

YM MEMBERSHIP TM

Benefits of YMCA Membership

Free Aerobics • Free Yoga • Free Pilates
Free Zumba • Free Healthy Back • Free Spinning
Free Circuit Express Workout
Free Fitness Analysis and Orientation,
Reduced Program Fees (Members pay Facility Fees;
Not Yet Members pay Program Fees)

Membership in the Albany Area YMCA includes
Central Facility, Lee Branch and Sports Park Pool

Albany Area YMCA members enjoy **AWAY** access to
YMCAs around the country.

Central Facility 1701 Gillionville Road 436-0531

Recently renovated, this facility includes a heated 25yd indoor pool, comprehensive health and fitness center, private aerobics room with hardwood floor, spin room, racquetball, tennis, volleyball and basketball courts, locker rooms with whirlpool and sauna, steam room, playground, and licensed child care center. Equipment includes Paramount, Cybex, Nautilus, Ellipticals, Treadclimber, Treadmills, StepMill, Stretch Room, CardioTheatre and Stairmasters. Childwatch is available for a nominal fee.

Central YMCA Hours

Monday - Thursday 5:00 a.m. to 9:30 p.m.
Friday 5:00 a.m. to 9:00 p.m.
Saturday 7:30 a.m. to 6:00 p.m.

Lee Branch 316 Robert B. Lee Drive 759-9770

This new facility includes a comprehensive fitness center with a high performance fitness floor, childwatch room, and member registration center. Equipment includes Schwinn Spin Bikes, Nautilus Treadmills, Ellipticals, StepMill, Steppers, Recumbent Bikes, Circuit Training and Free Weights. Childwatch is available for a nominal fee.

Lee Branch YMCA Hours

Monday - Friday 6:00 a.m. to 8:00 p.m.
Saturday 8:00 a.m. to 6:00 p.m.

Sports Park 4508 Gillionville Road 435-8389 (Gym)

These fifty landscaped acres include a 50 meter outdoor pool, fellowship pavilions, fully equipped gymnastics and cheer center, soccer facility, day camp facilities, playground, seasonal walking trail and outdoor sand volleyball. Hours depend on season.

Our Mission Statement

It is the YMCA's mission to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

Financial Assistance Policy

Financial assistance will be made through funds raised during the YMCA annual Partners for People Campaign. It is the YMCA's intent to offer financial assistance for programs and membership to those who qualify based on the availability of funds. Assistance shall be given on the basis of financial need. For members who have been a member in good standing for at least one year and lose their job, the YMCA offers three complimentary months of membership.

Partners for People Campaign

To contribute funds to the campaign or volunteer, please contact Anna Lee O'Neil at aoneil@albanyareaymca.org or call her at 436-0531, ext 205.

Monthly Membership Fees

Memberships may be paid through a monthly bank draft or credit/debit card draft. There are no contracts when payment is made through a monthly draft. The following are the basic monthly membership fees. These fees provide membership privileges at the Central Albany, Lee Branch and Sports Park facilities. An amenities membership at the Central Branch is available for an additional fee.

Youth	\$22.50/month	\$30 Joining Fee
Adult	\$37.25/month	\$60 Joining Fee
Family	\$55.75/month	\$90 Joining Fee

Discounts are available when an annual payment is made. A corporate discount is available for those employers who wish to make membership payments through payroll deduction for their employees. For more information, contact Anna Lee at 436-0531 or aoneil@albanyareaymca.org