

# VALUE OF A Y MEMBERSHIP



## SWIMMING POOLS

Members enjoy two indoor heated pools at each facility: An Olympic size lap pool, 25 yard therapy pool and saunas in the locker rooms at the Middle Tyger Y and a lap pool and therapy pool with indoor water park, lazy river, steam room, sauna and whirlpool at the Thomas Hannah YMCA.

## WELLNESS FACILITIES

State-of-the-art cardio and weight areas at each facility provide free weights plus a wide variety of strength training, TRX and cardio equipment. Indoor cycling classes conveniently scheduled throughout the day are offered in a separate room.

## GROUP EXERCISE CLASSES

Our free group and water fitness classes are designed for people of all interests and abilities. Set to music, our classes are fun and taught by certified instructors.

## GYMNASIUM & RACQUETBALL

We offer a basketball/volleyball gymnasium at each facility plus an indoor walking track and two racquetball courts at the Thomas Hannah Y.

## READY, SET, MOVE!

FREE for all Y members! Start with a fitness assessment and receive a basic 12 week exercise plan and one-on-one sessions to learn more about cardiovascular and muscle health, nutrition, and goal setting. Our expert wellness staff will help you succeed and meet your goals!

## PERSONAL TRAINING

A nationally certified personal trainer will design an individual fitness plan geared to your specific needs. Each session includes the latest training techniques to maximize your results and motivate you to reach your goals.

## PROGRAMS FOR ALL

From sports leagues to swim lessons, afterschool to summer camp, parents' night out to active older adult outings, we offer programs and seasonal special events for kids, families and seniors.

## FREE CHILD CARE WHILE YOU EXERCISE

Free drop-in childcare is available for up to two hours in the morning, and up to two hours in the evening and on weekends at both facilities.



## YMCA MISSION

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



ALWAYS WELCOME  
IN EVERY  
COMMUNITY

Nationwide Membership

## Reciprocity

Now, full facility/full privilege members have the flexibility to use other Y facilities nationwide, at no extra charge. Simply present your YMCA membership card and a photo ID at any participating YMCA. See Program Details below.

### PROGRAM DETAILS

- The Reciprocal Membership Program is valid for YMCA full facility/full privilege members only. Program-only participants may upgrade to a full membership at any time to qualify.
- Visitors to other Ys must present a valid YMCA membership card and photo ID and complete a visiting member waiver.
- YMCA full facility/full privilege members must use their home branch at least 50% of the time. Participating YMCAs reserve the right to restrict facility or program access. Other restrictions may apply.

## Safety

To help ensure the safety of our members, guests and staff, everyone who enters the Y is checked in the national Sex Offender and Sexual Predators list. Anyone registered on this list will not be permitted on YMCA property.

# MEMBERSHIP RATES

## INCOME-BASED RATES

The Y believes in being open to all, regardless of financial status. That is why we offer income-based rates, which are determined by annual household income and number of individuals living in the household. Just fill out the application, return it with the required documentation, and we will let you know if you qualify!

## HOUSEHOLD MEMBERSHIPS

| Type             | Association |
|------------------|-------------|
| Household        | \$82/mo     |
| Senior Household | \$76/mo     |

## INDIVIDUAL MEMBERSHIPS

| Type         | Association |
|--------------|-------------|
| Adult        | \$61/mo     |
| Senior Adult | \$55/mo     |

## YOUTH MEMBERSHIPS

| Type               | Association |
|--------------------|-------------|
| Student (13-18)*   | \$35/mo     |
| Youth (12 & Under) | \$20/mo     |

The join fee is paid at the time you join (\$25 for Youth, Student & Senior Membership; \$100 for Adult & Household Membership).

\*Proof of residency is verified through a driver's license, current bill, or other legal document.

\*Student Memberships are for children ages 13-18 or full time students up to age 25 if a taking 12+ credit hours.

\*\*Household Memberships are for one or two adults living in the same household and their dependents. Up to 2 additional adults who live in the household may be added to the membership for \$25 a month each.

Active Military personnel receive a discounted membership rate.

# OUR FACILITIES

## MIDDLE TYGER FAMILY YMCA

720 Shoals Rd., Duncan, SC 29334  
P 864 433 9623 F 864 433 0226

[www.facebook.com/mtfymca](http://www.facebook.com/mtfymca)

## THOMAS E. HANNAH FAMILY YMCA

151 Ribault St., Spartanburg, SC 29302  
P 864 585 0306 F 864 596 4135

[www.facebook.com/ymcaspartanburg](http://www.facebook.com/ymcaspartanburg)

[www.spartanburgymca.org](http://www.spartanburgymca.org)

## FACILITY HOURS

### MIDDLE TYGER FAMILY YMCA

M-F: 5am-9pm Sat: 7am-6pm Sun: 1pm-6pm

### THOMAS E. HANNAH FAMILY YMCA

M-F: 5am-9pm Sat: 7am-7pm Sun: 1pm-6pm



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JOIN US

## YMCA OF GREATER SPARTANBURG

### Membership Information

The Y.™ For a better us.™