

# YM MEMBERSHIP <sup>TM</sup>

## FACILITY MEMBERSHIPS

Your Metro Atlanta Facility Membership is welcome at all Metro Atlanta YMCA branches as well as over 2,000 other YMCAs across the country and worldwide via the A.W.A.Y. (Always Welcome At the YMCA) Program. Your Facility Membership entitles you to reduced program fees and allows you unlimited use of the following at no extra charge:

- Indoor Heated Pool
- THE COACH APPROACH®
- Computerized Personal Trainer- FitLinxx
- Cybex Strength Training Equipment
- Cardiovascular Equipment
- Group Fitness Classes (land and water)
- Exercise Orientations
- Fitness Assessments
- Outdoor Pool
- Free Babysitting While You Work Out
- Family Special Events
- Cardio Theater
- Free Weights
- Indoor Basketball Gymnasium

## MEMBERSHIP PAYMENT PLANS

### JOINING FEE

The joining fee is a one-time payment

- ✓ **BANK DRAFT/AUTO-CHARGE** – Automatic monthly debit will be made from your checking or savings account on either the 1<sup>st</sup> or 15<sup>th</sup> of each month or charged to your credit or debit card on the monthly anniversary of your join date. Upon joining, the prorated membership dues and joining fee are due. With your authorization, monthly membership dues will be deducted automatically from your bank account or charged on your credit or debit card.

### Contracts

All memberships are contract free!!

- ✓ **ANNUAL PAYMENT** – If you choose not to participate in the monthly bank draft plan, you may pay annually. The joining fee must be paid upon joining the YMCA.
- ✓ **SEMI - ANNUAL PAYMENT** – You may choose to pay semiannually for your membership dues. The joining fee must be paid upon joining the YMCA.

MEMBERSHIP TYPE	JOINING FEE	MONTHLY CHARGE
Adult (25 - 59)	\$126	\$53
Young Adult (19 - 24)	\$75	\$35
Family	\$190	\$81
Two Adults	\$175	\$76
Senior Adult (60 and older)	\$ 115	\$50
Senior Family	\$168	\$70
Teen (13 - 18)	\$58	\$30
Youth (12 & under)	None	\$10

### FACILITY HOURS

MONDAY - THURSDAY → 5:30A - 9:30P  
 FRIDAY → 5:30A - 8:00P  
 SATURDAY → 8:00A - 6:00P  
 SUNDAY → 1:00P - 6:00P

### PLAY CENTER HOURS

#### MORNINGS

MONDAY - FRIDAY 8:30A - 12:30P  
 SATURDAY 9:00A - 12:30P  
 SUNDAY CLOSED

#### EVENINGS

MONDAY - THURSDAY 4:00P - 8:00P  
 FRIDAY 4:00P - 7:00P

### CHEROKEE OUTDOOR FAMILY YMCA

The Cherokee Outdoor Family YMCA is known as Cherokee County's "Best Kept Secret" located on 220 acres nestled on Lake Allatoona. Your facility membership includes use of this great facility. You can enjoy hiking/biking trails, picnics, basketball courts (bring your own basketball), playground and much more. Located at 201 East Bells Ferry Road, Woodstock 30189.

770-591-5820 or coy.ymcaatlanta.org

# YMEMBERSHIP™

## YHEALTH & FITNESS™ THE COACH APPROACH – TURNING GOALS INTO REALITY

Welcome to the COACH APPROACH, a YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their exercise program. Here's how it works: At no additional cost to you, the YMCA will pair you with a personal wellness coach. This program allows you to meet several times with your wellness coach at planned follow-up meetings with your coach, you will review your progress, exchange feedback and revise your exercise plan. With the help of your coach you will learn how to commit to a manageable fitness program and build your success as an exerciser.

