



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BETTER TOGETHER

WELCOME

Become part of a community committed to helping you learn new things, explore new activities and make friends at any stage in your life!

You and your family's health and well-being is a priority at the Northshore YMCA. Whether you are looking to find that personal balance or spend quality time with family and friends we have the programs, activities and experts to guide you toward a healthier, happier lifestyle.

With the Y, you're not just a member of a facility; you're part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but also in your community.



DID YOU KNOW

The Northshore Y is now offering programs and services at The Y at the Carol Edwards Center in Woodinville.

You will find more Zumba, all the NEW Pilates Reformer classes, youth recreation programs and even facility rentals are all available at The Y at the Carol Edwards Center and much more is to come.

To find out more inquire at the Member Services Desk, go online to ymcanorthshore.org, email theyatcec@seattleyymca.org or call 425 286 6422.

The Y:

We're for youth development, healthy living and social responsibility.

MEMBER BENEFITS

- Free Total Health Consultation
- Free 12-week Y Personal Fitness Program
- Over 140 fitness classes to choose from
- Complimentary towel service and use of day lockers
- Reduced fees for programs
- Online and priority registration for programs
- Certified, professional and friendly staff

MEMBER AMMENITIES

- Swimming pool and spa
- Cardiovascular Room
- Free Weight Room
- Total Health Center with Life Fitness Circuit Series Equipment
- Exercise Studio and Group Cycling room
- Two air conditioned gymnasiums
- Massage Room
- Elevated indoor running track
- Fitlinxx-integrated training system
- Two racquetball courts
- Kids Corner and Adventure Zone
- Kitchen for healthy cooking classes and dinners
- Youth Center for teens and tweens
- Northshore Summit Climbing Tower
- Outdoor picnic area and play structure

VOLUNTEER TODAY

Volunteerism is at the heart of the YMCA and is the foundation for many of the programs and services the YMCA provides. We welcome your expertise, willingness and talents to make the Northshore YMCA a fantastic community. Volunteer opportunities are facility and community based working with youth, teens, seniors and community members. Whether you are looking for work experience, a way to meet new people or a way to give back - the YMCA will help you get involved!

For more information contact Rodney Scott at rscott@seattlemca.org or call 425 485 9797.

CORPORATE AND COMMUNITY CONNECTION

Trained facilitators are available for community and corporate wellness education programs. Fees available upon request.

For more information contact Dana Oliver at doliver@seattlemca.org or call 425 318 8019.



FACILITY HOURS

Monday-Friday	5:00 am-10:00 pm
Saturday	7:00 am- 7:00 pm
Sunday	9:00 am- 5:00 pm

PROGRAM REGISTRATION

Monday-Friday	8:00 am - 8:00 pm
Saturday	9:00 am - 5:00 pm
Sunday	Noon - 5:00 pm

HOLIDAY CLOSURES

- New Year's Day, January 1
- Easter, April 8
- Memorial Day, May 28
- Independence Day, July 4

As a member of the Northshore YMCA you have access to all 12 YMCAs in the Greater Seattle area!



For additional branch information log onto the YMCA of Greater Seattle web page at seattlemca.org and click on locations.

Membership Rates

Membership Type	Membership Details	Joining Fee	Monthly Fee	Daily Fee
YOUTH	AGE 0-13	\$25	\$29	\$5
TEEN/YOUNG ADULT	AGE 14-25	\$50	\$35	\$10
ADULT	AGE 26-64	\$100	\$60	\$10
SENIOR	AGE 65+	\$75	\$51	\$9
ADULT COUPLE*	2 ADULTS	\$125	\$93	\$15
FAMILY* 2	2 ADULTS W/DEPENDENTS	\$125	\$99	\$20
FAMILY 1	1 ADULT W/DEPENDENTS	\$100	\$78	\$12
ANNUAL PROGRAM MEMBERSHIP (per household)		\$50		
PUGET SOUND TRIANGLE** ADULT		\$125	\$69	
PUGET SOUND TRIANGLE** FAMILY 2		\$150	\$97	
PUGET SOUND TRIANGLE** FAMILY 1		\$125	\$75	

*Additional adults can be added to a Couple or Family Membership at \$27 dollars a month.

