

National Capital Region YMCA-YWCA Expands Relationship with the Military Community

More than 70,000 people of all ages, and from different backgrounds, utilized programs and services offered by the National Capital Region last year. We feel proud that whether it's providing facilities and leadership so people are better able to lead a healthy life, lending a helping hand to someone new to our country, assisting people with their job search, or offering safe childcare and camps for kids, our Y plays an important role in enriching the lives of people in our community.

The National Capital Region YMCA-YWCA has been providing community fitness facility access to military members to help them become healthier and better able to meet the demands of their military career. We are very pleased to now provide military family pricing on Y Health, Fitness and Recreation Memberships as part of our broader commitment to serving the military community in providing greater access to affordable health and fitness opportunities. Simply visit one of our seven facilities and present your Military ID to register. For further information on our locations and on the National Capital Region YMCA-YWCA please go to www.ymcaywca.ca

Family Membership Pricing for Military Personnel

ANNUAL CORE MEMBERSHIP

	Annual Fee	Monthly Payment Plan	Savings
Adult	\$399.00	\$33.25	26%
Family	\$615.00	\$51.00	24%
Child (0-12)	\$189.00	\$15.75	10%
Youth (13-17)	\$235.00	\$19.00	10%

HST is applicable*

CORE MEMBERSHIP INCLUDES:

- Unlimited access to six of our seven facilities, excluding the Downtown Y (99 Bank Street)
- Drop-in programs and drop-in group fitness classes
- Discounted rates on specialty programs and courses
- Recreational gym and swim time
- Selected core child, youth and family programs
- Advance program registration
- Complimentary guest passes (3 single/6 family)
- Three individual fitness consultations in the first year
- International use of participating YMCA facilities

*Members who pay monthly are subject to a \$4.25/month administration fee. Prices are subject to change.

ANNUAL INCLUSIVE MEMBERSHIP

	Annual Fee	Monthly Payment Plan	Savings
Adult	\$525.00	\$43.75	25%
Family	\$890.00	\$74.00	23%
Child (0-12)	\$350.00	\$29.00	10%
Youth (13-17)	\$395.00	\$32.00	10%

HST is applicable*

INCLUSIVE MEMBERSHIP INCLUDES:

- All benefits of core membership
- Unlimited access to our seven facilities
- Adult specialty programs, including yoga, pilates and more, at no additional cost
- Preschool, child and youth specialty programs, including gymnastics, tae kwon do, dance, art and more at no additional cost
- Swim lessons for children, youth and adults
- Towel Service

Corporate Membership Pricing for National Defence (Civilian) Employees

ANNUAL CORPORATE MEMBERSHIP

	Annual Fee	Monthly Payment Plan	Savings
Adult	\$560.00	\$46.00	20%
Couple	\$800.00	\$66.60	20%
Family	\$960.00	\$80.00	17%

HST is applicable*

CORPORATE MEMBERSHIP INCLUDES:

- Unlimited access to our seven facilities
- Drop in fitness classes
- Specialty Group fitness programs including pilates and yoga and more
- Recreational gym and swim time
- Advance program registration
- Three individual fitness consultations in the first year
- Preschool, child and youth specialty programs, including gymnastics, Tae Kwon Do, dance, art and more at no additional cost
- Swim lessons for children, youth and adults
- Towel Service
- International use of participating YMCA facilities
- Y tailored Team Building activity
- Quarterly newsletter highlighting relevant health and fitness information for the entire family
- Membership pricing for camp
- Six "Try the Y On Us!" guest passes - \$216.00 Value



~~Joining Fee~~ PLUS

Any military / DND membership purchased prior to September 1st, 2011, will receive the 13th month free.

This translates into an addition savings equivalent to 8.3%.



YMCA-YWCA