



### MEMBERSHIP TYPES

**FAMILY\***: Two adults (18+) and all dependents\*\* through the age of 24 living in the same household. **\$76.00/mo**

**INDIVIDUAL ADULT (25-59)** **\$54.00/mo**

**SENIOR (60+)** **\$43.00/mo**

**SENIOR HOUSEHOLD**: Two adults (one must be age 60+) living in the same household. If adding dependents, the membership type must be Family. **\$64.00/mo**

**TWO ADULT HOUSEHOLD**: Two adults (18-59) living in the same household. **\$68.00/mo**

**YOUNG ADULT (18-24)** **\$43.00/mo**

**YOUTH (13-17)** **\$33.00/mo**

- **\*ADD UP TO 2 ADDITIONAL ADULTS** to any FAMILY membership for \$27.00 per adult per month. Adults added must also be living in the same household.
- **\*\*We reserve the right to request proof of dependency** (children or other) by way of 1040 tax forms.
- We reserve the right to request proof of residency.
- A one-time \$50.00 joining fee applies to all memberships.

### COTTINGHAM CAMPUS HOURS OF OPERATION

**Monday-Thursday:** 5:30 am-9:00 pm

**Friday:** 5:30 am-8:30 pm

**Saturday:** 7:00 am-5:00 pm

**Sunday:** 1:00 pm-5:00 pm

The pool will close 30 minutes prior to facilities daily. The pool may also close for 30 minutes at a time for lightning and thunder.

Refer to the Child Watch section of this guide for Child Watch hours.

### 2025 HOLIDAY HOURS

Easter Sunday (APRIL 20): CLOSED ALL DAY

Memorial Day (MONDAY, MAY 26): 5:30 am-12:00 pm

Independence Day (FRIDAY, JULY 4): 5:30 am-12:00 pm

Labor Day (MONDAY, SEPTEMBER 1): 5:30 am-12:00 pm

Thanksgiving Day (THURSDAY, NOVEMBER 27): CLOSED ALL DAY

Christmas Eve (WEDNESDAY, DECEMBER 24): CLOSE AT NOON

Christmas Day (THURSDAY, DECEMBER 25): CLOSED ALL DAY

New Year's Eve (WEDNESDAY, DECEMBER 31): CLOSE AT NOON

New Year's Day (THURSDAY), January 1, 2026: CLOSED ALL DAY

### MEMBER BENEFITS

- 6-lane, 25 yard indoor heated swimming pool
- The newest fitness equipment\* with FREE fitness coaching through our FitQuest program
- All group exercise classes\* (land and water) are included for free
- Supervised childcare for FAMILY memberships so parents can exercise, take classes, and swim
- Cutting edge group and small group programs\* in our Functional Training Zone
- Nationwide YMCA membership\*\*
- Programs for families, kids, and teens
- Full service locker rooms
- Youth swim team and Masters Swim
- Certified personal trainers to help you meet your fitness goals
- Safe, family-friendly atmosphere
- Much, much more!

\* age restrictions apply

\*\* Restrictions apply. Valid for active, full facility YMCA members. Program-only participants and special memberships are not eligible for Nationwide Membership.

### GUEST POLICY

The Foothills Area YMCA welcomes guests to enjoy our facilities with the purchase of a Day Pass. Please review the following guidelines to ensure a safe and enjoyable experience for all.

#### DAY PASS PRICING

- Guests 13 and up: \$15 per visit
- Guests 12 and under: \$10 per visit (must be accompanied by a guardian 18 years or older at all times)

#### GENERAL GUIDELINES

- Day passes are available for purchase at the front desk.
- Guests do not need to be accompanied by a YMCA member.
- If a guest is accompanied by a FAYMCA member on their first visit (one guest per member), there will be no charge. Day pass fees will apply after the first visit.
- A valid driver's license, government-issued ID, or school ID is required for guests age 16 and older to purchase a day pass.
- Guests cannot sign up for classes or use childwatch.
- All guests must follow YMCA rules and policies while using the facility.
- The YMCA reserves the right to refuse entry or revoke guest privileges for failure to comply with policies or for inappropriate behavior

#### NATIONWIDE PROGRAM

Active paying members of the Foothills Area YMCA can visit other Ys who participate in the Nationwide program for free--you just must use your home YMCA 51% of the time. Nationwide members visiting the Foothills Area YMCA cannot sign up for classes or use Child Watch.

