



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FOR MORE THAN A WORKOUT.  
FOR A BETTER US.**



# Membership Guide

**LANCASTER FAMILY YMCA**

CITY CENTER YMCA • LAMPETER-STRASBURG YMCA • YMCA AT NEW HOLLAND

## Everything we do helps empower our community and the “us” who live here.

The YMCA is now...as it has always been...a place of possibility and promise for all. That’s why the Y passionately focuses on strengthening communities. Every day, the Y supports kids, adults, and families with programs that protect, teach, connect, heal, nourish and encourage.

When you join the Lancaster Family YMCA, you’re committing to more than becoming healthier, you’re supporting the values and programs that strengthen your community.

## MEMBERSHIP OVERVIEW

**Membership at the Y is convenient and easy with no annual contracts.**

Membership payments are automatically drafted each month from the bank account or credit card of your choice. Membership accounts can be drafted on the 1st or 15th of each month.\* Payment of one month’s membership fee plus the one-time investment fee is needed to activate your membership.

\*The Lancaster Family YMCA will assess a late fee for membership fees that are not able to be collected the date payment is due.

## FINANCIAL ASSISTANCE

Through the Lancaster Family YMCA Financial Scholarship program, families and individuals who want to participate in Y membership and Y programs, but can’t afford to pay the full fee, can receive financial assistance to help offset the cost. This program is based on a sliding scale that factors in annual income and number of individuals in a family. Stop by our Welcome Desks to learn if you may be eligible to apply for a Y Financial Scholarship. Financial Scholarship Applications are available at our Welcome Desks or at

[www.lancasterymca.org/financial-scholarships](http://www.lancasterymca.org/financial-scholarships).

## NATIONWIDE MEMBERSHIP

**Always Welcome in Every Community**

We want you to take advantage of the Y wherever you live, work or travel. When you join the Lancaster Family YMCA, you get the added benefit of Nationwide Membership, giving you the ability to use participating Y facilities across the United States at no extra charge. Visit [www.lancasterymca.org/nationwide](http://www.lancasterymca.org/nationwide) or stop by our Welcome Desks for more information.

*This program is valid for active, full-facility YMCA members*

## LANCASTER FAMILY YMCA APP

Download the free LANCASTER FAMILY YMCA APP for information on schedules, programs, classes and facility updates for all Y branches. Search for Lancaster Family YMCA.



## MEMBERSHIP BENEFITS

- No annual contract
- Free group exercise and water fitness classes included in membership
- Reduced rates on Y programs
- Child Watch services (free with Family Membership; \$2.00 per visit/child with Adult Membership)
- Access to the City Center, Lampeter-Strasburg and YMCA at New Holland branches
- Complimentary wellness program for new members- SMART Start
- 2 free guest passes/year
- Option to “hold” membership for up to 3 months without payment.
- A wide variety of medical insurance plans accepted including Silver Sneakers and Silver & Fit
- Nationwide Membership
- Online registration – early registration option for Y members

## UPGRADED EQUIPMENT

We’ve upgraded all of our equipment including our Precor cardio equipment, our circuit strength equipment and some of the free weight strength items. The upgraded cardio equipment comes with enhanced IT capabilities that include personalized fitness tracking and home screens and access to on-demand channels as well as our cable package.



## MEMBERSHIP OPTIONS

### FAMILY

**\$73.60/month | \$99.00 investment fee**  
Family Memberships are for 2 adults (i.e. husband/wife, partners) and their dependent children. Children can be included on the Family Membership through age 25. Proof of dependency is required for children ages 19–25.

### ADULT

**\$44.80/month | \$75.00 investment fee**  
Any person age 19 or older.

### TEEN AND COLLEGE STUDENT

**\$22.50/month | \$25.00 investment fee**

#### TEEN

Any person ages 12–18.

#### COLLEGE STUDENT MEMBERSHIP

Any person ages 18–25 attending college or a professional or technical training program\*. Proof of enrollment is required when joining the Y and each year while in college or training program.

