

Ragsdale Family YMCA

THIS IS MY



Aquatics

- * Group Swim Lessons
- * Private Swim Lessons
- * Adult Water Fitness
- * Youth Synchronized Swimming
- * Youth Porpoise Club
- * GCY Masters Swim Team (Age 18 & up)
- * GCY Swim Team (youth)
- * Lifeguard Classes (ages 15 & up)

Sports

- * Youth Soccer
- * Youth Cheerleading
- * Youth Basketball
- * Youth Tackle Football
- * Youth Volleyball
- * Youth T-Ball
- * Sports Camps & Clinics
- * Adult Basketball

After School Program & Summer Camp

- * After school care serving the following schools:
 - Pilot Elementary
 - Jamestown Elementary
 - Florence Elementary
 - Jamestown Middle
- * Camp Boomerang (all summer)

Fitness

- * Group Fitness Classes (Hip Hop Hustle, Turbo Kick, PiYo, Kettlebell, Ballistics and Cardio Pump)
- * Cycle Studio
- * Personal Training
- * Fitness Evaluation
- * Vitabot On-line Nutrition Information and Meal Plans
- * Dance Lessons – Youth and Adult
- * Kid Power
- * Tae Kwon Do Classes
- * Tai Chi Classes
- * Massage Therapy
- * Teen Fit (Teen strength training)

AOA (Active Older Adults)

- * Luncheons
- * Health Clinics
- * Trips
- * Game Day
- * Volunteer Opportunities

Child Watch Hours

*Child Watch is included in family memberships:
1 adult w/dependents and 2 adult w/dependents*

Monday – Thursday	8:00 am – 1:00 pm 4:00 pm – 7:30 pm
Friday	8:00 am – 1:00 pm 4:00 am – 7:00 pm
Saturday	9:00 am – 12:00 pm

Ages 3 months to 8 years old.
Fee \$1.00 per hour for all other membership types
(Maximum of two hours)

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

Financial Assistance is available through our Open Doors Scholarship Program.

900 Bonner Dr. Jamestown, NC 27282
(336) 882-9622- - www.ragsdaleymca.org

Membership Type	Joining Fee	Ragsdale Monthly Bank Draft Plan	Metro Monthly Bank Draft Plan	Ragsdale Yearly Plan	Metro Yearly Plan
Youth (3-12 years old)	None	\$15	\$15	\$180	\$180
Teen (13 to 17 years old)	None	\$20	\$25	\$240	\$300
College (currently enrolled)	None	\$25	N/A	N/A	N/A
Young Adult (19 to 24 yrs)	\$30	\$30	\$35	\$360	\$420
Adult (25-59 years old)	\$60	\$48	\$54	\$576	\$648
2 Adults	\$75	\$63	\$75	\$756	\$900
1 Adult w/Dependents	\$75	\$52	\$67	\$624	\$804
2 Adults w/ Dependents	\$75	\$67	\$82	\$804	\$984
Senior (60+)	\$60	\$32	\$41	\$384	\$492
Senior Couple (60+)	\$60	\$52	\$70	\$624	\$840
Adult –Triad	\$60	\$61		\$732/yearly	
2 Adults w/Dependents - Triad	\$95	\$95		\$1140	

Metro Memberships includes membership at Bryan YMCA, Spears YMCA, Hayes Taylor YMCA, Stoney Creek Express YMCA and the Reidsville YMCA.

Triad Memberships include the YMCAs in the following triad counties: Alamance, Davidson, Davie, Forsyth, Guilford, Randolph, Rockingham, Rowan, Stokes, Wilkes and Yadkin.

Have you been looking for a place where you and your youth or teen can work out together? Coming soon:
For youth ages 9 & up.
Energy Factory!

Check us out online on facebook and Twitter!
 Visit our website: www.ragsdaleymca.org

YMCA Facility Hours

Monday – Thursday 5:00 am – 10:00 pm
 Friday 5:00 am – 8:00 pm
 Saturday 7:00 am – 7:00 pm
 Sunday 1:00 – 6:00 pm

Please no guests on Sundays.

Pool Hours

Monday – Thursday 5:30am – 9:00 pm
 Friday 5:30 am – 7:30 pm
 Saturdays 7:00 – 5:30 pm
 Sunday 1:00 – 5:30 pm

Family Times

Family Swim

Fridays 4:00 – 7:30 pm
 Saturdays 1:00 – 5:30 pm
 Sundays 1:00 – 5:30 pm

Family Fitness

Thursday 6:30 – 9:45 pm
 Friday 4:00 – 7:45 pm
 Saturday 1:00 – 6:45 pm
 Sunday 1:00 – 6:45 pm

Family Gym Time

Sundays 1:00 – 5:45 pm