

YMEMBERSHIP

We build strong kids, strong families, strong communities.

YMCA National Capital

Fitness Center Benefits included **FREE** in your membership:

- Initial Wellness Assessment
- Equipment Orientation
- Over 60 wellness classes per week (including spin cycling, Pilates, kickboxing, etc.)

Services included **FREE** in your membership:

- Fully equipped locker rooms
- Dry saunas
- Towels, soap and hair dryers
- Coat check
- AWAY privileges at participating YMCAs when you travel

Facilities available for use with your membership:

- Indoor 25 meter pool
- Basketball Court
- 2 Aerobic Studios
- Indoor Track
- Spin Cycling Studio
- Climbing Wall
- Cardio & Cross Training Centers
- Racquetball, Handball, and Squash Courts
- Free Weight Room

Hours of Operation

Monday – Friday	5:30 am – 10:30 pm
Saturday	8:00 am – 6:30 pm
Sunday	9:00 am – 5:30 pm

Membership Categories

Standard Retail Rates:

Membership Type	Joiner's Fee	Monthly Dues
Adult	\$100	\$73
Family	\$200	\$130

Washington Teacher's Union Rates:

Membership Type	Joiner's Fee	Monthly Dues
Adult	\$0	\$51.10
Family	\$0	\$91.00

Age & Family Status

Young Adult: Ages 18 – 21 years old

Senior: Ages 65+

Family: 1-2 adult living in the same household and their children ages 17 and under (or full-time student age 22 and under with valid student ID)

*Family memberships also receive full member privileges at all YMCA of Metropolitan Washington Branches.