

MEMBERSHIP RATES

Individual Memberships

Membership Level	Membership Rate
Adult (18-59)	\$45
Senior (60+)	\$40

Household Memberships

Membership Level	Membership Rate
Household (1) Adult	\$55
Household (2) Adults	\$70
Household (3) Adults	\$92
Senior Household (2) Adults	\$60

*Household memberships include dependents living in the home who are under the age of 18 OR under the age of 23 and currently enrolled in full-time college.

Joining Fee and Discounts

All new accounts pay a one-time activation fee of no more than \$50.

Please ask about discounts for active duty and retired military.

Is your employer a Corporate Member?
Corporate membership options available.

FINANCIAL ASSISTANCE

Scholarships are available and applications may be picked up at the Y's welcome desk or on our website. Applicants will be required to provide a copy of their previous year's tax returns.

Applications are renewed yearly.

For more information about financial assistance, please call the Twin Rivers YMCA or email our membership team at membership@trymca.org



» TWIN RIVERS YMCA

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NEW BERN, NC 28560

» 252.638.8799

» www.trymca.org

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FIND YOUR
PASSION.
FIND YOUR Y.
For a better us.®

TWIN RIVERS YMCA

YOU BELONG AT THE YMCA



ABOUT OUR YMCA

Everyone is welcome! The Twin Rivers YMCA strengthens communities in Craven, Jones, and Pamlico counties through programs and services that promote Youth Development, Healthy Living, and Social Responsibility.



- ### OUR FACILITY
- State of the art cardio and weight resistance equipment
 - Newly Updated Free-Weight Room
 - Indoor AND Outdoor Pool
 - Gymnasium
 - Racquetball Court
 - CHILD WATCH!



Why the Y?

More than just a gym. It's FUN for the whole family!

Unlimited Group Exercise Classes

Designed for ALL fitness levels and ALL interests. Yoga, Aerobics, Strength Training, Indoor Cycling, Water Fitness, Seated Low Impact Classes, Boot Camp and high-energy classes like Aqua Dance and Zumba!

Health and Wellness Programs

Tailored programs and services to help members achieve their wellness goals. Personal Training, Diabetes Prevention Program, Wellness Challenges, Livestrong at the YMCA

Sports and Recreation

Fitness, Sports and Recreational programs for kids, teens and adults. Basketball, Soccer, Flag Football, Racquetball, Pickleball, Swimming, E-Sports

Kids and Family Activities

Complimentary Child Care, Family Nights Drop-In Child Watch (6 weeks - 11 years), Youth Certifications for Exercise Equipment, Socials & Activities