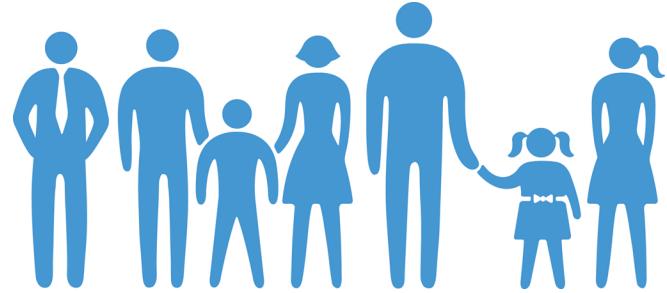




BE HAPPY BE HEALTHY BELONG



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 nmymca.org/membership

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.



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.



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