



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE PART OF SOMETHING MORE



LANCASTER FAMILY YMCA Membership Guide

CITY CENTER YMCA
LAMPETER-STRASBURG YMCA
YMCA AT NEW HOLLAND

As a nonprofit, charitable organization, the Y is where families spend quality time together, youth build character and self-confidence and adults find community, well-being and support.

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

Everyone deserves the opportunity to learn, grow and thrive. Anyone with an annual household income of \$50,000 or less may be eligible to apply for a Y Financial Scholarship to help offset the cost of Y membership or programs. Financial Scholarship applications are available at our Welcome Desks or at www.lancasterymca.org/financial-scholarships.

PA YMCA RECIPROCITY PLAN

My Y is Every Y in Pennsylvania

YMCAs across Pennsylvania have formed a reciprocity program – My Y is Every Y in Pennsylvania – that provides members with expanded access to Y branches across the state.

The My Y is Every Y in Pennsylvania program comes with no additional fees and is open to any Pennsylvania Y member with an active, full-facility membership whose home branch participates in the program. To learn more about this program and participating YMCAs please visit www.psays.com/resources/membership-reciprocity-2/

LANCASTER FAMILY YMCA APP

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



ANDROID



I-PHONE

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)

MEMBERSHIP BENEFITS

- No annual contract
- Free group exercise and water fitness classes
- 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
- Access to Y facilities across the nation through the Y AWAY program
- Online registration – early registration option for Y members





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.

L-S Y Branch only:

After completion of a youth wellness orientation, members ages 10-11 can use the designated Youth Wellness Equipment with the supervision of a parent or guardian. Members ages 10-11 can register for a Y youth wellness orientation at the L-S Y Welcome Desk.

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. HOLD forms are available at the Welcome Desks.

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.



FACILITIES OVERVIEW

- Cardio 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 elective programs that support Youth Development, Healthy Living and Social Responsibility. Program registration is available to Y members and non-members. Y members receive special pricing on programs.

- Day and overnight summer camps
- Preschool/pre-K programs
- After school child care
- 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 leagues
- Birthday parties/facility rentals
- Volunteer opportunities

Visit 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 CENTER (Preschool/Pre-K 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 strengthening the community through Youth Development, Healthy Living and Social Responsibility.