

# Fitness Plans



Annual Fitness Plans include access\* to our:

- ✓ **Fitness Center**
- ✓ **Pool**
- ✓ **Drop-in Aquatic Activities**
- ✓ **Group Fitness Classes**
- ✓ **Locker Rooms**
- ✓ **Steam Rooms**
- ✓ **Basketball Court\***

Fitness members also receive exclusive pricing on personal training, and registered classes, plus an orientation to the Fitness Center.

*\*Some access restrictions apply*

| PAYMENT PLAN  | ADULT    | HOUSEHOLD<br>2 adults and up to 2 youth who live in the same home | SENIOR/STUDENT<br>Students ages 18-24 with college I.D and adults 60+ | SENIOR HOUSEHOLD<br>2 adults (age 60+) and up to 2 youth who live in same home | YOUTH<br>Ages 6-17* | 6-WEEK JUMP START<br>Adults Only |
|---|----------|---|---|--|---------------------|----------------------------------|
| AUTOPAY MONTHLY WITH ANNUAL AGREEMENT                 | \$30     | \$50  | \$26  | \$43   | \$20                | N/A                              |
| AUTOPAY MONTHLY<br><small>NO ANNUAL AGREEMENT</small> | \$40     | \$63  | \$33  | \$53   | \$20                | N/A                              |
| PAY IN FULL   | \$324.99 | \$539.99  | \$279.99  | \$464.99   | \$209.99            | \$69                             |

## REGISTRATION AND START-UP FEES

### Registration Fee

All annual and monthly individual fitness plans require a \$30 registration processing fee, \$45 for households.

### Monthly with Annual Agreement

Registration fee plus first month due at initiation; subsequent payments are auto-deducted from a checking, debit or credit card account beginning in second month of membership.

### Monthly with No Annual Agreement

Registration fee plus first month due at initiation. Payments are auto-deducted from a checking, debit or credit card account beginning in the second month of membership and ongoing until cancelation.

### Additional Members

Our family fitness plans include 4 individuals. Pay another \$15/month per additional individual.

## CONTACT INFORMATION

**Fitness:** 508-767-2505, x166 or email [kbeardmore@ywcacm.org](mailto:kbeardmore@ywcacm.org)

**Pool:** 508-767-2505, x129 or email [jdwinell@ywcacm.org](mailto:jdwinell@ywcacm.org)

**ENCOREplus®:** 508-767-2505, x166 or email [kbeardmore@ywcacm.org](mailto:kbeardmore@ywcacm.org)

## AGE REQUIREMENTS & ACCESS POLICIES

### Basketball Court Access

- YWCA Central Massachusetts regularly reserves the basketball court for childcare, youth and family activities, and we reserve the right to close the basketball court for facility activities at any time. If you would like to use the basketball court check our website at [ywcacm.org](http://ywcacm.org) or call the front desk at 508-767-2505 for availability.

### General Facility Access

- All youth under the age of 13 must be accompanied by an adult (18 years of age or older) at all times, unless the child is actively participating in a supervised YWCA youth program or class. Inappropriate behavior can lead to suspension of privileges.

### Locker Rooms

- All youth under the age of 13 must be accompanied by an adult (18 years of age or older) at all times.
- Youth under the age of 16 are not allowed in the Steam Room.

### Fitness Center Center

- No youth under the age of 10 are allowed in the Fitness Center.
- Youth ages 10–12 must be accompanied by an adult age 18 or older in the Fitness Center
- Youth ages 13-17 who wish to use the Fitness Center, must schedule 1 orientation session with a staff member in order to use Fitness Center independently.

### Pool

- All youth ages 6–12 must be accompanied by an adult (18 years of age or older) in the pool area, unless the child is actively participating in a supervised YWCA youth program or class.
- Children under age 6 must be accompanied by an adult (18 years of age or older) in the water at all times, unless the child is actively participating in a supervised YWCA youth program or class.

