

Membership & Guest Options

Member Guest: Adult members are encouraged to bring guests to the YMCA. A non-member can be a guest of an adult member twice for free. A member can bring up to two guests at one time and the member must accompany them in the facility.

Activity Fee: For those visiting the area, the YMCA offers the option of an “activity fee” which allows the person to participate in an activity or use the facility at **\$10 for adults 18 and up, \$6 for ages 13-17, and \$4 for youth ages 12 and under.** **Guests ages 13-17 must have ID or checked in by an adult 18+ to enter the facility.** This fee covers use of the facility for any length of time; once you leave the facility you must pay it again to re-enter (even if within the same day).

A.W.A.Y Guest: Members who belong to Ys outside of the Nationwide Membership Program can visit our facility twice at no charge. Any visits after that would be half of our activity fee.

Senior Dollar Day: Every Thursday, Active Older Adults (60+) can enjoy our facility and group fitness classes for only \$1.

Open Doors Scholarship Program:

At the Y, we believe we have something special—a sense of community. We also believe that everyone should have access to our community, along with the programs and services that help us learn, grow and thrive. The Y provides programs and services to the entire community - regardless of an inability to pay. Financial Assistance is awarded based on need and availability of funds.

See page 6 and 7 for more information.



Corporate Discount Memberships:

The YMCA has partnered with many local companies and groups to offer group membership plans that may qualify you to receive a reduced membership rate. We currently serve over 30 local organizations and companies who participate in our Corporate discount program. To determine if you work for one of these companies, please visit the Welcome Center or the membership page on our website ithacaymca.com.

If you are interested in adding the company you work for to the list, please contact Laura Hendrickson, the Membership Coordinator at lhendrickson@ithacaymca.com.

Cornell Program for Healthy Living:

Cornell Program for Healthy Living (CPHL) is an insurance program offered by and to Cornell University employees. If you are a Cornell employee and have chosen this insurance option you are able to receive \$15 per month off our draft option memberships. If you have CPHL and choose to utilize this option here at the Y, the employee must be the primary person on the membership. To sign up today, simply bring your Cornell ID and your CPHL insurance card to the Y. Please contact the Welcome Center with any questions.

Nationwide Membership



Nationwide Membership enables you to visit any participating Y in the United States through membership at your “home” YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues).

Ys have come together to offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

What You Need to Know:

- * Valid for active, full facility YMCA members
- * Nationwide Member visitors must use their home Y at least 50% of the time or you will be asked to change your membership to the Y you are utilizing more than 50% of the time.
- * Program-only participants and special memberships are not eligible for Nationwide Membership.
- * Nationwide Membership visitors are able to utilize the facility only, all programs with fees, ChildWatch, fundraisers, etc. would be at the non-member rate.