College members who terminate their plan when returning to school, but who wish to rejoin the Y during school breaks (at any time within 6 months of their termination date), may do so without re-paying the investment fee. If the membership is terminated for over 6 months, the member will need to re-pay the investment fee. A 30-day notice still applies when terminating the membership.

\* exceptions to age can be made.

#### Ages 12–15

Members ages 12–15 will be allowed access to the facility without parent or guardian supervision. The teen must complete the branch teen wellness orientation in order to use either youth or adult wellness equipment. Teen members may use the wellness equipment without parent or guardian supervision while a fitness trainer is on duty. Ages 12–15 can take group exercise classes without parent supervision. Please see your branch Welcome Desk for details on times and to register for a teen wellness orientation.

### YOUTH

**\$15.00/month | \$15.00 investment fee**

Any person 11 or younger.

Members age 11 or younger must be accompanied by a parent or guardian while at the Y, unless the youth is participating in a Y-supervised program. The parent or guardian must check the youth in and out of the activity and remain at the Y during the activity.

### SHORT-TERM MEMBERSHIPS

#### Holiday:

- 1 week: \$25; no investment fee
- 1 month: regular monthly rate; no investment fee

### Cancellation Policy

A 30-day notice is required to cancel memberships. We ask that you complete a cancellation form available at the Welcome Desks.

### Hold Policy

Y memberships can be placed on hold for up to 3 months for vacation, medical or financial reasons. To take advantage of the three-month hold option, members should contact the Welcome Desk before their next billing cycle.

### Swim Policy

Children 12 and under who are unable to pass the Y's swim test, will need to have a parent or guardian with them in the water and remain at arm's length. Flotation devices are recommended. **To view a complete list of our pool policies please visit [www.lancasterymca.org/pool-policies](http://www.lancasterymca.org/pool-policies).**

## FACILITIES OVERVIEW

- Cardio equipment, strength equipment and free weights
- Indoor pools & outdoor pool
- Gymnasiums with poured-rubber floor
- Indoor & outdoor running/walking tracks
- Men's, women's and family locker rooms
- Child Watch services
- Steam room, sauna and whirlpool (City Center)

## PROGRAMS AND SERVICES

The Lancaster Family YMCA offers a wide range of programs that support Youth Development, Healthy Living and Social Responsibility. Program registration is available to Y members and non-members. Y members receive early registration and special pricing on programs.

- Day and overnight summer camps
- Pre-K/Early Learning programs
- Sports/recreation programs for youth and adults
- Group exercise and water fitness classes
- Weight loss programs
- Personal and nutrition coaching
- Lifeguard and lifesaving certification programs
- Swimming lessons and swim teams
- Cancer Recovery and Diabetes Prevention programs
- Volunteer opportunities
- Birthday parties/facility rentals

## HOURS OF OPERATION

Monday–Thursday: 5:00 AM–10:00 PM

Friday: 5:00 AM–8:00 PM

Saturday: 7:00 AM–6:00 PM

Sunday: 10:00 AM–5:00 PM  
(City Center & Lampeter-Strasburg)

Sunday: 12:00 PM–5:00 PM  
(YMCA at New Holland)

Visit [LANCASTERYMCA.ORG](http://LANCASTERYMCA.ORG) for more information about our programs and services.



## LANCASTER FAMILY YMCA LOCATIONS

### CITY CENTER YMCA

265 Harrisburg Avenue  
Lancaster, PA 17603  
717-393-9622

### LAMPETER-STRASBURG YMCA

800 Village Road  
Lancaster, PA 17602  
717-464-4000

### YMCA AT NEW HOLLAND

123 North Shirk Road  
New Holland, PA 17557  
717-354-4747

### LANCASTER FAMILY YMCA EARLY LEARNING ACADEMY (Pre-K/Early Learning Programs)

252 Harrisburg Avenue  
Lancaster, PA 17603  
717-393-9622, ext. 1050

### CAMP SHAND

(Day and Overnight Youth Camp)  
Box 339  
Cornwall, PA 17016  
717-272-8001



Serving Lancaster County since 1854, the Lancaster Family YMCA is a nonprofit, charitable organization with a mission to nurture our community through the pursuit of life-long growth in spirit, mind, and body.