

YMEMBERSHIP

MEMBERSHIP INFORMATION AND BENEFITS

The YMCA is a membership organization. Facility membership privileges include the use of all facility services and participation in all healthy lifestyle programs. The YMCA specializes in helping those who are new or returning to exercise and those wishing to develop a healthier lifestyle. You will find programs for the whole family to participate in together or through coordinated scheduling. We are committed to making your experience with the YMCA satisfying. If you decide for any reason to cancel your membership within ten days of joining, all fees will be refunded. After ten days, the joining fee and first month's dues are not refundable.

FULL FACILITY MEMBERSHIP BENEFITS

- Free personal wellness consultations & personal fitness programs
- Family-friendly environment
- Two great locations
- Free group fitness and wellness classes
- Savings on program registration fees
- Free Child Watch and Kid's Club, Gym Ventures
- Volunteer opportunities
- No contracts to sign
- Take your YMCA benefits with you*

*AWAY PROGRAM

The Always Welcome At YMCA (AWAY) program is your access to YMCAs across the nation. Call 1-800-USA-YMCA or access www.ymca.net for the YMCA closest to your traveling destination, and to find out specific details. When traveling to another YMCA, please make sure to bring your membership card and a picture I.D.

HOW TO JOIN

Stop by for a tour and discover the great opportunities available at the YMCA. Our member services staff will be happy to get you enrolled. You will be asked to select one of the following payment options:

DRAFT— Payment by bank or credit card draft is an easy way to join the YMCA and divide the annual fee into manageable payments throughout the year. Your account is debited on the 1st or 16th of each month. Membership is continuous until authorization is withdrawn by notifying the YMCA in writing and returning all membership cards 14 days in advance of the fund transfer date. Late cancellations cannot be refunded.

ANNUAL— Membership dues may be paid in full upon joining and year-ly thereafter. Payments are accepted by cash, check, Visa or MasterCard.

Membership Type	Joining Fee	Monthly Rate	Annual Rate
Adult (ages 19 & up)	\$50	\$47	\$564
Family *	\$50	\$71	\$852
Youth (ages 12-18)	\$25	\$24	\$288
Student (FT status)	\$25	\$38	N/A
Senior (ages 62 & up)	\$50	\$37	\$444
Senior Couple	\$50	\$51	\$612

* Family refers to two adults and as many children under the age of 19 residing at the same address.

Fees are subject to change.

For more information about membership, call Arapahoe Center at 303-664-5455, or the Mapleton Center at 303-442-2778, or stop by for a tour of our facilities.

MAPLETON CENTER

2850 Mapleton Avenue
Boulder, CO 80301
303-442-2778/Fax303-442-2779

Day	Hours
Mon –Fri	5:30 am – 10:00 pm
Saturday	6:45 am – 8:00 pm
Sunday	8:00 am – 8:00 pm

ARAPAHOE CENTER

2800 Dagny Way
Lafayette, CO 80026
303-664-5455/Fax303-664-5456

Day	Hours
Mon –Fri	5:30 am – 10:00 pm
Saturday	6:45 am – 8:00 pm
Sunday	8:00 am – 8:00 pm

RESERVATIONS

Racquetball

Facility members may reserve Mapleton Center courts a maximum of five days in advance by calling the Mapleton Center member services desk at 303-442-2778. Only non-marking shoes are allowed on the courts.

Drop-in Hockey

Facility members may reserve a spot to play drop-in hockey five days in advance by calling the Arapahoe Center member services desk at 303-664-5455.

Please note: if you are unable to keep your racquetball or hockey reservation, call as soon as possible so a member on the waiting list may have an opportunity to take your spot.

GUESTS ALWAYS WELCOME

Day passes for guests of members and community members are available. A parent or guardian must accompany any guest under the age of 12. A photo ID is required for all guests to access the facility.

Adult Day Pass	\$12
Adult Guest w/Member Day Pass	\$6*
Youth Day Pass	\$6
Youth Guest w/Member	\$3*

*Guests must accompany the YMCA full facility member to receive the 50% discount.

AMENITIES

	Arapahoe	Mapleton
Group Exercise Studio	•	•
Childwatch/Nursery	•	•
Family Locker Room	•	•
Health & Wellness Centers	•	•
Free Weights	•	•
Gymnasium	•	•
Hot Tub / Sauna	•	•
Ice Rink	•	•
Indoor Cycling Studio	•	•
Indoor Pool	•	•
Indoor Track	•	•
Locker Rooms	•	•
Massage Center	•	•
Meeting Rooms	•	•
Outdoor Track	•	•
Picnic Area	•	•
Racquet Courts	•	•
Spray Park	•	•
Vending Area	•	•
Spirit, Mind, Body Studio	•	•
Turf Field with Track	•	•
Wellness Room	•	•

◆ MEMBERSHIP FINANCIAL ASSISTANCE IS AVAILABLE FOR THOSE THAT QUALIFY ◆

For more information about financial assistance call Arapahoe at 303-664-5455 or Mapleton at 303-442-2778

GUIDE LINES

As a private entity, the YMCA of Boulder Valley reserves the right to suspend, terminate or deny membership to any individual. Failure to abide by set guidelines, inappropriate behavior towards staff or other members, acts of violence and anything else deemed hazardous to the safety of members, staff and guests will constitute a possible termination.

YM MEMBERSHIP

BENEFITS

TOWEL SERVICE

Full facility members are provided with one free towel for use during their workouts. A second towel can be rented for 50 cents.

