

We build strong kids, strong families and strong communities.

Northfield Area Family YMCA



Get Going for Good

Become a Member of the YMCA!

Adult and Family Membership Benefits:

- Safe and comfortable, wellness fitness center, trained staff, friendly, welcoming atmosphere designed to help adult and families work towards making lifestyle changes to healthier living
- New state-of-the-art fitness equipment
Matrix treadmills, ellipticals and recumbent and upright bikes
- Child watch area
Childcare available free to Family Members and only \$3 per 2 hours for Adult Members or nonmembers to help parents take advantage of the opportunity to exercise
- FREE group exercise classes
Pilates, Turbo Kick, Step, Zumba and so much more!
- Complimentary adult fitness consultation

Youth & Family Membership includes:

- Free youth classes all year for every child in the family (1 per session)
 - Soccer, Basketball, Floor Hockey, Volleyball, T-ball, Kickball, Messy Play, Music & Movement and on and on!
- Spend the summer at the Y - deep discounted camp fees every summer (5 camp options to choose from)
 - Day Camp, Wee Camp and Y Navigators camp program
- Discounted specialty programs
 - Daddy Daughter Dance
 - Fall Classic
 - Kids Night at the Y
 - Soccer
- Free participation in our Wiggles & Giggles and Preschoolers in the Park



Northfield Area Family YMCA — Health & Wellness Center
On the campus of the Northfield Retirement Community
900 Cannon Valley Drive Northfield, MN 900 Cannon Valley Drive, Northfield, MN

Virginia Kaczmarek – Executive Director



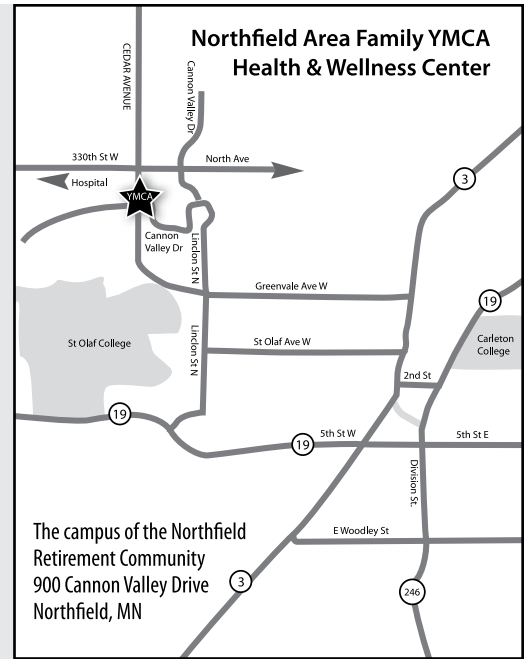
Our Mission: The Northfield Area Family YMCA is a nonprofit organization dedicated to providing opportunities for all individuals, families, and the community to achieve their fullest potential. Guided by our core values of Caring, Honesty, Respect and Responsibility, the YMCA provides services, activities and a supportive community that strengthens the spirit, mind and body for all.

The Northfield Area Family YMCA Wellness Center is designed to make exercise and fitness a natural element of an active, healthy lifestyle. Our group exercise classes and cardio workout area are welcoming places to get in shape — and stay in shape. The emphasis is on you, not on the machines. Childcare is available to make it easier for busy parents to find time for regular exercise. If you've been putting off establishing a new exercise routine, the wellness center at the Y has classes and programs for you.

**BECOME
A MEMBER
JOIN TODAY!**

\$25 Joiners Fee for all memberships:
 Adult Membership is \$28 per month
 Youth Membership is \$24 per month
 Family Membership is \$55 per month

For Wellness Center hours, visit www.northfieldymca.org or call the YMCA at (507) 645-0088.



MEMBERSHIP REGISTRATION FORM
 Northfield Area Family YMCA ♦ 519 Division Street, Northfield, MN 55057 ♦ (507) 645-0088 ♦ www.northfieldymca.org

Title	First Name	MI	Last Name	Suffix	Nickname	Birthdate MM/DD/YY	Gender (circle one)
							F M

ADDRESS	Telephone	Email Address – (required for monthly updates and news)
Street Apt#	Home ()	
City State Zip	Cell/other ()	

EMERGENCY CONTACT INFORMATION	MEMBER REFERRAL
Name Relationship:	How did you hear about the YMCA? If a member referred you, please list their name so we can acknowledge them.
Phone Number	

EMPLOYER	2ND ADULT'S EMPLOYER
Company's Name	Company Name
Title	Title
Street	Street
City State Zip	City State Zip
Phone	Phone

ADDITIONAL HOUSEHOLD INFO — Family Membership					Email Address
First— (MI) —LAST NAME (if different)	Gender	Birthdate MM/DD/YY	Relationship		

PAYMENT INFORMATION
Bank or credit card information for monthly bank withdrawal:
Bank routing number: Bank account number:
Credit Card number :
Credit card expiration date :
Cardholder Signature :

MEMBERSHIP FEES	Monthly	Total	First draft date
Joiners Fee for all memberships		\$25	
Adult Membership	\$28		
Youth Membership	\$24		
Family Membership	\$55		
TOTAL			

WAIVERS: My signature indicates my understanding that the Northfield Area Family YMCA assumes no responsibility for injuries or illnesses sustained as a result of any physical condition or resulting from participation in any YMCA program or activity. I expressly acknowledge on behalf of my minor children and family members and heirs that I assume the risk for any and all injuries and illnesses that may result in participation in these activities. I hereby release and discharge the YMCA, its officers, directors, employees and volunteers from any and all claims for accidents, injuries, death, loss or damage which I or my family may suffer as a result of participating in these activities. I also hereby authorize the YMCA to secure first aid and medical attention in the event of an emergency, including transport to an emergency facility. I also hereby release all photographs of me and my family members taken by the YMCA for promotional purposes, including the YMCA's website and printed materials.

Signature: _____ Date: _____

Thanks to the generosity of our community and donors, the YMCA will not turn anyone away from its membership or programs because of an inability to pay. Please let us know if we may assist you in this way.