

Insurance Discounts

Get Paid to Work Out!

Call the number on the back of your insurance card to see if you are eligible!

Working out at the Y can now improve your financial health as well as your physical health. Members in eligible insurance plans can qualify for discounted memberships and never pay the joining fee.

Blue Cross Blue Shield - BluePrint for Health Fitness Discounts

Blue Cross Blue Shield of Minnesota will pay \$20 toward an individual monthly Y membership or a maximum of \$40 toward a family membership for 2 adults for eligible BCBS members who work out at least 12 times a month. Participants must be at least 18 years old.

Health Partners - Frequent Fitness Program and Health Partners Freedom

You can receive \$20 back, \$40 family maximum, when you work out at least 12 times a month if you are an eligible Health Partners member. This is another great incentive to stay healthy!

UCare Minnesota's UCan!

UCare for Seniors *members of this club can get fit and save \$20 per month!* You qualify if you: Are a *UCare for Seniors* member and if you visit the Y a minimum of eight (8) days per calendar month. Ask at the front desk for more details. **Get fit for less with UCare Minnesota!** *UCare Minnesota is a Medicare Advantage organization with a Medicare contract.*

MEDICA FitChoices Frequent Fitness Program

Any Medica fully-insured member is eligible for the program. Select self-insured members are also eligible if their employer has purchased the program. Members must be at least 18 years old to be eligible. You can receive \$20 back when you work out at least 8 times a month.

The Silver Sneakers Fitness Program

Those covered under Medica, Blue Cross Blue Shield Platinum Blue, or Humana Silver Sneakers are eligible for a free YMCA Adult membership. This is a comprehensive older adult fitness program through Axia Health Management that addresses the needs of individuals who are 65+ years.



Rochester Area Family Y

709 1st Ave SW

Rochester, MN 55902

507-287-2260

www.rochfamy.org

Rochester Area Family Y Membership Information 2010



Y MEMBERSHIP™

We build strong kids, strong families, strong communities.

YMCA HOURS

Monday - Thursday
4:45AM-10:00PM

Friday
4:45AM - 9:00PM

Saturday
7:30 AM - 6:00PM

Sunday
11:00AM - 6:00PM

Phone (507) 287-2260
Website: www.rochfamy.org

Rochester Area Family Y Membership Benefits

- Healthy discounts on all our of programs, including Youth Sports, Swimming Lessons, Karate, Youth Fitness, etc .
- Members receive reduced rates and priority registration for programs
- Use of 2 pools - 5 lane lap pool and our zero depth family fun Water Park with a 2-story water slide & play features.
- Use of Fitness Center with over 50 pieces of NEW state-of-the-art equipment
- Opportunity to utilize Kid's Care (a safe, nurturing environment for children) for unlimited monthly usage (maximum 2 hours per day)
- Opportunity to utilize our staffed Y SPACE (free after school program) for healthy and fun activities for 1st-12th graders
- Unlimited Group Exercise classes such as: Cycling, Water Aerobics, PowerCut, TurboKick, Yoga, Pilates, Belly Dancing, Step, Kickboxing, Abs, etc.
- Use of Running/Walking Track
- Use of three different gymnasiums with adjustable baskets
- Locker rooms - Family/Special Needs, Male, & Female; all with daily use lockers
- Membership card is accepted as guest entry into other YMCAs
- Special events throughout the year
- Programs for all ages and fun for the whole family!

Membership Categories	Monthly	Join Fee	Annual
Family (2 adults & dependent kids)	\$69	\$100	\$828
Single Parent Family (1 adult & dependent kids)	\$59	\$75	\$708
Couple (2 adults only)	\$62	\$100	\$744
Adult (ages 24-64)	\$47	\$75	\$564
Young Adult (ages 19-23)	\$37	\$50	\$444
Student (ages 10-18)	\$60/quarter	N/A	\$180
Youth Membership (ages 9 & under)	N/A	N/A	\$120
Senior (ages 65 and up)	\$38	\$50	\$456
Senior Couple (both ages 65 and up)	\$52	\$50	\$624

KID'S CARE

\$20/month or \$240/year or \$3/visit/child (\$2.00-per additional child)

We provide supervised care for our members' children in a safe and nurturing environment while parents are in the building participating in Y fitness!

MEN'S HEALTH CENTER \$18/month or \$216.00/year (Executive Locker \$4/month)

For ages 18 and up only. Want a secluded place to work out and a more private locker room? Not only do you have your own space, but you also enjoy a steam room, and sundries, such as shampoo, shaving cream, etc., and your own locker!

WOMEN'S CHOICE \$10/month or \$120.00/year

For ages 18 and up only. This locker room provides a dry sauna and extras such as towel service, hair dryers, and a locker you can call your own!

Starting a Membership

Come on in! Complete a Membership Application, sign your automatic draft form (please bring a voided check or credit card), & pay a pro-rated amount for the remainder of the month & the one time joining fee.

Joining/Processing Fees

New members pay a joining fee depending on their membership type. We call it a processing fee because it helps us cover bank fees and the monthly administration of your membership. This fee is waived for those eligible under any of the insurance programs listed on the next page.

Payment Options

Monthly - Auto debit from checking or savings or credit card

Annually - Cash, check, or credit card (*Visa, Mastercard, Discover or AMEX*)

Length of Membership

Membership is continuous until the member notifies the Y that they wish to discontinue. A change form must be filled out 15 days prior to bankdraft date to avoid charges for the following month. The Y does not require an annual contract, however, if a member cancels and re-joins at a later date, they will be required to pay the joining fee. We do require a minimum of 2 bankdrafts at the start of a new membership.

Financial Assistance

We are an inclusive organization. We receive money from our annual Strong Kids campaign to provide scholarship for adults, youth, or families in need. Stop by the Front Desk for an application.

Membership Card & Scanner

A membership card is issued to members age 10 & older. Members must present this card for admittance to the YMCA. Replacement cards are \$5.00.

Towels

We offer a daily towel rental for \$.50 and punch card for towel service for \$5.00 (20 punches for \$.25 each). Inquire at the Welcome Center.

Valuables

The YMCA is not responsible for lost or stolen items. We recommend that you not bring valuables to the facility. We rent combination locks at the front desk for \$.50 or we sell locks for \$6.50.

Lockers

Lockers are available for daily use by members and guests. We recommend that you bring your own padlock or rent one at the Welcome Center.

A.W.A.Y. (Always Welcome At YMCA's)

Most YMCA's will honor your membership card. If you are traveling, check the YMCA of the USA website at www.ymca.net for more information on other locations. We can also print verification for your family members who have not yet received their membership card because of their age to ensure a pleasant family experience.