

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**WHO WE ARE**

We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Regardless of age, income or background, everyone has the opportunity to learn, grow and thrive at the Y.

**OUR MISSION:**

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

**OUR CAUSE**

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.



**OUR VALUES:**

With the values of Caring, Honesty, Respect Responsibility, and Faith as our guide, we provide opportunities for people to make friends, have fun, get active and discover who they are and what they can achieve.

# WHEN YOU JOIN THE Y, YOU BELONG.

**BE A PART OF A COMMUNITY OF PEOPLE WHO CARE ABOUT THE HEALTH AND WELL-BEING OF OTHERS.**

Where people are accepted for what they are and challenged to become something better. Where moms and dads can get in shape. Where kids can make new friends and gain new skills. Where you can nurture your spirit, mind and body in ways you never imagined. Drop in anytime for a tour to see how you can make meaningful, lifelong changes in yourself, your family and your community.

**12 great reasons to join the Y:**

- Affordable membership options
- No long-term contract
- Free group exercise classes
- Free orientation program
- Free access to open & lap swims
- Unlimited use of track and gymnasium
- Unlimited use of racquetball courts
- Unlimited use of cardio equipment, free weights, and Cybex strength machines
- 10-30% savings on most family programs, youth and adult sports, swim lessons, Child Care and Preschool
- Free Fun Zone supervised activity room while you exercise
- Lockers, whirlpool, toiletries, daily newspapers, and FREE coffee
- Unlimited access to six Y branches in Northwest Indiana, as well as use of most Ys across the state and nation (Policies vary.)

**FACILITY INFORMATION**

**VISIT US!**

3100 Willowcreek Rd.  
Portage, IN 46368  
219 762 YMCA (9622)  
www.YMCAofPortage.org  
facebook.com/PortageYMCA

**HOURS OF OPERATION**

Mon - Fri 4 am - 9pm  
Sat & Sun 6 am - 6 pm

**FUN ZONE**

SUPERVISED ACTIVITY ROOM FOR CHILDREN 3 MONTHS THROUGH AGE 13. INFANTS, THOSE CHILDREN NOT YET WALKING REQUIRE A RESERVATION. PLEASE CALL THE WELCOME CENTER AT (219) 762.9622

**M-W** 8:45am-Noon & 4pm-8pm  
**Tue & Thur** 9am-Noon & 4pm-8pm  
**Fri** 8:45am-Noon & 4pm-6pm  
**Sat** 9am - Noon



Visit: [silversneakers.com](http://silversneakers.com)

- A no-cost membership at the Portage Y!
- Use of all basic amenities
- Access to an exclusive website featuring expert fitness advice, a thriving on-line community and vast resources for living a healthy life.



**MEMBERSHIP FEES**

**PRIMARY PLUS MEMBERSHIP**

**JOINER FEE**

A onetime fee which remains in effect unless a membership lapses for 30 days or more.

<b>Youth</b> (ages 12-23)	<b>\$25</b>
<b>Adult</b> (ages 24 and up)	<b>\$35</b>
<b>Household*</b> (of 2 or more)	<b>\$50</b>

**MONTHLY FEE**

<b>Child</b> (11 and under)	<b>\$7</b>
<b>Youth</b> (ages 12-23)	<b>\$31</b>
<b>Adult</b> (ages 24-61)	<b>\$40</b>
<b>Couple</b> (two people)	<b>\$61</b>
<b>Household*</b> (of three or more)	<b>\$72</b>
<b>Senior</b> (age 62 and up)	<b>\$31</b>
<b>Senior Couple</b>	<b>\$48</b>

\*According to the U.S. Census Bureau, the definition of a household is one or more persons living in a residence that is not a dormitory, prison military base or other group quarters.

**PAYMENT OPTIONS**

Monthly membership fees are on a bank draft basis through a checking account, Visa, MasterCard, Discover or American Express.

Pre-payments for 3 months, 6 months or one year are also accepted. A pre-payment of one year is rewarded with the 13th month being free.

The Joiner Fee is required of all new members and members whose memberships have lapsed more than 30 days.

YMCA MEMBERSHIPS ARE OPEN TO ALL PEOPLE WITHOUT REGARD TO RACE, CREED, COLOR, RELIGION, NATIONAL ORIGIN, DISABILITY OR GENDER.

It is the policy of the Portage Township YMCA that no one shall be denied membership or program participation for financial reasons. Financial assistance is available to qualified applicants.



### CORPORATE MEMBERSHIPS

The YMCA works with companies to provide memberships for their employees at group rates. These group rates may be subsidized by the employer and can be pre-paid or paid by monthly draft.



Additional information can be found at [www.YMCAofPortage.org](http://www.YMCAofPortage.org).

Please contact Rita Barnas, Member Engagement Coordinator, with any questions you may have at [Rita@YMCAofPortage.org](mailto:Rita@YMCAofPortage.org) or 219 762 YMCA (9622)

People visited the Y  
**150,000**  
times to get HEALTHY & CONNECTED in 2013



The Y serves  
**4800+**  
MEMBERS  
a total of  
**114 HOURS**  
each week

**93** VOLUNTEERS  
shared their time & talents  
at the Y in 2013



**56** EXERCISE CLASSES  
provide fifty-six opportunities for people to CONNECT, GET FIT & HAVE FUN

The Y has been SERVING THE PORTAGE COMMUNITY FOR **44 YEARS**



**281** children are preparing for SCHOOL SUCCESS

**MORE THAN 400** people are able to participate in the Y in spite of being financially unable to do so

**285** girls & boys practiced new HEALTHY EATING & PHYSICAL FITNESS habits

**172** kids learned to SWIM, PLAY SPORTS & MEET NEW FRIENDS in 2013



**184** students received ACADEMIC SUPPORT & ENRICHMENT in 2013 - 2014



## VOLUNTEER.

Across our community, business leaders, community advocates, parents, teens and individuals give back and support their neighbors by volunteering at the Y. How can YOU help us give men, women and children of all ages and from all walks of life the resources and support they need to be healthy, confident, connected and secure?

### HERE ARE A FEW IDEAS:

- Coach a sports teams or teach a class
- Lend your expertise as a Board Director
- Lead or serve on a committee
- Help raise funds to ensure the Y is accessible to all
- Motivate and support youth in building the skills that lead to positive behaviors, better health, and smart life choices
- Extend a hand to help adults who want to do more, be more or live



## GIVE.

### ANNUAL CAMPAIGN

In order to fulfill the Y promise to provide programs for all, we bring people together to raise funds that help offset the cost of memberships for families and individuals who cannot afford Y memberships or programs. Without the money raised from this campaign, many families and individuals would not be able to benefit from the Y's offerings.

### DONATIONS WELCOME

We are a cause-driven, charitable organization. Donations of any amount are always welcome. Online giving to your local Y is available at [www.YMCA.net](http://www.YMCA.net). Call today or drop by our Welcome Center to learn how you can make a difference.

### COMMUNITY EVENTS

Our community events, like the annual BOWL-A-THON, give everyone a chance to give back. Check our website often to learn about how YOU AND YOUR FAMILY can further our cause, and have some fun at the same time!



WHEN YOU  
JOIN  
THE Y  
YOU BRING  
MEANINGFUL  
CHANGE FOR  
YOURSELF.  
AND YOUR  
COMMUNITY,  
TOO!