### FINANCIAL ASSISTANCE

As a cause-driven, charitable organization, we value the practice of inclusion for all regardless of race, religion, gender, age or economic circumstance. We are deeply committed to raising the funds necessary to remove income as a barrier so that everyone in our community can participate in Y membership, programs and services that encourage positive growth, promote a healthy lifestyle, build community, and support social responsibility.

### CHILD WATCH

Child Watch is an added-value benefit to those with an active **FAMILY membership**. It provides a safe and enriching environment for children ages 6 weeks to 10 years, while parents exercise to achieve their health and wellness goals. When parents are in the branch, children are fully engaged in themed activities including arts and crafts, music and movement, and fun discovery and learning. Parents may use Child Watch for **up to 90 minutes per visit**. Parents must remain in the branch while their children are in Child Watch.

### CHILD WATCH HOURS OF OPERATION

**Monday–Thursday:** 8:00 am–12:00 pm AND  
4:25 pm–8:00 pm  
**Friday:** 8:00 am–12:00 pm AND  
4:25 pm–6:30 pm  
**Saturday:** 8:00 am–12:00 pm  
**Sunday:** CLOSED

### YOUTH FITNESS ACCESS AND PROGRAMS

- **Ages 9 and under** are not permitted in the Fitness Center.
- **Ages 8+** may use The Zone next to the Welcome Center unsupervised so long as they behave and represent the Y's four core values of Caring, Honesty, Respect, and Responsibility.
- **Ages 7 and under** may use The Zone with direct supervision.
- **Ages 10+** may participate in group exercise classes with their parent or guardian provided the class does not involve any free weights. Youth must be at least 52" tall to participate in cycling classes.
- **Ages 10–11** may use the cardio equipment in the Fitness Center after completing our free Kids Cardio orientation with a Y Fitness Coach. Parents must remain in the Fitness Center.
- **Ages 13–14** may use free weights **ONLY AFTER** completing 8–55 minute teen free-weight training sessions with a Y personal trainer and with trainer approval. As a Y staff for more information.
- **Ages 12–14** may use the selectorized equipment in the Fitness Center after completing our free TeenQuest appointment with a Y Fitness Coach. Parents must remain in the Fitness Center. They may not use free weights.
- **Ages 15+** has full access to the Fitness Center (machines & free weights) and group exercise classes.

### PROPER ATTIRE & CONDUCT

Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate in a family environment allowed. Shirts must be worn at all times. Non-marking, closed-toe athletic shoes must be worn in all fitness areas. Respect the rights and privacy of others by using courteous and appropriate behavior. Profanity is not allowed. Video calls in locker rooms are not allowed. Please follow the Y values of Caring, Honesty, Respect and Responsibility to govern behavior.

### FITQUEST

FitQuest, powered by ActivTrax, is a personalized fitness program designed to meet your specific fitness needs and is included in Y membership at no additional cost. With exercise programs customized to fit your needs, and online fitness and nutrition tools, FitQuest supports all ages and fitness levels. You can also link to most wearable devices to FitQuest and track your activity automatically. With FitQuest, you will receive the 1-hour appointments with a fitness professional!

**Appointment 1:** Q&A with Fitness Coach, goal setting, strength evaluation and machine orientation, ActivTrax profile setup.

**Appointment 2:** Complete 1st ActivTrax workout with Fitness Coach guidance.

**Appointment 3:** Progress check and FREE 45 minute personal training session with Personal Trainer.

At the completion of FitQuest, the member will be offered a discounted, introductory personal training package.

**Schedule your first appointment TODAY at the Welcome Center!**

### PERSONAL TRAINING

Y personal trainers are certified fitness professionals who are experts at working with you to build an effective health and wellness routine that meets your needs. They specialize in a variety of training styles, including:

- General personal training
- Personal training for seniors
- Personal training for medical conditions
- Sport-specific personal training (football, running, etc.)
- Injury recovery personal training
- Personal training for youth

Styles vary by trainer. Individual and partner training is available.

### WEBSITE & SOCIAL MEDIA

Be sure to visit and bookmark our website at **faymca.org** where you can access your account information, sign up for classes, and register for programs.

To stay up-to-date on all happenings at the Y, follow us on **Facebook & Instagram** at **/foothillsareaymca**.

The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.