

Benefits of Y Membership:

- Spacious wellness center with state-of-the-art equipment
- Thirty foot climbing wall
- Two racquetball courts
- Steven Bennett Aquatic Center
- Two hours of free daily child care with family membership (You must remain in the facility)
- Personal training on use of wellness equipment
- Discounted program fees
- Clean, well maintained facility
- Improving health
- Meeting new friends
- More than thirty group exercise classes weekly
- Youth Interactive Fitness Zone

Memberships:

Youth

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$30	\$18.00	\$63.00	\$108.00	\$216.00

College Local (Registered for 12 hrs minimum)

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$30	\$18.00	\$63.00	\$108.00	\$216.00

College Away (Annual membership for six month rate)

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$30	\$18.00	N/A	N/A	\$108.00

Adult (Ages 18–59 unless student)

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$50	\$33.00	\$108.00	\$198.00	\$360.00

Single Parent Family

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$50	\$40.50	\$130.50	\$243.00	\$486.00

Family (Reside at same address, dependents must be on tax return)

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$50	\$48.00	\$153.00	\$288.00	\$522.00

Senior (60 and over)

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$30	\$27.00	\$90.00	\$162.00	\$324.00

Senior Couple

Join Fee	Monthly	Quarterly	Semi Annual	Annual
\$30	\$39.00	\$126.00	\$234.00	\$468.00

Group Exercise:

Bodypump™, CORE, Cardio Mixer, Zumba, Kick-N-Step, Yoga, Silver Sneakers™, Cycle Blast, Mat Pilates, Power Step, Kickin it Old School, Power Yoga, Pacers, Water Aerobics (seasonal)

Personal Training:

By appointment
 \$25/session – Y member
 \$50/session – Participant
 \$40/Hour – Y member semi-private
 Package discount available, call for details

Commit to be Fit:

- 12 week program -15 yrs & up
- Six one-on-one sessions set by appointment with a YMCA personal trainer
 \$55 / Member's only



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



**Together
 We make a
 difference.**

Mission Statement:

To put Christian principles such as caring, honesty, respect, and responsibility into practice through programs that build healthy spirit, mind, and body for all.



Y Hours:

Monday – Thursday
5:00 a.m. – 10:00 p.m.
Friday
5:00 a.m. – 8:00 p.m.
Saturday
8:00 a.m. – 5:00 p.m.

Contact the Y:

Palestine YMCA
5500 N. Loop 256
Palestine, Texas 75801
(903) 729-3139
(903) 729 7232 (fax)
www.palestineymca.org



You can also find us on Facebook
Search and "Like" Palestine-YMCA

Check out the Y website at www.palestineymca.org
to download schedules, forms, and keep up-to-date
on the latest Y information

Financial Assistance for
membership and programs is
available to those who qualify

Child Care:

- **Early Child Care Center**
– Ages: Six weeks to five years old
- **After-School Program**
– Ages: (Head Start™)
Thru twelve years
– Elkhart, Palestine, Westwood
- **Summer Day Camp**
– Ages: Five – twelve years
- **Holiday Camps**
– Ages: Five – twelve years
- **Day out of School Clubs**
– Ages: Five – twelve years

All child care programs are
State Licensed

Special Events:

- Mother/Son Dance
- Daddy/Daughter Dance
- Healthy Kid's Day
- Pink Ribbon run
- Party Hearty

Volunteerism & Giving:

The generosity of others is at the core of our existence. It is only through the support of our numerous volunteers and donors that we are able to give back to the communities we serve.

When you give to the YMCA, you help to strengthen our community and move us all forward. As one of the nation's leading nonprofits for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood. With your donation, more kids can have a safe place to learn and build confidence after school, more families can reconnect and grow together and more seniors can live active productive lives. Please contact us to find out how you can help.

Our Area of Focus:

The Y is a cause-driven organization that is for youth development, healthy living and for social responsibility. A strong community can only be achieved when we invest in our kids, our health and our neighbors.



Youth Wellness:

Structured class to teach proper form and technique for various exercises. Includes written and practical exam. (By session only)

Ages: Nine – fourteen years
\$20.00 – Group Session
\$50.00 – Private Session

*The Y offers an early child care center,
an after-school program, summer day
camps, holiday camps and day out of
school clubs*

Climbing Wall Schedule:

Monday – Thursday 4 – 8 pm
Friday 4 – 7 pm, every second Saturday 10 am – 2 pm
• Extended hours during summer and holidays
• Classes are available periodically.

Guest Policy:

- Y AWAY program honored
- \$10 thirteen years and older
- \$8 twelve years and younger
- All Guests must be accompanied by Y member

Seasonal: (May – August)

Swim Team:

- Piranha's Swim Team for ages five – eighteen years
- Y Members and non members are welcome
- The Y swim team competes in regional meets

Swim Lessons:

Ages six months and older
\$50.00 – Y members
\$70.00 – participants
Sibling discount offered
Private lessons available, contact us for details

Youth Sports:

Basketball, Soccer, Explorer Sports, Baseball, Football

Adult Sports:

Volleyball, Basketball, Softball