



Welcome to the Y!



We are excited to have you as a member. To help you get started and make the most of your YMCA membership, here are a few helpful tips and resources.

EVENTS & HAPPENINGS

For members & non-members.



MEMBER ENGAGEMENT

Fun happenings exclusively for our members.



POOL & SPLASH PAD SCHEDULE

Lap swim, water fitness, open swim times, and more!



CLASS SCHEDULE

Group exercise classes like Yoga, Zumba, Spin, and more!



PROGRAMS

Youth sports, personal training, swim lessons, camp, and more!



GYM SCHEDULE

Basketball, volleyball, pickleball, and other activities.



✓ TAKE A TOUR

Get familiar with the facility and learn more about who we are.

✓ SCHEDULE A FITNESS CONSULTATION

Sign up for your first session of FitQuest--a complimentary fitness program designed to meet your specific needs.

✓ EXPLORE BENEFITS

Check out Membership at a Glance flyer and Member Handbook to review membership benefits, guest policies, and much more.

✓ STAY CONNECTED

Check out the Member Engagement and Events calendars and our monthly newsletter to see all the fun things we have in store for you.

✓ REGISTER FOR A PROGRAM

We have everything from hiking to swim lessons and special community health programs.

✓ BRING A BUDDY

Invite your family and friends to come experience the Y with you and see all we have to offer. See guest policy for details.

✓ CONNECT ON SOCIAL MEDIA

Follow us on Facebook, Instagram, LinkedIn, and YouTube, to stay connected with everything happening at the Y.

✓ BOOKMARK OUR WEBSITE

Sign up for classes, register for programs, make a donation, apply for financial assistance, and more at faymca.org.

✓ DOWNLOAD OUR APP

Search for Daxko Core in the App Store or on Google Play. Once downloaded, be sure to opt-in for notifications.

✓ TRY A CLASS

From Aqua Basics to Zumba, there's something for everyone. Stop by the Welcome Center for a schedule or find it by scanning the QR code for Class Schedules.

✓ VISIT CHILD WATCH

Got a Family Membership? Let the kids have fun in Child Watch while you work out.

Scan this QR code or visit
faymca.org/welcome-new-members
to make the most of your membership!

FOOTHILLS AREA YMCA





BABY
Ages 6 weeks+



**Ages
2-6**



**Ages
7-14**



**Ages
15+**



**ADULT /
SENIOR**



FAMILY

SOMETHING FOR EVERYONE

- Care & Play: Child Watch is available while parents work out on campus.
- Activities: Parent-child swim lessons, splashing in the pool or on the Splash Pad with an adult, and attending the Healthy Kids Day event.
- Parties: Birthday party options at the indoor/outdoor playground, Cottingham Campus pools, or Walhalla City pool in the summer.

Do everything a baby can, plus...

- Programs: Youth sports leagues (ages 4+), After School Care (4K+), swim lessons, and Summer Day Camp (ages 4+).
- Events: Parents' Night Out (ages 4+), Pool Easter Egg Hunt, Turkey Trot Kids Dash, and more.

Do everything a 2-6 year old can, plus...

- Independence: Can come to the Y without an adult, become a CIT, or use the Indoor Track and the Gym, starting at age 13.
- Fitness: Access to cardio equipment after a Kids Cardio session (ages 10+), attendance at group exercise classes with an adult (no free weights, ages 10+), and strength equipment use after completing TeenQuest (ages 12+, excludes outdoor patio/free weights).
- Aquatics: Can try out for the swim team.

- Full Access: Independent entry to the Y and full access to the fitness floor, The Garage, and patio starting at age 15.
- Weights: Can use free weights after completing training sessions with a personal trainer (ages 15+).
- Development: Counselor in Training (CIT) program at summer camp (ages 13-15) and the opportunity to earn First Aid/CPR certifications to become a certified lifeguard (ages 15+).
- Outdoor: Participation in the Hiking program with an adult.

- Fitness & Wellness: Group exercise classes (yoga, Zumba, cycling), personalized workout plans with wellness staff, Center for Active Living, and community health programs.
- Engagement: Volunteer opportunities, fun challenges (Idle Ironman, Fitness Trivia), and events like the Wellness Expo.
- Social: Enjoying coffee with friends in the lobby or shoot some hoops.

- Convenience: Drop off kids at Child Watch during workouts (Family Membership) or sign them up for Parents' Night Out.
- Togetherness: Partner personal training sessions, splashing in the pool or playing on the Splash Pad together, attending family events like Healthy Kids Day and the Turkey Trot, or enjoy the indoor track during Family Time (kids 7-9).

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.



Regular Facility Hours

Mon-Thu: 5:30 am-9:00 pm
Friday: 5:30 am-8:30 pm
Saturday: 7:00 am-5:00 pm
Sunday: 1:00-5:00 pm

Child Watch Hours

Mon-Thu: 8:00 am-12:00 pm
AND 4:25-8:00 pm
Friday: 8:00 am-12:00 pm
AND 4:25-6:30 pm
Saturday: 8:00 am-12:00 pm
Sunday: Closed

Pool will close 30 minutes prior to the facility. See our website for our holiday hours. See Child Watch website for special program hours.

