

INSURANCE DISCOUNTS FOR MEMBERS

Get paid to workout....

Being a member of the Y can improve your physical health, and you financial health! Members in our qualifying insurance programs can receive discounts on their membership dues. In addition, all insurance members that sign up for membership never have to pay a joining fee at the Y. Contact your insurance provider to see if you have a qualifying insurance program.

BLUE CROSS BLUE SHIELD

BluePrint for Health Fitness Discounts through Blue Cross Blue Shield of Minnesota will pay \$20 toward an individual monthly YMCA membership or a maximum of \$40 toward a family membership for 2 adults for eligible BCBS members who work out at least 12 times a month. Participants must be at least 18 years old.

HEALTH PARTNERS

With Health Partners Frequent Fitness Program and Health Partners Freedom you can receive \$20 back, \$40 family maximum, when you work out at least 12 times a month if you are an eligible Health Partners member.

UCARE

If you are a UCare for Seniors member, you can receive a \$15 reimbursement, \$30 family maximum, if you are a member of the Y. UCare offers other insurance fitness programs, please contact UCare for specific information about their programs.

MEDICA

Any Medica fully-insured member is eligible for the FitChoices program. Self-insured members are also eligible if their employer has purchased the program. Members must be 18 years old to qualify. You receive \$20 back when you workout 8 times per month.

SILVER SNEAKERS

Those covered under certain plans provided by Medica, Blue Cross Blue Shield Platinum Blue, or Humana Silver Sneakers are eligible for a free YMCA membership. This is a comprehensive fitness program for active older adults through Axia Health Management that addresses the needs of individuals who are 65+ years.

Sign up for your Insurance Reimbursement Program at the YMCA Welcome Center. Please call your insurance company prior to signing up to ensure you qualify, and bring your insurance card when you fill out the applicable forms.

www.rochfamy.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN US WE'RE MAKING A DIFFERENCE

2012 Membership Guide

Winter Hours:

Mon-Thur.: 4:45AM-10:00PM

Fridays: 4:45AM-9:00PM

Saturdays: 7:30AM-6:00PM

Sundays: 11:00AM-7:00PM

Rochester Area Family YMCA
709 First Avenue SW
Rochester, MN 55902
507.287.2260



THE BENEFITS OF MEMBERSHIP

The Y is the unparalleled cause for strengthening community because we are the community. Together with you, your family and your neighbors, our movement strengthens America's towns and cities through promoting three things: youth development, healthy living and social responsibility. We've done it for nearly 160 years already, and we're determined to keep doing it. In becoming a member of the Y you are supporting your local community.

EXCLUSIVE MEMBERSHIP PERKS INCLUDE:

- Unlimited facility usage
- Free Group Exercise classes
- Free recreational equipment rental
- Free four week Quick Start fitness program
- Opportunity to utilize Kid's Care services
- Free after school care in Y-SPACE
- Healthy discounts on YMCA Programs
- Priority registration dates for programs
- Access to special events throughout the year
- Involvement opportunities
- And Much More!



MEMBERSHIP PRICING

The Rochester Area Family YMCA offers memberships that are inclusive and affordable. Payment options are available for both monthly and annual memberships. Those that sign-up for an annual membership will not be charged a joining fee.



CURRENT MEMBERSHIP PRICING

Category	Monthly	Annual	Joining Fee
Adult (ages 24-64)	\$49.00	\$588.00	\$75.00
Young Adult (ages 19-23)	\$39.00	\$468.00	\$50.00
Family (2 adults & dependent kids)	\$72.00	\$864.00	\$100.00
One Adult Family (1 adult & dependent kids)	\$62.00	\$744.00	\$75.00
Couple (2 adults only)	\$65.00	\$780.00	\$100.00
Senior (age 65+)	\$43.50	\$522.00	\$50.00
Senior Couple (both ages 65+)	\$58.50	\$702.00	\$50.00
Student (ages 10-18)	\$20.00	\$180.00	---
Youth (ages 9 & under)	N/A	\$120.00	---
Kid's Care	\$25.00	\$300.00	---
Nanny	\$25.00	---	---

OPEN DOORS SCHOLARSHIP PROGRAM

As part of our mission, the Y raises money annually through our Strong Kids Campaign to provide scholarships for membership and programs to those who could not afford them otherwise. Open Doors applications are available online at www.rochfamy.org and at the Welcome Center. All applications take approximately two weeks to process, and memberships are offered for six months. You are required to reapply every six months for a scholarship. Opportunities to help raise money for this program are always available!

STARTING A MEMBERSHIP

You can sign up for a membership at the Rochester Area Family YMCA Welcome Center. You will need to fill out a membership application and make your applicable payment arrangements at the time of sign-up. A Member Services Representative is knowledgeable and will walk you through your membership sign-up process with ease.

JOINING/PROCESSING FEES

New members pay a joining fee depending on their membership type. We call it a processing fee because it helps us cover bank fees and the monthly administration of your membership. This fee is waived for those eligible for our qualifying insurance reimbursement programs.

PAYMENT OPTIONS

MONTHLY PAYMENT PLAN - Monthly drafts are automatically drafted from a checking, savings, or credit card. Upon sign-up you will need to bring either a voided check or the credit card with you to fill out the payment authorization form. Monthly memberships are continuous and on-going until a member fills out a cancellation form, 15 days prior to the scheduled monthly draft. New members, without a qualifying insurance program, are required to pay a Joining Fee, based on their membership type.

ANNUAL PAYMENT PLAN - Annual memberships must be paid for in-full at the time of sign-up, and are good for exactly one year from the date of sign-up. An advantage to signing up for an Annual Membership allows you to waive the joining fee. Annual memberships can be paid by cash, check, or credit card.

CREDIT CARDS - The YMCA accepts all major credit cards for the payment of membership and program fees. Visa, Mastercard, Discover, and American Express.

LENGTH OF MEMBERSHIP

Annual memberships are valid one year from the date of sign-up. Monthly membership are continuous until the member notifies the Y that they wish to discontinue. Upon notification, the member must fill out the cancellation form 15 days prior to the scheduled draft. We require a minimum of two bankdrafts prior to cancelling your membership. If a member rejoins at a later date, they are required to pay a joining fee again.

MEMBERSHIP CARD & SCANNER

A membership card is issued to all members age 10 and older. Members must present this card for admittance to the YMCA. Replacement cards are \$5.00 each.

TOWELS

The Y offers daily towel rental for \$.50; a punch card for towel service is available for \$5.00 (20 punches for \$.25 each). Inquire at the Welcome Center for towel service.

VALUABLES

The Y is not responsible for lost or stolen items. We recommend that you not bring valuables to the facility. Combination locks are available for rental at the Welcome Center for \$.50 per day. Padlocks are also available for purchase for \$7.00 each.

LOCKERS

Lockers are available for daily use by members and guests. You must either bring a padlock or rent one to lock up your valuables.

UPGRADED LOCKER ROOMS

Upgraded locker rooms available to adults, ages 18 and up, for an additional monthly fee. **MEN'S HEALTH CENTER** \$18/month or \$216.00/year (Executive Locker \$4/month) Includes a steam room, workout equipment, sundries, towel service, and a private locker. **WOMEN'S CHOICE** \$10/month or \$120.00/year - This locker room includes a dry sauna, towel service, hair dryers, and your own private locker.