

About YMCA Membership

The YMCA is a membership organization. Facility membership privileges include the use of all facilities, services and participation in all healthy lifestyle programs. The YMCA specializes in helping those who are new or returning to exercise and those wishing to develop a healthier lifestyle. You will find programs for the whole family to participate in together or through coordinated scheduling.

Joining the YMCA means joining the most comprehensive, professional, family oriented center in the community. Programs and facilities are geared for all ages of members, from babies to seniors. Parents throughout the Glendale area look to the YMCA for a variety of activities for their children, as well as their own health.

YMCA Visitors—AWAY Guests

If you are a member of a different YMCA, you are our GUEST! As an AWAY (Always Welcome at YMCA's) Guest, you may visit our YMCA three times per month. Remember to bring your card!

Bring a Guest Policy

Members are encouraged to bring their friends to join the fun. Workout partners are a proven way to improve workout results and stay with it! Guests can come 3 times a year.

With Y Member \$10.00

Without Y Member \$15.00

Rights Reserved

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.

Being a part of the YMCA is different and special! We welcome and support all children and families. We help build the values of caring, honesty, respect and responsibility. We are for everyone! People of all ages, and every race, creed, religion, income level and ability are welcome.

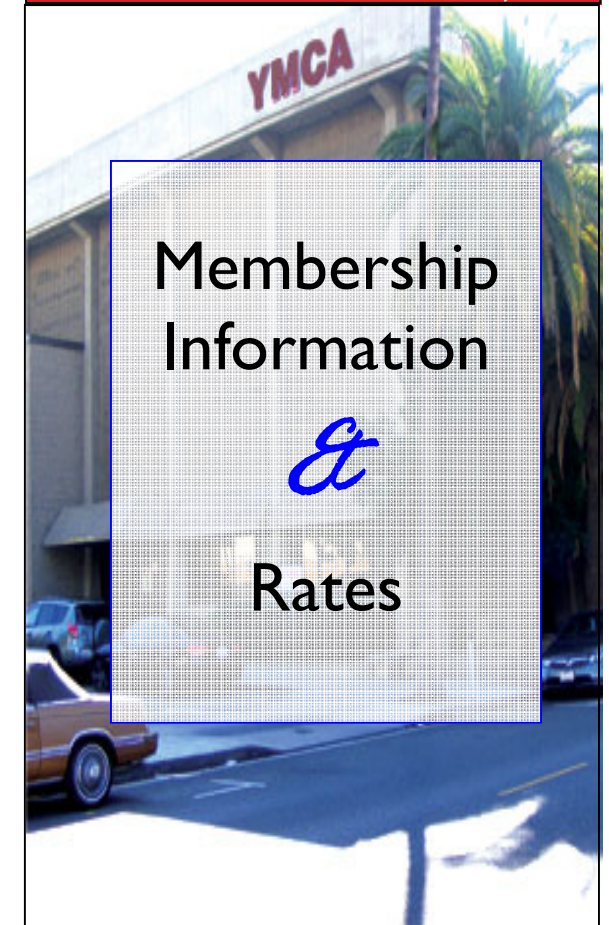
YMCA of Glendale Mission Statement

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

140 N. Louise Street
Glendale, CA 91206
(818) 240-4130

Monday-Friday 5:45 am – 10:00 pm
Saturday 6:30 am – 5:30 pm
Sunday 1:00 pm – 5:00 pm

email: ymca@glenymca.org
www.glendaleymca.org



MEMBERSHIP INFORMATION & OPPORTUNITIES

Swimming Pool – Lap Swimming, Aqua-Fit Classes, Swim lessons

Weight Room - Machine weights, free weights, exercise bikes, treadmills, rowers, elliptical machines, and stair climbers in an air conditioned atmosphere.

Classes – Join an array of classes including kickboxing, Tai Chi, martial arts, dance, aqua-classes, and yoga.

Massage – Ask about a private massage scheduled to your time availability. Massage is provided in the locker room areas.

Private Facilities - Both the Men's and Women's Locker rooms provide exercise areas, spa, sauna, and relaxation areas. Men's Locker Room provides table tennis and pool table as well.

6 Handball/ Racquetball Courts

Two Basketball Gyms

Youth Karate

Youth Health and Fitness Gym

Towel / Clothing / Private Locker Rentals

Badminton Courts

Roof-top Running Track

Gymnastics

Aerobics / Fitness Classes

On-Site Child Watch

Our on-site Child Watch is a safe and fun place to play for children of 1 year to 9 years while the parents are on the YMCA premises.

Monday through Friday

9:00 am to 1:00 pm

3:00 pm to 8:00 pm

Saturday

9:00 am to 1:00 pm

Sunday

1:00 pm to 3:00 pm

Department Phone Extensions

(818) 240-4130

Membership Dept.	x 18
Men's Massage	x 42
Women's Massage	x 27
Aquatics	x 45
Gymnastics	x 17
Youth Lobby	x 25
Youth Fitness	x 41

MEMBERSHIP RATES

\$75 Joining Fee

Family Membership For a maximum of 2 adults and children under the age of 18 yrs. In the same household	2 Adults & Kids 1 Adult & Kids	\$85 / month \$59 / month
Adult Couple Membership For 2 adults over 18 in the same household.	2 Adults	\$81 / month
Individual Adult Membership For 18 years and up.	1 Adult	\$50 / month
Senior Adult Membership Adults 62 years and up.	Individual Senior Senior Couple	\$40 / month \$66 / month
College Membership Full-time college students of all ages are eligible.	Full-Time College	\$37 / month
High School Membership For ages 15-17 years. Those wanting to use the weight room NEED to attend a teen strength training class prior to usage.	Annual payment only	\$25.00 Joining Fee \$165 / year
Older Youth Membership For ages 8-14 years. Youth must be supervised at all times.	Annual payment only	\$100 / year
Youth Membership For ages 5-7 years. Youth must be supervised at all times.	Annual payment only	\$80 / year
Preschool Membership For ages 3-4 years.	Annual payment only	\$30 / year

Financial Assistance is available for those who qualify. See Membership Attendant for an application.

Optional Services

Available for 18 years and older

Locker / Towel \$10 / month

Locker / Clothes / Towel \$20 / month