

MEMBERSHIP GUIDE 2026



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MEMBERSHIP TYPES & MONTHLY DUES

FAMILY*	Two adults (18+) and all dependents** through age 24 living in the same household	\$80
INDIVIDUAL ADULT	Ages 25-59	\$58
SENIOR	Age 60+	\$47
SENIOR HOUSEHOLD	Two adults (one must be 60+) living in the same household. Adding dependents requires a Family membership	\$68
TWO ADULT HOUSEHOLD	Two adults (18-59) living in the same household	\$72
YOUNG ADULT	Ages 18-24	\$47
YOUTH	Ages 13-17	\$37

- ***ADD UP TO 2 ADDITIONAL ADULTS** to any FAMILY membership for \$28.00/month each. Adults added must also be living in the same household.
- ****Proof of dependency** may be requested (children or other) by way of 1040 tax forms.
- Proof of residency may be requested.
- A one-time \$75.00 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

POOL: The pool closes 30 minutes before the facility each day and may close for 30 minutes during lightning or thunder. For the daily pool schedule, refer to our website.

CHILD WATCH: For Child Watch hours, refer to the Child Watch section of this guide.

2026 HOLIDAY SCHEDULE

Easter Sunday (APRIL 5): CLOSED ALL DAY

Memorial Day (MONDAY, MAY 25): CLOSE AT NOON

Independence Day (SATURDAY, JULY 4): CLOSE AT NOON

Labor Day (MONDAY, SEPTEMBER 7): CLOSE AT NOON

Thanksgiving Day (THURSDAY, NOVEMBER 26): CLOSED ALL DAY

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

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

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

New Year's Day (FRIDAY, January 1, 2027): CLOSED ALL DAY

On holidays where facility closes at noon, the pool will close at 11:30 am

MEMBER BENEFITS

- 6-lane, 25-yard indoor heated pool
- The newest fitness equipment* with FREE FitQuest fitness coaching
- All group exercise classes* (land and water) included
- Supervised childcare for FAMILY memberships so parents can work out, 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
- Certified personal trainers to help you meet your fitness goals
- Safe, family-friendly atmosphere
- AND SO MUCH MORE COMING IN PHASE II 2026!

* Age restrictions apply

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

GUEST POLICY

The Foothills Area YMCA welcomes guests with the purchase of a Day Pass. Please review these guidelines for a safe, enjoyable visit.

DAY PASSES--PURCHASED AT THE FRONT DESK

- Guests 13 and up: \$20/person/visit
- Guests 12 and under: \$15/person/visit (must be with a guardian 18+ at all times)

GUEST GUIDELINES

- Guests do not need a member to accompany them.
- If visiting with a FAYMCA member, the first visit is free; day pass fees apply after. One guest per member.
- Guests 16+ must show a valid ID to purchase a pass.
- Guests cannot register for classes or use Child Watch.
- All YMCA rules and policies must be followed; the Y may deny or revoke access for policy violations.

NATIONWIDE PROGRAM

Active, paying FAYMCA members can visit any YMCA that participates in the Nationwide Program for free (contact the Y you plan to visit to confirm participation), as long as you use FAYMCA at least 51% of the time. Members from other Ys may visit FAYMCA for free if they have an active, paid membership at their home Y and visit their home branch at least 51% of the time. If not, they will be required to either join FAYMCA or pay guest fees. Nationwide visitors cannot register for classes or use Child Watch at FAYMCA.

INSURANCE-BASED MEMBERSHIPS

We partner with several insurance programs that offer free gym memberships to support healthy living. If you have a qualifying plan, visit or call us to check your eligibility. For plan-specific questions, contact your insurance provider.

We currently participate in:

- Silver & Fit / Active & Fit
- Optum Renew
- FitOn

Insurance-paid memberships are not eligible for Nationwide Membership.

CORPORATE MEMBERSHIPS

We partner with local businesses to offer free or discounted memberships to employees. Visit our website for more information.

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CHILD WATCH

Child Watch is a complimentary benefit for FAMILY members, offering a safe, engaging environment for children 6 weeks to 12 years. Kids enjoy themed activities like arts and crafts, music, movement, and learning while parents work out. Visits are limited to 90 minutes, and parents must remain in the branch.

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 ACCESS

The Zone:

- **12 & under:** May use The Zone with direct supervision.
- **13+:** May use The Zone unsupervised if they follow the Y's core values of Caring, Honesty, Respect, and Responsibility.

Fitness:

- **Under 9:** Not allowed in the Fitness Center.
- **10+:** Can join group exercise classes with a parent (no free weights); must be 52" + for cycling.
- **10–11:** Cardio equipment after free Kids Cardio orientation with a Y Fitness Coach; parent must stay in Fitness Center.
- **12–14:** Selectorized equipment after free TeenQuest appointment with a Y Fitness Coach; parent must stay in the Fitness Center; no free weights.
- **13–14:** May use free weights **ONLY AFTER** completing 8–55 minute teen free-weight training sessions with a Y personal trainer and trainer approval. Ask a Y staff for more information.
- **15+:** Full Fitness Center and group exercise access.

FINANCIAL ASSISTANCE

We're a charitable, cause-driven organization that welcomes all, ensuring cost is never a barrier so everyone can enjoy Y membership, programs, and services that promote growth, health, and community.

To apply for financial assistance, please visit faymca.org/financial-assistance or scan the QR code.



WEBSITE & SOCIAL MEDIA

Be sure to visit and bookmark our website 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 social media including Facebook, Instagram, LinkedIn, YouTube, and Nextdoor.

FITQUEST

FitQuest, powered by ActivTrax, is a personalized fitness program included with your Y membership. It offers customized workouts, fitness and nutrition tools, and easy syncing with most wearable devices. You'll get three, one-hour one-on-one appointments with a fitness professional:

1. Goal setting, strength evaluation, machine orientation, and ActivTrax setup
2. First ActivTrax workout with coach guidance
3. Progress check and a FREE 45-minute personal training session

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.

PROPER ATTIRE & CONDUCT

Proper workout attire is required—no swimsuits or inappropriate clothing. Shirts and non-marking, closed-toe athletic shoes must be worn in all fitness areas. Use courteous behavior, no profanity or video calls in locker rooms, and follow the Y's values of Caring, Honesty, Respect, and Responsibility. See the Member Handbook for full guidelines.

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.

www.FAYMCA.org

  /foothillsareaymca

