



**Worthington Area YMCA
DeGroot Family Center**
& City of Worthington Aquatics Center
1501 Collegeway, Worthington, MN 51687

Non Profit Organizations
U.S. POSTAGE PAID
Worthington, MN 56187
PERMIT NO. 181

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Sponsored by Frontier Communications
Web page: www.ymcaworthington.org

GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED

WE'RE ON FACEBOOK!
- JOIN YMCA FACEBOOK GROUP FOR
IMPORTANT INFORMATION!

2010 MEMBERSHIP RATES

MEMBERSHIP CATEGORY

YOUTH: (ages 18 and under)
COLLEGE: (ages 19 – 22 FT Stud. Min 12 credits – Mn West see Corp)
ADULT: (ages 23 – 61)
COUPLES: (Adult married couples living in the same household)
SINGLE PARENT FAMILY: (households with 1 parent and his/her dependents)
FAMILY: (households with 2 married parents and their dependents)
SENIOR CITIZEN: (adult 62 and over)
SENIOR CITIZEN COUPLE: (at least one adult is age 62 or older)

MEMBERSHIP RATES

\$13.50	\$150 full Annual Fee
\$16.25	\$183 full Annual Fee
\$38.75	\$453 full Annual Fee
\$44.75	\$525 full Annual Fee
\$40.75	\$468 full Annual Fee
\$52.00	\$612 full Annual Fee
\$32.00	\$372 full Annual Fee
\$40.50	\$474 full Annual Fee

CITY OF WORTHINGTON - SWIM PASSES

Summer (June - August)	Annual	Day Fees
Youth \$60.00 *Must have parent purchase.	N/A	\$4.00
Adult \$75.00	\$275.00	\$7.00
Family \$125.00	\$485.00	\$14.00

City Of Worthington Residents Only
All Rates Must be Paid in Full
*** Access to Just Locker-Room and Pool***

FINANCIAL ASSISTANCE IS AVAILABLE

With any program or membership at the YMCA, no one will be denied participation due to the inability to pay the established fees. The YMCA tries to keep all fees at a level that is affordable for most within the community. This financial assistance program is made possible because of the the generosity of many business and individuals within our community through the Annual Worthington Area YMCA Strong Kids Campaign and through the Worthington Area United Way. Funds are raised each year through the dedication of many volunteers to ensure that funds will continue to make this program available to those in need. Please ask the Service Center for more information and how you may apply.

ONE DAY GUEST PASS - Did you know that you do not have to be a Y member to enjoy the facilities!!

(All guests must complete a Participant & Guest Application and have their picture taken (age 8 & older). A parent / legal guardian must complete this application on behalf of minor guests.)

CITY OF WORTHINGTON RESIDENT / NON CITY RESIDENT

Youth (18 and Under):	\$4 / \$5	Adult:	\$7 / \$10
College Student:	\$7	Family:	\$14 / \$18

*Short Term Membership Also Available

SUMMER SPECIAL

Summer College **\$70**
(June, July, August)

YMCA BUILDING HOURS

Monday - Friday	5:30 AM – 8:00 PM
Saturday	8:00 AM – 8:00 PM
Sunday	2:00 PM – 5:00 PM

YMCA HOLIDAY HOURS

Monday	May 31st, 2010	Memorial Day, <i>Closed</i>
Sunday	July 4th, 2010	Independence Day, <i>Closed</i>
Monday	Sept. 6th, 2010	Labor Day, <i>Closed</i>
Thursday	Nov. 25th, 2010	Thanksgiving

Summer High School Satellite is a summer-based, group-training program offered to high school athletes. The program emphasizes speed, agility, flexibility, plyometrics, core strengthening, along with conditioning training opportunities for athletes. POWER summer satellite training provides an 8:1 ratio of athletes to trainers.

Summer Satellite training is currently offered at multiple sites that include: Alcester-Hudson, Baltic, Brandon Valley, Lincoln, Luverne, Roosevelt and West Central.

Contact Sam Furrh at 507-376-6197 for further information.

SUMMER HIGH SCHOOL SATELLITE

Our **POWER Mobile** Program takes its speed, agility, flexibility, and core-strengthening drills on the road to area high schools. Each training program is designed around the needs and goals of high school coaches and their athletes. POWER Mobile training provides an 8:1 ratio of athletes to instructors while performing the workout. Program sessions are typically held before or after school. Athletes train twice per week for a period of 4 or 6 weeks.

Contact Sam Furrh at 507-376-6197 for further information.

POWER MOBILE

The **POWER** workshop offers unique opportunities in hands-on instruction for coaches and their respective athletes. Each workshop is led by a certified strength and conditioning specialist bringing both coach and athlete together for the purpose of focusing on the newest tried and proven trends in sport development training.

Type: Group Training 8:1 ratio
Location: Worthington Area YMCA
Target: Coach and Athlete(s)
Duration: 2 hours
Rate: Call for pricing

Sessions: One session a work-out.
Location: Degroot Family Center

POWER COACH / ATHLETE WORKSHOP

Type: Personal training 5-8:1 ratio
Target: Ages 11 to adult
Duration: 1 hour 30 minutes
Sessions: 24 Sessions over 8 Weeks

Rate: \$190 (POWER 5) per athlete
\$160 (POWER 6) per athlete
\$140 (POWER 8) per athlete

Location: Worthington Area YMCA
Degroot Family Center

POWER 5-8

A very exciting time for the Worthington Area YMCA Degroot Family Center. We have joined with Sanford Power Athletic Performance. We are excited to give our area athletes the ultimate edge on the competition. See below for rates:

Type: Personal training 3:1 ratio
Target: Ages 11 to adult
Location: Worthington Area YMCA
Degroot Family Center

Sessions: 24 Sessions over 8 Weeks
Duration: 1 hour 30 minutes
Rate: \$320 per session

POWER 3

Type: Personal training 1:1 ratio
Target: Ages 11 to adult
Location: Worthington Area YMCA
Degroot Family Center

Sessions: Scheduled times according to needs of individual
Duration: 1 hour
Rate: \$20 per session

POWER PERSONAL TRAINING

Type: Personal training 2:1 ratio
Target: Ages 11 to adult
Location: Worthington Area YMCA
Degroot Family Center

Sessions: 24 Sessions over 8 Weeks
Duration: 1 hour
Rate: \$30 per session / \$15 per individual

POWER 2

POWER is committed to developing cutting edge training programs for both athletic competition and individuals whose goals are simply to be fit and healthy. All of the **POWER** programs are developed under the umbrella of proven scientific principles of training and are supported by the National Strength and Conditioning Association. Training sessions are offered individually, in pairs, in small groups, and in teams. No matter the size, the programs are designed around your needs, goals, and requests. Whether you strive to be more physically fit, healthy, team-oriented, or athletically enhanced, the **POWER** programs offer something for everyone.

Contact Us: Sam Furrh
Interim Health and Fitness Director
Worthington Area YMCA Degroot Family Center
507-376-6197

POWER ATHLETIC ENHANCEMENT

Contact the Worthington Area YMCA Degroot Family Center for more details on the programs listed below.