**Triangle Membership provides membership privileges at any of the 25 YMCA locations with health and well-being facilities in the Puget Sound region.

†Triangle fees are currently under regional review. Members will be notified 30 days prior to fee increase.

METHODS OF PAYMENT

- Authorized Bank Draft: An easy way to pay as you go! Your membership is automatically withdrawn from your checking, savings account or credit card once a month.
- Annual payment: Dues may be paid in full on an annual basis. The following payments are accepted: cash, check, Master Card, Visa, Discover and American Express

CANCELLATION POLICY

The YMCA does not require a contract. To cancel your facility membership, you must provide a **minimum of 14 days written notice prior to your bank draft date**. Your membership can be reinstated within 30 days of cancellation without a reinstatement fee.

100% SATISFACTION GUARANTEE

In keeping with the YMCA mission and our association customer service pledge, the Northshore YMCA offers a 100% money back guarantee. If within the first 30 days of membership you are not satisfied with your YMCA experience, simply cancel your membership for a full refund.

MEMBERSHIPS "ON-HOLD"

Memberships may be put on "hold" for a minimum of three months and up to one year. A \$10 per month "hold" fee will be assessed per month for non-medical reasons. A medical leave is available at no cost to those who provide documentation.

EVERYONE IS WELCOME

The YMCA is a membership organization open to all people. The YMCA welcomes women and men, girls and boys of all ages, races, ethnicities, religions, abilities and financial circumstances. Programs and branches embrace diversity, reflecting the needs and composition of the communities they serve.

A.W.A.Y "Always Welcomed at YMCAs"

When you become a member of the Northshore YMCA you become a member of a nationwide association of people that helps build strong kids, strong families and strong communities. When planning a trip away from home, call (800) 333-9622 or visit www.ymca.net to find a YMCA in your destination location.

FINANCIAL ASSISTANCE

If you cannot afford the full cost of a YMCA program or membership, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need thanks to the annual YMCA Partners With Youth Fundraising Campaign and United Way Funds.

IDENTIFICATION

The YMCA is a membership organization. Photo ID with proof of age is required for membership.

FACILITY AGE GUIDELINES

The following general guidelines apply to all youth members or guests who are not participating in a supervised, structured program while in the facility.

AGE 7 and under must have direct supervision at all times.

AGE 8-10 must be accompanied by a supervising individual who remains in the building however does not have to be in the same area as the youth. The youth may sign themselves in and out of the program areas if required and follow the age restrictions posted for specific rooms and activities.

AGE 11-13 are not required to be accompanied by a supervising individual however are subject to age restrictions for specific areas.

AGE 14 AND OLDER are considered adults only for the purpose of use of the facilities and programs. They may sign themselves in and out of program areas within the facility and may participate in fitness classes unaccompanied by an adult. Orientation to the facility and equipment is strongly recommended.

For age restrictions in specific areas of the facility please see the corresponding section of this program guide.

LOST AND FOUND

The YMCA is not responsible for lost or stolen articles. Lost and Found items are kept at the Member Services Desk for 14 days and then donated to a charitable organization.

INSURANCE DISCLAIMER

It is the member or participant's responsibility to provide his or her own accident and health insurance. The YMCA does not provide any such coverage for members or participants.

CODE OF CONDUCT

The YMCA is committed to providing a positive atmosphere which is safe and inclusive to all in our community. In order to ensure this, the YMCA of Greater Seattle has adopted a code of conduct to govern the actions and behavior of all people while in YMCA facilities and participating in programs.

All individuals using the Northshore YMCA facility are expected to conduct themselves in a manner consistent with the YMCA Core Values of caring, honesty, respect, responsibility, faith and fun.

Failure to do so may result in immediate dismissal from the premises and may result in termination of membership privileges.



CONTACT US

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NORTHSHORE YMCA

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Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.