Programs
- YMCA's Diabetes Prevention Program

**Child Watch Hours: Monday-Friday 8:00 a.m.- 12:00 p.m. Monday-Thursday: 4:00 p.m.- 8:00 p.m. and now Saturday 9am-12pm**

### Corporate Memberships:

- **Joining Fee is waived one time per associate in a 24 month period if you do a payroll deduction or bank draft through the Y**



# JOIN A COMMUNITY NOT JUST A GYM