FULL LOCKER ROOM AMENITIES

Includes men's and women's showers, lockers, and vanity areas with hair dryers. Each locker room at the Mapleton Center also includes a dry sauna. Locker rooms are ADA compliant. Family locker rooms available at Mapleton.

FREE PARKING

Free parking is available at our facility. Please do not leave any valuables in your car.

CHILDWATCH

Child Watch is available to members and is a free privilege included with your Family Membership. Children 6 weeks to 10 years will enjoy supervised play in a safe, stimulating environment for up to 90 minutes while parents use the facilities. Playing, reading stories, art and crafts and other activities provide variety and fun. Please note that most programming is structured for younger ages, so please bring age-appropriate activities for those over seven.

ARAPAHOE CENTER HOURS

Age	Day	Time	Fee
Kids 10 & under	M-Th	8:00 am – 7:30 pm	FREE with family membership / 90 min.
	F	8:00 am – 1:30 pm	\$2 each child for all other memberships / 90min.
	Sat	8:00 am – 12:00 pm	\$4 each child for non-members / 90 min.

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KIDS CLUB

At the Arapahoe Center, you can provide your child with a safe, fun and stimulating environment. Children in Kid's Club will be introduced to different games, activities, and projects. See the Youth page for times/days and fees.

GYM VENTURES

The Arapahoe Center offers a program designed for children 6-10 on days when the Boulder Valley School District is not in session and on Saturday mornings. Gym Ventures provides a supervised environment for making new friends, playing games, getting exercise and having fun. See the Youth page for times/days and fees.

DISCOVERY CLUB

Tons of fun for the kids and a mini escape for mom and dad! In this fun pre-school and school age kid's club children will have the opportunity to do arts and crafts, cooking, and science activities. They will also get a chance to play outside, do creative movement, or watch movies! Parents can take advantage of 2 1/2 hours away – in or out of the building.

HEALTH & WELLNESS CENTER

A clean, safe environment staffed most hours of facility operation to ensure proper use of equipment and to help you get the most out of your workout.

NEW! WELLNESS ROOM

This new room is designed to focus on total health for those newer to exercise or those that just feel more comfortable in a smaller space with no mirror or intimidating factors.

CARDIOVASCULAR EQUIPMENT

Enjoy the cross training opportunities available with our treadmills, stair climbers, bicycles, ellipticals, rowing machines, and more. Entertain yourself with our TV system known as Cardio Theater.

STRENGTH TRAINING EQUIPMENT

Selectorized strength circuit and free weight equipment, along with supervision and staff support help you develop a workout plan for maximum benefit toward achieving your goals.

PERSONALIZED FITNESS PROGRAM

Designed especially for the new and returning exerciser. Special equipment and staff help you plan and stick with your exercise program... making this program the most successful in the nation.

EQUIPMENT ORIENTATIONS

Have one of our Healthy Lifestyle fitness trainers show you how to safely and effectively use our circuit and cardiovascular equipment.

HEALTH ASSESSMENTS

Complimentary assessment analyzes resting heart rate, blood pressure, muscular endurance, flexibility, recovery heart rate and body composition to give you and your healthy lifestyles fitness trainer valuable information to develop an exercise program that is just right for you. More comprehensive assessment is available for a small fee.

NUTRITION Q & A

Spend 15 minutes free with our staff nutritionist to have your questions answered and get on track for a healthier you.

GROUP EXERCISE STUDIO

Custom flooring for reduced impact offering classes for a fun and exciting workout. Over 130 free classes per week with both facilities.

BASKETBALL COURT

Multi use gym for youth and family games and activities. Time is provided on the gym schedule for recreational use by members. It is denoted as "open gym."

NAUTILUS FITNESS ADVISOR®

The Fitness Advisor® is an interactive, computerized system that links the YMCA's fitness equipment together into a complete circuit workout. Allow our Healthy Lifestyle fitness trainers to assist you in planning and monitoring your workouts with the assistance of the Fitness Advisor®.

POOL

The Mapleton Center offers a 25-yard, 4-lane indoor heated pool, 82-84 degrees (ladders and handicap lift available). A current schedule will show you times for a variety of different offerings, including pool group fitness classes, swim lessons and open and lap swim times. A life-guard is on duty at all times for your safety and comfort.

SPRAY PARK

Enjoy the outdoor water play area at the Mapleton Center. Cool spray toys for kids to run around in under the hot summer sun.

HOT TUB

The Mapleton Center offers a 10 person Jacuzzi in the Aquatics Center that can help you relax and massage tired muscles.

ICE

The Arapahoe Center offers an ice skating rink with skate rental free for members. Recreational skate times, drop-in hockey, skate fitness and a variety of youth and adult programs are available.

RAQUETBALL COURTS

The Mapleton Center offers 2 courts and equipment rental of racquets, balls, and goggles. Courts can be reserved up to 5 days in advance.

TRACK

Our track has a cushioned floor for reduced impact. Indoor track overlooks the fitness center and basketball courts at the Arapahoe Center, 1 lap equals 1/13 mile; the Mapleton Center track overlooks the basketball courts and 1 lap equals 1/16 mile.

SPIRIT, MIND, BODY STUDIO NEW AT ARAPAHOE

This new room is designated for holistic-based classes such as Yoga, Tai Chi, Pilates, Martial Arts, and Dance. The soothing colors and serene atmosphere create a perfect environment for pure relaxation.