



## Welcome to the Y!

### Did you Know?

State Employees have a great discount at the Cedar Rapids Metro YMCA!

Employees receive a 15% discount off the standard YMCA rates!



In addition, we'll waive the Join Fee when you join during your Try the Y Week or month of renewal!

(Up to a \$75 value)

## Benefits

**Whole family can play together!**

**FREE towel service**

**FREE fitness classes and water exercise classes - it's all included!**

**Member discounted rate for all programs like Youth Sports, Adult Sports, Camp Wapsie, Child care, Day Camp and much more...**

**FREE Childwatch service**

**Blood Pressure Checks**

**Adult-Only Workout Times across the street, 11 am-1 pm, M-F**

**ALL Y branches included with Membership**

**Youth & Adult Sports Leagues**

**Organized pick-up leagues**

**Full-size pools/whirlpools at each branch**

**Generous Open Gym Times**

**Generous Open Swim and Lap Swim Times**

**Indoor Running Track, (HGN)**

**Lockers available**

**Family Night Activities**

**Parent's Night Out Dates, (Marion)**

**Racquetball Courts & Leagues, (HGN)**

**2 FREE Try the Y Weeks per year**





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Cedar Rapids/Marion Area YMCA offers a 15% discount for State of Iowa employees. Rates are included below:

2013 Y Rates with 15% Discount			
<u>Type</u>		<u>Annual</u>	<u>Monthly</u>
Adult	\$	586.50	\$ 52.06
1 Adult Household	\$	730.15	\$ 64.18
2 Adult Household	\$	893.35	\$ 78.20
3 Adult Household	\$	1,047.20	\$ 97.80
Couple Household	\$	815.15	\$ 71.83
Active Older Adult	\$	494.70	\$ 43.78

These rates include all branches, all fitness classes, childwatch services and towel service at all branches.

**The Y: We're for youth development, healthy living and social responsibility.**