

Member benefits include:

- Advance program registration
- Reduced program fees by half or more, excluding Child Care and Camp
- Full use of YMCA Camp Chase Family Swim Center
- Free personal fitness program with a fitness coach for up to 24-weeks
- Free Child Watch and Amazing Kids babysitting
- Free land & aquatic group exercise classes
- Free fitness and body composition assessment
- Reciprocal membership at all YMCA's of Greater Hartford
- Always Welcome at the YMCA (A.W.A.Y.) Program, take your YMCA membership on the road with you. When traveling away from home your membership is valid at most YMCA's across the country
- Free family nights with activities
- Free teen group exercise classes

Program Members can participate in programs offered by any branch of the YMCA of Greater Hartford. Program Members do not have full access to YMCA facilities.

Program Member benefits include:

Use of shower and locker room facilities during their program time.

Financial Assistance

The YMCA strives to serve everyone regardless of ability to pay. Financial Assistance information is available by contacting our branch office.

The YMCA of Greater Hartford is a nonprofit 501 (c) (3) charitable organization consisting of 10 branches. The YMCA of Greater Hartford currently serves over 108,000 individuals, including 61,000 children in 44 communities across the Capital Region. The YMCA strives to serve all regardless of ability to pay. All YMCA programs emphasize our core values of Caring, Honesty, Respect and Responsibility and introduces the 40 developmental assets, developed by the Search Institute of Minneapolis, which help to build leadership and positive values.

Caring. Honesty. Respect.
Responsibility.
That's the Y.



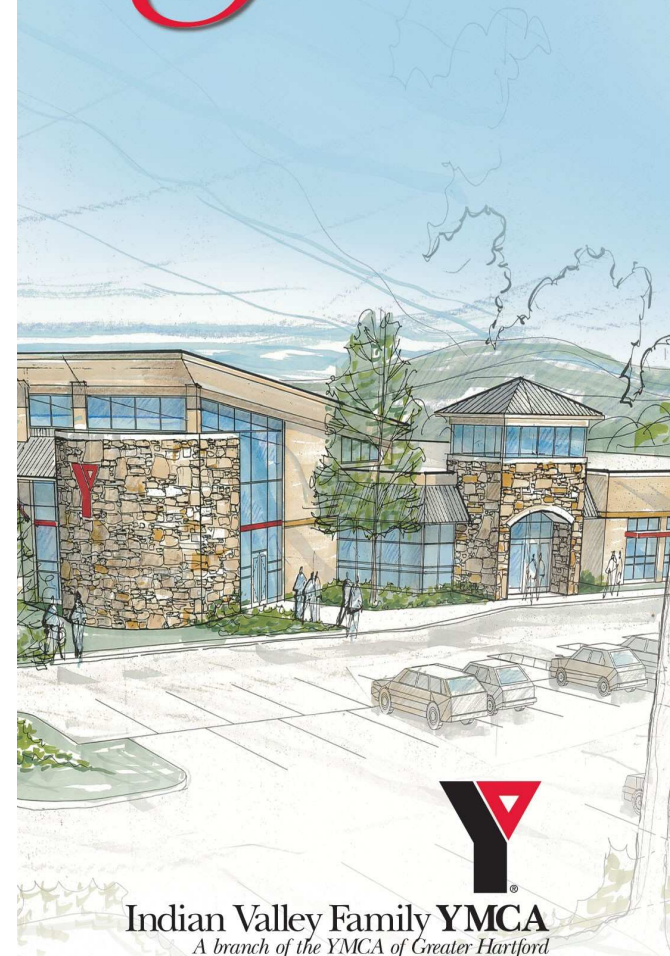
Indian Valley Family YMCA
A branch of the YMCA of Greater Hartford

Indian Valley Family YMCA
(anticipated Opening - August 2010)
11 Pinney Street
Ellington, CT 06029

Indian Valley Family YMCA
Child Development Center
375 Hartford Turnpike
Vernon, CT 06066
P 860-872-7329

Indian.valleymca@ghymca.org
www.ghymca.org

Opening
Summer
2010



Join us for open house and hard hat tours at
11 Pinney Street, Saturdays, 10 am - 1pm, and
Sundays, 1 pm - 4 pm, beginning May 1st.

