



# FOR YOUR HEALTH. THE Y STARTS HERE.

**ENROLL AT THE LAKEVILLE EARLY CHILDHOOD LEARNING CENTER BY OCTOBER 1  
AND RECEIVE A FREE 6 MONTH FAMILY MEMBERSHIP OR \$775 IN YMCA PROGRAMS.\***

Helping families engage in opportunities to learn, grow, and thrive throughout every stage of life is our passion.

Current Members receive \$775 Y Bucks for programs and services\*\* along with special member rates when available. Non-Members\* can choose between a free 6 month family membership or \$775 Y Bucks for Y programs and services. \*\*

## FAMILY MEMBERSHIP OFFER

Family Membership at the Y has so many benefits – from staying fit to learning new skills. The Y is dedicated to providing quality family fitness, youth activities, and support- whatever stage your family is in. Helping families thrive is at the heart of our cause. That's why we're here with you every day making sure that you, your family and your community have the resources and support needed to learn through play.

**When your family thrives, your community thrives, too.**

### HERE'S WHAT YOU GET WITH YOUR MEMBERSHIP:

**FREE** group exercise classes for adults and kids

**FREE** fitness solutions and assessments

**FREE** programs and activities for kids and families

- Little Lotus Kids Yoga: ages 3 and up
- Kids Fitness: ages 3 and up
- Kids Stuff drop off child care: ages 6 weeks to 10 years
- Club Y: ages 6 - 10

**FREE** Kids Stuff while you work out

(2 Hours of drop-off child care per day)

### PLUS:

- Access to 25 Twin Cities, Rochester and Hudson, WI Y locations
- Y Nationwide Program – courtesy access to YMCAs throughout the country
- Special member rates on Specialty Fitness Classes, Youth Sports and Day Camp, and Swim Lessons
- Personalized fitness options: Personal Training, Group Training and Pilates Reformer, and metabolic assessments at special member rates
- Open lanes for lap swim
- Open swim for families

**Membership is not required to enroll in Early Childhood Learning Centers.**

\* Free membership eligibility: May not have been a member June 1 through October 1, 2018. Free membership terminates if no longer enrolled in childcare. Membership starts October 1, 2018 and expires March 31, 2019. Lakeville Early Childhood Learning Center only.

\*\* Some restrictions apply. See details under Y Bucks offer.



## Y BUCKS \$775 YMCA PROGRAMS OFFER

YMCA programs for families, kids and teens promote wellness grounded in the Y's core values of caring, honesty, respect and responsibility. Choose from a wide variety of fee-based classes and programs designed to support healthy habits that will make a difference for your entire family. You do not need to be a member to participate however, some classes offer special member rates.

### Kids & Teen Activities

- Birthday Parties: all ages
- Sports Classes and Leagues: ages 3 to grade 8
- Teen Thrive: grades 6 – 12
- Youth In Government: grades 8 – 12
- Parents Night Out: ages 2 – 10 years

### Swim Lessons


- Swim Starters: 6 months to 3 years
- Swim Basics: 3 – 12 years
- Swim Strokes: 4 – 12 years
- Teen and Adult Lessons: 13+
- Private Swim Instruction

### Summer

- Day Camp Streefland: ages 4 to grade 8
- Summer Power: grades K – 5
- Summer Sports Camps: grades 1 – 6
- Uproar: grades 6 – 8
- Family Adventure Days

### Fitness

- Personal Training, Group Training and Pilates Reformer
- Metabolic Assessments
- Journey to Freedom
- Diabetes Prevention Program
- Lighter U Weight Management Classes
- Trainer-led, small group classes:
  - Barre
  - TRX Suspension Training
  - Pilates Reformer
  - Circuit Training
  - WAVE Yoga
  - Kettlebells
  - FreeMotion Column Classes
  - Strength Training for Seniors



\*The YBucks will be provided in (15) increments of \$50 and (1) increment of \$25. The full value of Y Bucks must be applied at the time of redemption. Please redeem in person at Member Services. Y Bucks cannot be used online. Y Bucks may not be used for any Annual donations or Gift Certificates. Y Bucks cannot be applied to outstanding account balances for Y programs or services, or applied in combination with already discounted promotional offers. Y Bucks cannot be used on Early Childhood Learning Center fees or School Age Care fees. Additional restrictions may apply. No cash value. Non-transferrable. Member is responsible for maintaining the security of Y Bucks. Lost or stolen Y Bucks cannot be replaced. Y Bucks expire September 30, 2019.