

NOVEMBER 2012 MEMBERSHIP & PROGRAMS INFORMATION



NORM WAITT SR. YMCA
601 Riverview Drive
South Sioux City, NE 68776
402-404-8439
www.nwsymca.org

	Monthly Rates	Joining Fee	Annual Rates
Youth	\$25.00	\$30.00	\$270.00
College	\$25.00	\$30.00	\$270.00
Adult	\$44.00	\$55.00	\$468.00
Family	\$74.00	\$85.00	\$804.00
Senior (65+)	\$39.00	\$45.00	\$420.00
Senior Couple	\$65.00	\$75.00	\$696.00

*Need Based Membership Assistance is available upon request.
*Need Based Membership Assistance is not available on Youth, College or Corporate memberships.
*All new members 15 years and older receive a free wellness session with a Wellness Coach! (Schedule at the front desk.)

FOR HEALTHY LIVING

Holiday Trimmings

Maintain...no gain!
Go ahead – enjoy your holidays and all the trimmings, but without the weight gain.
Starts Monday November 12.
Eight-week program through January 7, 2013.
Free for members.
\$39 for non-members.
SIGN UP NOW!

Fit For Two

Pre-natal Wellness for expecting mothers.
Begins Monday November 5.
Meets Monday & Wednesday.
Members: \$50; Non-Members: \$80

Delay the Disease

Wellness program for those with Parkinson's Disease.
Begins Wednesday November 7.
Meets Wednesdays 2:00 – 3:00 PM.
Members: \$15; Non-Members: \$20

Personal Training

Up to 9 sessions-

Members: \$30 per session.
Non-Members: \$45 per session.
10 or more sessions-
Members: \$25 per session.
Non-Members: \$40 per session.

FOR YOUTH DEVELOPMENT

Parents' Night Out

Saturday November 17.
5:00 - 10:00 PM.
Open to all kids in grades K - 6.
Members: \$15;
\$7.50 each additional child.
Non-Members: \$20 per child;
\$10 for each additional child.

OTHER NEWS

Holiday Hours

*The Y will close at 6:00 PM
Wednesday November 21.
*We will be closed all day on
Thursday November 22 in observance of Thanksgiving.
*Normal hours return on Friday
November 23. No group fitness or Wellness programs.
All classes resume on Saturday
November 24.

HOURS OF OPERATION

BUILDING (Wellness Center, Gym, Hot Tub, Sauna, Steam Room, Locker Rooms)
Monday - Friday: 5:00 AM - 10:00 PM
Saturday: 6:00 AM - 6:00 PM
Sunday: 12:00 PM - 6:00 PM

CHILD WATCH (Available for ages three months to Pre-K. Max 2 hours per day.)
Monday - Friday: 8:45 AM - 12:00 PM
Monday - Friday: 4:15 PM - 7:45 PM
Saturday: 7:45 AM - 12:00 PM

YOUTH CENTER (Available for school aged children Kindergarten to 14 years old.)
Monday - Friday: 4:15 PM - 7:45 PM
Saturday: 7:45 AM - 12:00 PM

FAMILY FUN POOL

Monday - Friday: 4:00 PM - 8:00 PM
Saturday - Sunday: 12:00 PM - 6:00 PM

FITNESS POOL

Monday - Friday: 6:00 AM - 8:00 PM
Saturday: 6:00 AM - 12:00 PM

WHAT'S HAPPENING

NOVEMBER

- 3 Happy Hoops session I begins
- 3 Youth Floor Hockey begins
- 5 Fit For Two begins
- 7 Delay the Disease begins
- 12 Holiday Trimmings begins
- 17 Parents' Night Out
- 19 Fit For Life level 2 begins
- 22 CLOSED for Thanksgiving
- 26 Fit For Life level 1 begins



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