The Indian Valley Family YMCA will be located at 11 Pinney Street in Ellington, and primarily serve the towns of Ellington, Tolland, Vernon, South Windsor, East Windsor, Enfield, Somers and Stafford.

The Indian Valley Family YMCA will be operating "Green". The building will be heated by 20 Geothermal wells along with other items such as energy saving showers, waterless urinals, and energy saving mechanical systems that recover heat from the pool environment.

The Indian Valley YMCA, currently located at 375 Hartford Turnpike in Vernon, has been part of the Greater Hartford community since 1869. The current location will continue to offer full day and half day quality child development programs for children ages 3 to 5 years. This location has been re-named the Indian Valley Family YMCA Child Development Center.

The new 40,000 sq. ft. "Green" YMCA will feature programs for all ages:

- Two swimming pools: a lap pool and a multi-purpose pool (for recreation and rehabilitation)
- State-of-the-art Wellness Center complete with
 - *Strength Equipment
 - *Cardiovascular Equipment
- Ready-To-Be-Fit - YMCA Personal Fitness Program
 - *Step-by-step 24 week exercise program with your own fitness coach. Exercise begins slowly and gradually increases in a safe and attainable manner
- Group Fitness Studio
- Cycling Studio
- Child Watch and Amazing Kids - Babysitting while you use the facility (ages 6 wks-6 yrs)

Sample Programs Include:

- Youth and Adult Swim lessons; instructional skills and safety for all ages
- YMCA Youth Swim Team; focusing on skill development and supportive competition for ages 5 through high school
- Water and Land Group Exercise, for ages teen through active older adult. Includes aerobics, kickboxing, Yoga, Pilates
- Outdoor walking, family cycling programs along our beautiful paths that wander through the gorgeous woodlands in the back of the YMCA property
- Nutritional Counseling with a certified Nutritional Consultant
- Youth Sports; instructional t-ball, soccer, lacrosse and more
- On-site Summer Day Camp beginning in the summer of 2011. Your child can be involved in adventure and fun under the supervision of positive staff role models, with swimming included
- Family Programs will be offered throughout the year! Join our Adventure Guides programs to get involved in trips, game nights and adventures!

Amenities Include:

- Adult only steam & sauna rooms
- Adult only whirlpool
- Men's and Women's locker rooms
- Family locker rooms
- Reciprocity of membership within the Greater Hartford Association

Membership information

Membership Categories:

Youth Member - An individual participant ranging from six weeks through 18 years of age.

Adult Member - An individual participant who is 19 years of age or older.

Family Member - Up to two adult participants, plus any dependent children or elderly living at the same address. This includes dependent college students under 23 years old.

The YMCA of Greater Hartford uses a Membership For All (MFA) rate structure:

MFA uses a sliding scale rate structure based on gross annual household income to determine the members monthly or annual rate. MFA is designed so that all people are able to have access to the YMCA, regardless of their income.

Your membership in the YMCA is not only an investment in yourself and your family; it's also an investment in your community.

HOUSEHOLD INCOME		MONTHLY RATES		
FROM	TO	ADULT	FAMILY	YOUTH
<	\$15,000	\$7.30	\$10.84	\$3.69
\$15,000	\$25,000	\$19.47	\$28.88	\$9.85
\$25,000	\$34,999	\$29.20	\$43.31	\$14.77
\$35,000	\$49,999	\$41.36	\$61.36	\$20.92
\$50,000	\$64,999	\$55.95	\$83.02	\$28.31
>	\$64,999	\$63.24	\$93.84	\$32.00

The Indian Valley Family YMCA is anticipated to open late Summer 2010.

rates listed are as of March 2010