

YMCA Facility Hours

Facility Hours -

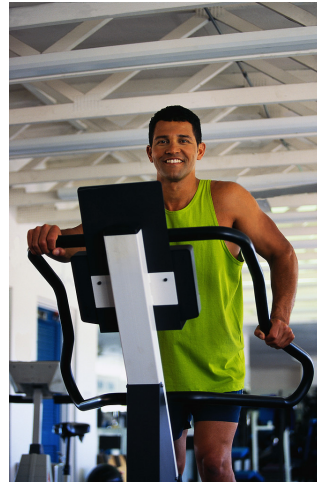
Monday-Friday5am-10pm
Saturday.....7am-6pm
Sunday.....12:30pm-6pm

We are **closed** on the following Holidays...
New Years Day, Easter, Memorial Day,
Fourth of July, Labor Day, Thanksgiving and
Christmas. We close early on New Years Eve
and Christmas Eve. Please call or check our
web-site for times.

www.valpoyymca.org

Membership Notes

- To enter the facility, all members must have their membership card with them.
- The YMCA is a tobacco-free building and foul language is not appropriate.
- Volunteers play an important role at our YMCA and are always welcome! If you are interested in volunteering, contact Jodi Jackson at 462-4185, ext. 233.
- Membership is not transferable.
- The Valparaiso Family YMCA employs certified personal trainers to meet your personal training needs. They share their training fees with this YMCA. Therefore, outside trainers cannot use this facility as a site to conduct trainings.



For more information regarding Corporate Memberships contact your Company's Corporate Liaison or the Valparaiso Family YMCA's Specialty Membership Coordinator, Jodi Jackson at 219-462-4185, ext. 233, or jjackson@valpoyymca.org
Website: www.valpoyymca.org

Mission Statement

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.

Vision Statement

The Valparaiso Family YMCA will be the premier organization of choice in the Greater Valparaiso area for individuals and families seeking personal growth. As a leader in community collaborations and partnerships, our well-trained team is dedicated to providing distinguished service incorporating the YMCA Core Values of Caring, Honesty, Respect, and Responsibility.

VALPARAISO FAMILY YMCA

**We build strong kids,
strong families, strong
communities**



1201 Cumberland Crossing Drive
Valparaiso IN 46383

219-462-4185
www.valpoyymca.org

INTRODUCTION

The Valparaiso Family YMCA is in a unique position to offer quality health enhancement programs to the area's work force. Any employee that chooses the Valparaiso Family YMCA for their health enhancement programs will benefit from the collective knowledge and experience of national YMCA health and fitness authorities.

The Valparaiso Family YMCA Corporate Membership Program provides an affordable way for an employee to live a healthy lifestyle. You and your dependent family can meet your personal fitness goals by participating in exercise fitness programs or individual interests.

The Valparaiso Family YMCA Corporate Membership Program affords employees an opportunity to engage a healthy life-style by providing a local facility for individuals and families seeking personal growth.



Family—husband, wife, and dependent children through high school and full-time college students up to, but not including, the age of 24

Single Parent—widow, widower, or divorcee and dependent children, as with family description above

Senior Couple—husband and wife in which one spouse is at least 65 years of age

Senior Adult—ages 65 and up

Adult—ages 18 through 64

High School—9th through 12th grade

Youth—beginning with age 10 through 8th grade

CORPORATE MEMBERSHIP BENEFIT

Corporate members receive a 10% discount off a full privileged membership rate.

Regular Membership Rates:

Type	Joiners	Monthly Rate
Family	\$100.00	\$70.50
Single Parent	\$80.00	\$57.00
Senior Couple	\$80.00	\$54.00
Senior Adult	\$60.00	\$38.00
Adult	\$75.00	\$50.50
High School	\$40.00	\$28.00
Youth	\$25.00	\$17.00

Corporate Rates:

Type	Joiners	Monthly Rate
Family	\$100.00	\$63.45
Single Parent	\$80.00	\$51.30
Adult	\$75.00	\$45.45
High School	\$40.00	\$25.20
Youth	\$25.00	\$15.30

- Discounted corporate membership rate is available to employee, and employee's dependent family.
- **Discount is not available if you are not eligible for the company's employee benefits.**



FACILITY FEATURES

- Two Warm Water Pools
Instruction & Lap
- Two Gymnasiums
- Indoor Track
- Child Care & Child Watch
- Adult Wellness Center
- Youth Wellness Center
- Fitness Studio
- Cycling Studio
- Sauna
- Steam Room
- Whirlpool

MEMBER BENEFITS

- Open Swim
- Splash pad and 2 story water slide
- Lap Swim—over 80 hours per week
- Open Gym for Adult & Youth
- Up to 2 Hours Per Day of Free Child Watch
Care While You Workout
- Special Family Events
- Receive Four Program Brochures
Annually
- Priority Class Registration
- Over 100 Free Fitness Classes Per Week
- Other Classes at a Reduced Rate
- Free Wellness Center Orientation
- Free Running Club
- Fitness Evaluation
- Personal Trainers on Staff
- Use of the YMCA's in NWI

