

Hours:

Monday – Friday.....5:00 am - 9:00 pm
Saturday.....9:00 am - 6:00 pm
Sunday.....1:00 pm - 5:00 pm

Child Watch Hours:

Mon. - Fri.....9:00am - 1:00pm
Mon. & Wed.....4:00pm - 8:00pm
Tue. & Thurs.....4:30pm - 7:00pm
Saturday.....9:15 am - 11:15am
Sunday.....Closed

Kids Club: Open when the Y is open. Supervised activities with club membership M-Th 5-7pm.

Daily Fees:

Family.....\$15.00
Adult.....\$10.00
Senior Couple.....\$9.00
Adult Couple.....\$13.00
Senior.....\$7.00
Youth.....\$4.00
Shower.....\$2.00



Holiday Closures:

New Year's Day	Easter
Memorial Day	July 4th
Labor Day	Veterans Day
Thanksgiving Day (and the day after)	Christmas Eve
Christmas Day	New Year's Eve

Staff:

Executive Director.....Jim Asleson
Operations Director.....Rob Nelke
Administration Director.....Tammy Rash
Member Services Coordinator.....Shannon Heyerly
Maintenance/Property Director.....Scott Christian
Programs/Aquatics Director.....Tami Kellar
Pre-School Coordinator.....Amy Carter
Comm. Outreach Director.....Kathleen Magnuson
Health & Fitness Director.....Kylar Dunn
Imagination Station/ Kids Club.....Kendra Hale

Governance:

The Mid-Willamette Family YMCA is governed by a 24 member operating board of directors elected by the general membership of the YMCA. The Board establishes program priorities, determines dues and fees and approves operating policies. The Board also employs an Executive Director, who hires the staff.

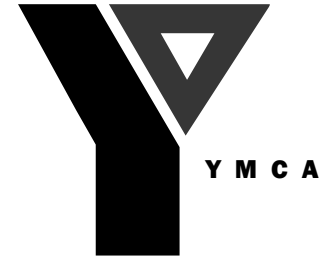
Facility Rental:

Birthdays ~ Reunions ~ Workshops

Training's ~ Parties and more!

Community groups, organizations and families may rent the YMCA for a get-together utilizing the entire YMCA facility. Racquetball, Wally-ball, swimming, volleyball, basketball, whirlpool and use of a meeting room for snacks and beverages are all available for your enjoyment.

Updated 2-5-2009



General Information



**We Build Strong Kids,
Strong Families,
Strong Communities**

**Mid-Willamette Family YMCA
3311 Pacific Blvd, SW
Albany, OR 97321
Phone: 926-4488**

Mission Statement:

The mission of the Mid-Willamette Family YMCA is to put *Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Our YMCA is a non-profit organization.*

We are dedicated to providing programs and services to everyone regardless of race, color, religion, national origin or economic ability. We provide programs, services, and opportunities for fellowship with others that broaden people's life experiences and help individuals reach their fullest potential. Our YMCA programs encourage physical fitness, social development, intellectual growth and spiritual strength.

What Does a YMCA Membership Mean?

Being a YMCA member is much more than using our "Y" facilities or participating in our programs. It's an attitude, an atmosphere produced by all members and staff. It's a fellowship of people who have accepted the mission of our YMCA and are united by the common cause of enhancing people's quality of life here in the valley. A staggering responsibility? No, it's an important opportunity and it just may change your life.

A YMCA Member:

- Has Fun
- Participates
- Enjoys Fellowship
- Enjoys opportunities to develop physically, mentally and spiritually
- Respects themselves and others



We build strong kids, strong families, strong communities.

What are the benefits as a YMCA member?

- Year round use of our YMCA facilities (with the exception of holiday closures)
- Use of our 25 yard 4 lane Salt Pure swimming pool for open swim or lap swim.
- Free fitness and conditioning water exercise classes.
- Fully equipped Strength Training Center with Power Line weight machines and free weight machines.
- Use of our Cardio room with treadmills, exercise bikes, elliptical machines and stair climbers.
- A free Fitness orientation to show you how to use the strength training and cardio equipment.
- Men and Women Saunas and a Hot tub
- Use of our racquetball courts
- Free daily usage locker room facilities or monthly locker rental options.
- Free towel service
- Use of our Gymnasium
- Use of our outdoor sports park with a baseball diamond, football and soccer fields, and a cedar run/walk track
- Free land fitness classes in our Health Enhancement Center
- Member discounts on most fee based programs.
- Child care is available for children 8 weeks to 6 years old at a small fee per participant.
- AWAY Program: "Always Welcome At YMCA's". Your membership is good at many other YMCA's throughout the country. Check the directory at the front desk.

What does a YMCA Membership cost?

Type	Joining fee	Monthly Bank Draft
Family	74.00	74.00
Single Parent Family	57.00	57.00
Adult Couple	68.00	68.00
Adult	49.00	49.00
Senior (60+ years)	39.00	39.00
Senior Couple	52.00	52.00
Youth (ages 6-17)	25.00	25.00
College (full time)	34.00	34.00

*Joining Fees are "one time only" as long as the membership is continuous. They are non-refundable

Payment Options:

- Bank Draft—Automatic transfer of dues from a checking or savings account monthly. This relieves you of the responsibility of remembering to pay. Payment of the first month plus a joining fee are required in advance.
- **Monthly** Invoicing—There is a \$5.00 charge per month to cover monthly invoicing.

Cancellations:

All membership cancellations are effective the last day of the month. Written notice must be received no later than the 25th. No refunds are given.

Financial Assistance:

Financial assistance is available to all who qualify. This assistance is made available through generous contributions of people in our community. Applications can be obtained at the front desk. Income verifications is required. Please call the front desk at (541) 926-4488 if you have any questions.