



MEMBERSHIP AT A GLANCE

FOOTHILLS AREA YMCA

Join the Foothills Area YMCA for fitness, family fun, wellness programs, and support for every stage of life.

W H Y J O I N

Your Membership Includes:

- Month-to-month flexibility (No long-term contracts)
- 6-lane indoor heated pool & locker rooms
- Top-tier fitness equipment & 3 complimentary FitQuest coaching sessions
- All land & water group exercise classes
- Supervised childcare for Family memberships
- Nationwide YMCA access for qualified members

Additional Wellness Services:

- Certified personal training tailored to your goals
- Chronic disease prevention & community health programs
- Functional Training Zone & small group classes
- All-ages programming for kids, teens, & families

Plus, More to Enjoy with Phase 2:

- Indoor family pool, kids' splash pad, & new fitness studios
- 2 half-court (1 full) indoor gymnasium, walking track, & sauna
- Extra locker rooms & community wellness spaces
- Center for Active Living

GUESTS

Bring a friend! Guests are welcome with a Day Pass.

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

FINANCIAL ASSISTANCE

We believe everyone deserves access to the Y. Financial assistance is available for qualifying individuals. Learn more at faymca.org/financial-assistance.

FACILITY HOURS

Mon-Thur: 5:30 am–9:00 pm
Fri: 5:30 am–8:30 pm
Sat: 7:00 am–5:00 pm
Sun: 1:00 pm–5:00 pm

Pools close 30 minutes before the facility.
See our website for holiday hours.

CHILD WATCH HOURS

Mon-Thu: 8:00 am–12:00 pm
AND 4:25–8:00 pm
Fri: 8:00 am–12:00 pm
AND 4:25–6:30 pm
Sat: 8:00 am–12:00 pm
Sun: Closed

Membership Type

Monthly Rate

Family*: Two adults and all dependents** through age 24 living in the same household	\$80
Individual (25-59)	\$58
Two-Adult Household: Two adults 25-59 living in the same household	\$72
Senior (60+)	\$47
Senior Household: Two adults, one of which is 60 or above, living in the same household	\$68
Young Adult (18-24)	\$47
Youth (13-17)	\$37

One-time join fee: \$75

*Add up to 2 additional adults to any Family membership for \$28/month each. Adults added must also be living in the same household.

**Proof of residency or dependency may be required.



Pools Fitness Track Sports Sauna Lockers Gym Community

INSURANCE AND CORPORATE MEMBERSHIPS

- Insurance-based memberships through Silver & Fit, Active & Fit, Optum Renew Active, or FitOn
- Corporate Memberships through participating employers

YOUTH FACILITY ACCESS

- Youth under 13 must be supervised by a parent or guardian at all times.

See our Member Handbook or ask our staff for complete youth access guidelines including Child Watch, fitness floor, pool, and other areas and programming.

Ready to Join?

Stop by our Welcome Center, scan the QR code, or visit faymca.org to get started today!

