

## OUR MISSION:

To put Christian principles into practice through programs that develop a healthy spirit, mind and body for all, regardless of origin, race, creed and income!

## YOUR GIFT HELPS US HELP OTHERS:

As a 501(c)(3) charity, we depend largely on donations, sponsors and volunteers to help keep our prices as low as possible, to provide assistance for local families, give back to local heroes, and to insure that no one is turned away due to the inability to pay.

## FINANCIAL ASSISTANCE SCHOLARSHIPS:

Program and membership scholarships are available to those that qualify.



## SERVING THOSE WHO SERVE US:

We proudly offer free or discounted memberships to eligible military, police officers, firefighters and EMT. It's our way of saying thank you to our local heroes!



## CARING FOR FAMILIES:

We actively engage youth in fun programs, physical recreation, and activities that emphasize mental and character development. Our before/after school programs help children complete their homework, express their creativity, and show self expression. Our Reynolds program fees are extremely affordable and our Farrell year-round program includes supper, is open to all students in grades K-12th and is FREE.



## THE Y... SO MUCH MORE!

SHENANGO VALLEY YMCA MEMBERSHIP RATES			
	1-Time Fee	Monthly Auto Pay	Annual
Youth (13 and under)	\$25		\$62
Young Adult (14-23)	\$25	\$23	\$235
Adult (24-64)	\$35	\$31	\$355
Senior (65+)	\$35	\$27	\$295
1-Parent Family	\$50	\$42	\$470
Family	\$50	\$53	\$570

New members are charged a 1-time enrollment fee upon joining. It will not be charged again unless membership is terminated for more than 3 weeks.

## HOURS OF OPERATION:

Monday-Friday: 5:15am-9:00pm

Saturday: 7:00am-5:00pm

Sunday: 9:00am-2:00pm

YMCA is closed the following holidays: New Year's Day, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving and Christmas Day.

## BE PART OF SOMETHING BIGGER:

We can change lives together! Volunteer and play an active role in helping us to provide programs that promote a healthy spirit, mind and body.

- Assist in a program
- Serve on a committee
- Coach a youth sport
- Help with a special event
- Greet our members



## STAY CONNECTED!

Like us on Facebook:  
Shenango Valley YMCA

Follow us on Twitter:  
@sv\_ymca

Follow us on Instagram:  
svymca

Or Visit [www.svymca.com](http://www.svymca.com)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# So Much More Than A Gym

## Membership Info



## SHENANGO VALLEY YMCA

925 N. Hermitage Road, Hermitage, PA 16148  
PHONE: (724)981-6950; FAX: (724)981-6951  
[www.svymca.com](http://www.svymca.com)

# JOIN US...WE'RE BETTER TOGETHER

At the Y, you're not just a member. You're part of a cause with a shared commitment to improving your health and well-being, nurturing the potential of kids, giving back and supporting our neighbors. Together we will bring about meaningful change not just within ourselves, but in our community too. We're here to ensure that you, your family and the communities we serve have the resources and support needed to grow, advance, and thrive.



## MEMBERSHIP & YOU:



Everyone belongs at the Shenango Valley Y. We're so much more than just a gym. Whether you're just starting on the road to health and wellness or a veteran, you'll fit right in! Join us and you'll understand why so many people love being part of our Y family. We are here to help you and your family feel great spiritually, mentally, and physically.

## BUDDY UP MEMBERSHIP:

Join together and save \$. Fees starting as low as \$19.00 a month. Some restrictions apply. See a Y staff member for complete details.

## REIMBURSEMENT MEMBERSHIP:

Did you know that certain insurance companies will reimburse the Shenango Valley YMCA for your membership and/or certain services? We partner with Sliver&Fit®, SliverSneakers®, and others.

Ask a YMCA Member Service Rep if your insurance company is one of our partners.



## MEMBERSHIP PERKS:

Get so much more for so much less:

- **Access to the entire facility:** fitness center, gymnasium, member lounge, locker rooms, cycling & aerobic rooms & more.
- **60+ FREE Group Classes:** a huge variety of times, types & intensities.
- **Discounted Rates:** on most activities, sports and programs.
- **Certified staff:** supervision & support from AED and CPR, Degreed and/or Nationally Certified staff.
- **FREE Equipment Orientation:** learn the basics with a personal trainer.
- **Discounted Massage Therapy:** 60 Minute massages! Members pay only \$30 for Swedish and \$35 for Deep Tissue.

Take advantage of all of these great deals and become a Y member!

## NATIONWIDE MEMBERSHIP:

Another great reason to belong to the YMCA! Stay active and healthy spiritually, mentally, and physically, wherever you travel. Just bring your membership card and photo ID and enjoy free access to Y's across the United States and Puerto Rico!

Some restrictions may apply. Nationwide membership participants must use their home branch at least 50% of the time. Please call or visit the website of the Y you plan to visit for schedules and more information.

## CORPORATE MEMBERSHIP:



Corporate Membership is one of the best investments for personal and family fun and well-being. The Shenango Valley YMCA cares about you, your health and your productivity at work. That's why we have partnered with many local businesses to offer their employees:

- No joiner fee
- Reduced monthly membership fees\*
- No contracts or cancellation fees
- Opportunities for on-site health screenings, fitness classes or seminars

\*for certain companies who's employees sign up for auto pay.

Ask a YMCA Member Service Rep if your company has a Shenango Valley YMCA corporate discount plan or how to get your company involved.

