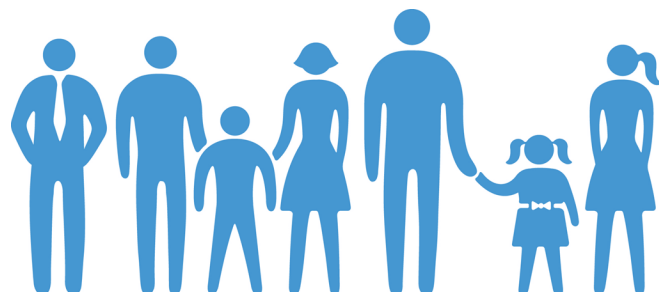




# BE HAPPY BE HEALTHY BELONG



## Choose your Membership Category

| Category  | Rate        | Join Fee |
|---|-------------|----------|
| Household Membership (Includes a household of up to 4 adults and unlimited <u>dependent</u> children) | \$131/month | \$100    |
| 2 Adult Family (Includes a household of 2 adults and unlimited <u>dependent</u> children)             | \$93/month  | \$100    |
| 1 Adult Family (Includes a household of 1 adult and unlimited <u>dependent</u> children)              | \$73/month  | \$100    |
| Adult (30-64)   | \$49/month  | \$100    |
| Couple (30-64) (Includes a household of 2 adults)   | \$78/month  | \$100    |
| Senior (65+)  | \$44/month  | \$100    |
| Senior Couple (65+) (Includes a household of 2 senior adults)   | \$65/month  | \$100    |
| Virtual Only (Includes access to our Virtual Y– online only!)   | \$24/month  | \$0      |
| Young Adult (18-29)   | \$29/month  | \$50     |
| Teen (13-17)  | \$19/month  | \$25     |
| Youth (6-12)  | \$17/month  | \$25     |

## Optional Membership Add-Ons

|   |            |
|---|------------|
| Add Locker Rental (Merrimack YMCA only) | \$15/month |
| Add Charitable Gift                     | Any Amount |

## Financial Assistance

Financial assistance is available for any of the membership categories listed above. Talk to a member of our Welcome Center staff for more information. Look for this "hand in hand" icon throughout our program guide, it signifies all the programs supported by Y Cares and our Annual Campaign.



# IT PAYS TO BE A MEMBER

## ALWAYS WELCOME IN EVERY COMMUNITY

Enjoy full access membership at three locations!

### NASHUA YMCA

24 Stadium Drive, Nashua, NH  
603.882.2011

### MERRIMACK YMCA

6 Henry Clay Drive, Merrimack, NH  
603.881.7778

### WESTWOOD PARK YMCA

90 Northwest Blvd. Nashua, NH  
603.402.2258

### CAMP SARGENT – DAY CAMP

141 Camp Sargent Rd. Merrimack, NH  
603.880.4845 (Seasonal)

## NATIONWIDE MEMBERSHIP

Visit participating Y's across the country with Nationwide Membership. Reach your health and wellness goals wherever you live, work or travel.

Learn more at [nymymca.org/membership](http://nymymca.org/membership)

## FOR YOUR PERSONAL SUCCESS

- Every Member receives a complimentary Smart Start or Personal Training Consultation to help you on the right path in your wellness journey.
- UNLIMITED group exercise classes, with over 100+ scheduled classes each week, including group cycling, Zumba®, Pilates, Yoga, Dance and more, featuring regular and VIRTUAL OPTIONS
- FREE lap swimming and water exercise classes
- Access to indoor tracks in each location
- Ask us about insurance benefit programs or reimbursement options!
- Member Referral benefits, earn one month free when you refer a new member!

## FOR YOUR STRONGER FAMILY

All of the benefits included above, plus:

- FREE Kid Stop (drop-in babysitting) with family memberships
- FREE family swim, gym & turf time
- FREE monthly family events & Friday Night Live
- Early access program registration and members only discounts!
- Financial assistance available for Membership, Childcare, Camp and other programs.

## SATISFACTION GUARANTEE

Our goal is to provide you with great service, facilities programs and caring environment.

If within the first 30 days of your Y experience, you are not satisfied and no longer want to be a member, we will refund any money paid towards that membership.



## GET STARTED! EXPLORE CLASSES AND PROGRAMS

Open the camera app on your smart phone. Hold over QR Code to open web browser & explore YMCA programs!



### Military Outreach Initiative:

Funded by the DoD, this initiative provides family or individual memberships to eligible military personnel. Speak to a branch Welcome Center Director for more info.

YMCA OF GREATER NASHUA

NASHUA Y 603.882.2011 | MERRIMACK Y 603.881.7778 | WESTWOOD PARK Y 603.402.2258