



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECAUSE YOU SERVE

OUR COMMUNITY THANKS YOU

For a better US

SERVICE MEMBERSHIP

Special member rates reserved for:

- * Individuals that have or are currently serving in our military.
- * Law enforcement and First Responders.



Monthly Rates

2 Adults and up to 4 children	\$62.00
1 Adult and up to 4 children	\$48.00
Adult (over 18)	\$40.00

- ◆ **8-WEEK PERSONAL FITNESS PROGRAM** guided by one of our Nationally Certified Trainers and in partnership with ShopRite® Dietician. **OVER 50 GROUP EXERCISE CLASSES INCLUDED** with membership and **OVER 20 AQUATIC FITNESS CLASSES** too!
- ◆ **WELLNESS CENTER** with State of the Art Equipment, TRX Room, Rowing, CrossFit area, Racquetball Court, Indoor Track, Free Weight Room, Nautilus Circuit and Three Gymsiums!
- ◆ **MEMBER RATES** for **SWIM LESSONS**, **CAMP** (we have several to chose from), **BEFORE & AFTERSCHOOL CARE, PROGRAMS** and more...Personal training, Massage Therapy, Birthday parties!
- ◆ **PICK UP BASKETBALL, TABLETENNIS, PICKLEBALL** (WITH TWO FREE LESSONS TO LEARN TO PLAY)
- ◆ **FREE BABYSITTING WHILE YOU WORK OUT!**

YMCA of Kingston and Ulster County

507 Broadway , Kingston

ymcaulster.org

845-338-3810