



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			
Type		Annual	Monthly
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.