

# GET CONNECTED

FOUNDATION YMCA

MEMBERSHIP INFORMATION



## HOURS OF OPERATION

Monday-Friday 5:00 am-8:00 pm

Saturday 7:00 am-4:00 pm

Sunday 11:00 am-5:00 pm

## JOIN THE Y

When you join the YMCA, you become part of a community. We have multiple membership options to fit you and your family. For more information please contact give our front desk a call at 252-291-9622 or visit our website at [WWW.FOUNDATIONYMCA.ORG](http://WWW.FOUNDATIONYMCA.ORG)

CATEGORY	JOINING FEE	MONTHLY RATES
Young Adult – Ages 14-24	\$25	\$30
1 Adult- Ages 25-61	\$50	\$50
1 Adult w/ Dependents	\$50	\$60
2 Adults (Living in the same household)	\$50	\$65
2 Adults w/ Dependents (Living in the same household)	\$50	\$70
Senior- Age 62+	\$25	\$35
2 Seniors- w/ or w/o Dependents	\$50	\$45

2 Adult membership and 2 Adults with w/dependents will require proof of residency.

Dependents may include grandchildren and other children for whom the member is the guardian and tax dependent, Dependents must be removed from the membership within six months following their 24th birthday. Dependents may join as a young adult without paying a joining fee. After six months, a joining fee will be required.

Financial Assistance: At the Y, no one is turned away for inability to pay. The Y provides financial assistance to youth, families, and individuals who do not have the resources to pay the full membership or program fee. Assistance is provided for qualifying participants.

## AMENITIES

- Indoor Track
- Basketball
- Pickleball
- Volleyball
- Mind-Body Studio
- Cycle Studio
- Group Exercise Classes
- Locker rooms
- Strength/ Cardio Equipment
- Free Weights
- Personal Trainers
- Community Space
- Indoor 8 Lane Pool
- Warm Water Pool
- Sauna
- Child Watch
- Kid Zone
- Y-GIG

## FITNESS & WELLNESS

### Fitness Orientation

Get started on the path to success. Our wellness Coaches will take you on a guided tour of the wellness floor and show you how to operate equipment and explain what you need to know to help you feel comfortable utilizing the Fitness Center. A no-cost event.

### PERSONAL TRAINING

Work one-on-one with a trainer who will help you achieve goals through personal attention, consistency, and accountability. Additional fees apply.

Training for Two provides you with a personalized exercise experience with a friend or family member so you can support and motivate each other and achieve your goals together. Both participants MUST be Foundation YMCA, members. Additional fees apply.

## GROUP FITNESS

### GROUP FITNESS CLASSES

We offer a variety of classes weekly. Break a sweat, chat with a friend, relax your mind, challenge your body, or reconnect and recharge! We promise to help support you through every stage of life, regardless of age, physical ability, size, or shape. We offer group exercise classes for those who enjoy the encouragement of instructors and classmates and one-on-one instruction for those preferring a more personal setting.

Visit [WWW.FOUNDATIONYMCA.ORG](http://WWW.FOUNDATIONYMCA.ORG) or download our mobile app for hours, schedules, and more information on our group fitness classes

### GYM SCHEDULE

Are you interested in playing basketball, volleyball, or pickle ball? Check out our gym schedule to see court times. Visit [WWW.FOUNDATIONYMCA.ORG](http://WWW.FOUNDATIONYMCA.ORG) to see schedules, and more information. OR scan the QR code below with your phone camera to be redirected to our gym schedule.



## MIDDLE SCHOOLERS

### Y-GIG

Y-GIG, our new Middle School After School program has high-quality, hands-on accessible after school programming for all Wilson County Middle School students. Program opportunities included STEM, academics, wellness, arts, humanities and college/career exploration.

For pricing and more information please contact Edwina Lucas at [elucas@wilsonymca.org](mailto:elucas@wilsonymca.org)

## POOL INFORMATION

### POOL SCHEDULES

#### Pool Hours:

Monday-Friday 5:30 am-7:30 pm

Saturday 7:30 am-3:30 pm

Sunday 11:30 am-4:30 pm



Visit [WWW.FOUNDATIONYMCA.ORG](http://WWW.FOUNDATIONYMCA.ORG) to see pool schedules, and more information. OR scan the QR code below with your phone camera to be redirected to our pool schedule.

## CHILD CARE & TEENS

### CHILD WATCH

Drop-in childcare program while parents are using the facility. Children ages 6 weeks to 12 years old may attend for up to 2 hours each day.

#### Hours:

Monday-Thursday 9:00 am-1:00 pm  
5:00 pm-7:30 pm

Friday 9:00 am-1:00 pm

Saturday 8:00 am-11:00 am

Sunday CLOSED

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### TNT TRAINING

Following successful completion of this program, youth 10-14 years old may use the track, Life Fitness Insignia, and Fitwise weight area and cardio area with an adult 18+. Ages 13-14 may use the track, Life Fitness Insignia, Fitwise weight area, and cardio area without an adult for 2 hours. However; children ages 10-14 will not be allowed to use the free weight area. Ages 15+ may use all areas of the wellness floor for 2 hours. \*Appropriate behavior expected at all times.

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