### FITLINXX

FitLinxx is an interactive computer system that allows members to keep track of their workouts, including Cybex strength training and all cardio exercise. Members can access information about the workouts such as: calorie expenditure, amount of weight lifted, progress reports and goal-specific tracking. Once you are registered, you can also track your workouts from your computer at home, work or on vacation through FitLinxx On-line.

### FINANCIAL ASSISTANCE

Inclusion is at the heart of the YMCA mission. The YMCA is for everyone of all faiths, races, abilities, ages and incomes. As a nonprofit, community-building charity, the Metro Atlanta YMCA strives to make its programs widely affordable and accessible.

Donors contribute to the YMCA's Partner With Youth Annual Campaign, which funds the financial assistance program. The funds available are determined by the amount raised in your community each year. The Metro Atlanta YMCA actively seeks to identify and help those in need. For more information, please contact a Member Services staff.

### CODE OF CONDUCT

The G. Cecil Pruett Community Center Family YMCA is founded on Christian principles and prohibits inappropriate behavior and conduct. This includes, but not limited to, profanity or abusive language or attire, smoking, use of alcohol or drugs, the removal of YMCA property and criminal conduct of any type. Such inappropriate behavior or conduct is unacceptable and the YMCA consequently retains the right to deny membership to its applicants and to revoke a membership of any current member or participant at its sole discretion.

### OTHER FACILITIES

With your Y membership, you may use any of our other Metro Atlanta Y facilities unlimited

#### **Covington Family YMCA**

2140 Newton Dr.  
Covington, GA 30014  
(770)787-3908

#### **Robert D. Fowler Family YMCA**

5600 West Jones Bridge Rd.  
Norcross, GA 30092  
(770)246-9622

#### **Northwest Cobb Family YMCA**

1700 Dennis Kemp Lane  
Kennesaw, GA 30152  
(770)423-9622

#### **Summit Family YMCA**

1765 Highway 34 East  
Newnan, GA 30265  
(770)254-9622

#### **Cowart Family/ Ashford Dunwoody YMCA**

3692 Ashford Dunwoody Rd.  
Atlanta, GA 30319  
(770)451-9622

#### **Ed Isakson/Alpharetta Family YMCA**

3655 Preston Ridge Rd.  
Alpharetta, GA 30005  
(770)664-1220

#### **G. Cecil Pruett Community Center Family YMCA**

151 Waleska St.  
Canton, GA 30114  
(770)345-9622

#### **J.M. Tull-Gwinnett Family YMCA**

2985 Sugarloaf Pkwy.  
Lawrenceville, GA 30045  
(770)963-1313

#### **Decatur-DeKalb Family YMCA**

1100 Clairemont Ave.  
Decatur, GA 30030  
(404)377-9622

#### **McCleskey-East Cobb Family YMCA**

1055 East Piedmont Rd. NE  
Marietta, GA 30062  
(770)977-5991

#### **Carl E. Sanders Family YMCA at Buckhead**

1160 Moores Mill Rd.  
Atlanta, GA 30327  
(404)350-9292

#### **The Villages at Carver Family YMCA**

1600 Pryor Rd.  
Atlanta, GA 30315  
(404)635-9622

#### **East Lake Family YMCA**

275 East Lake Blvd.  
Atlanta, GA 30317  
(404)373-6561

#### **Northeast Cobb Family YMCA**

3010 Johnson Ferry Rd.  
Marietta, GA 30062  
(678)569-9622

#### **South DeKalb Family YMCA**

2565 Snapfinger Rd.  
Decatur, GA 30034  
(770)987-3500

#### **Andrew and Walter Young Family YMCA**

2220 Campbellton Rd.  
Atlanta, GA 30311  
(404)523-9622

#### **Forsyth County Family YMCA**

6050 Y Street  
Cumming, GA 30040  
(770)888-2788

Metro Atlanta YMCA • G. Cecil Pruett Community Center Family YMCA • 151 Waleska St • Canton, GA 30114

Tel: 770-345-9622 • Website: [pcy.ymcaatlanta.org](http://pcy.ymcaatlanta.org)