



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN GROW THRIVE

Membership Rates



Membership Advantages

- Free Wellness Coaching with a YMCA Healthy Living Coach
- Sauna, whirlpool and steam room
- Two pools for member use—a lap only pool and a warm water exercise pool
- State-of-the-art locker rooms and fitness facilities
- A large variety of fitness classes including Step, Zumba, Kickboxing, Group Cycling, Y Pump, Yoga and much more!
- Reduced program rates
- Use of all other YMCA of Greater Des Moines branches
- Current YMCA of Greater Des Moines members may add the YMCA Healthy Living Center to their membership for an additional fee

YMCA Healthy Living Center Rates

Effective October 1, 2011

Membership Type	Joiner Fee	Monthly Bank Draft	Annual
1 Adult*	\$50.00	\$74.50	\$894.00
1 Adult with dependent children	\$50.00	\$90.50	\$1086.00
2 Adult with or without dependent children	\$50.00	\$108.50	\$1302.00
1 Senior*	\$50.00	\$56.50	\$678.00
2 Senior	\$50.00	\$78.50	\$942.00
Youth*	NA	\$22.00	\$264.00

*Adults are 19-64 years *Dependant children are under 23 years of age. *Seniors are 65 years and up
*Youth membership age 9 through high school senior

YMCA Healthy Living Center

Phone: (515) 226-9622
www.healthydm.com

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.
Financial Assistance Available



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- Fitness Classes
- Nursery
- Family & Teen Programs
- Free Weights
- Gymnasium
- Climbing Wall
- Group Cycling
- Racquetball or 4-Wall Courts
- Running Track
- Sauna, Whirlpool or Steam Room
*Fitness Center only at Riverfront
- Strength/Cardiovascular Equipment
- Swimming Pool

Ankeny Family YMCA
1102 N. Ankeny Boulevard, Ankeny, IA 50023
Phone: (515) 965-8800

Boone County Family YMCA**
608 Carroll Street, Boone, IA 50036
Phone: (515) 432-5925

John R. Grubb YMCA
1611 11th Street, Des Moines, IA 50314
Phone: (515) 246-0791

Northwest YMCA**
410 SE Main Street, Grimes, IA 50111
Phone: (515) 979-4452

Riverfront YMCA
101 Locust Street, Des Moines, IA 50309
Phone: (515) 282-9622

South Suburban YMCA
401 E Army Post Road, Des Moines, IA 50315
Phone: (515) 285-0444

Walnut Creek Family YMCA
948 73rd Street, Windsor Heights, IA 50324
Phone: (515) 224-1888

Waukee Family YMCA
210 N Waukee Lane, Waukee, IA 50263
Phone: (515) 987-9996

Y Camp
1192 166th Drive, Boone, IA 50036
Phone: (515) 243-0100

YMCA Healthy Living Center****
12493 University Avenue, Clive, IA 50325
Phone: (515) 226-9622

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* additional fee for nursery services at this location ** Special rates apply