



We build strong **kids**, strong **families**,
strong **communities**.

July 12, 2010

Dear Hardwick Activity Center Members:

Thank you for being loyal and active members to the Hardwick Activity Center.

The YMCA of Middle TN is excited to announce the opening of its newest YMCA location, the Christ Church YMCA. This is a great opportunity for members of our communities to enjoy a YMCA in their backyard. The YMCA's **Open Doors Income-Based Rate Scale** allows all of the community to enjoy membership and programs regardless of socio-economic circumstance. Our YMCA is committed to being available to all, regardless of ability to pay.

Please contact Ann Moisan at the Maryland Farms YMCA if you have any suggestions or questions regarding the Christ Church YMCA.

Ann Moisan can be reached at 373-2900 or amoisan@ymcamidtn.org

Below are some answers to some frequently asked questions.

CHRIST CHURCH YMCA

FREQUENTLY ASKED QUESTIONS

1. When does the Christ Church YMCA open
 - a. September 13th for all current HAC members
 - b. Open house for Christ Church Members September 18th and 19th
 - c. Open house for community September 25th and 26th

2. Who can be a member
 - a. The Christ Church YMCA is open to all of the community and has a income-based sliding fee scale so everyone has the opportunity to join.

3. What are the membership rates?

| Category | Christ Church YMCA Center Only Monthly Rate | Church Member at Christ Church Center Only Monthly Rate | YMCA of Middle TN City-Wide Membership Monthly Rate |
|----------------------------|---|---|---|
| One | \$48 | \$38.40 | \$61 |
| One Plus | \$68 | \$50.40 | \$86 |
| Young One (19-28 Yrs old) | \$38 | \$30.40 | \$48 |
| Two | \$63 | \$50.40 | \$86 |
| Two Plus | \$68 | \$54.40 | \$94 |
| Senior One (62 yr & older) | \$39 | \$31.20 | \$55 |
| Senior Two | \$54 | \$43.20 | \$72 |
| Teen | \$38 | \$30.40 | \$38 |
| Three Plus | \$97 | \$77.60 | \$124 |
| Four Plus | \$126 | \$100.80 | \$154 |

- a. The rates above are included plus the regular city wide membership that will include all of the YMCA's in the association. Joining fee applies to all new members. The joining fee is being waived to all current Hardwick Activity Center members. The Christ Church YMCA will be a participant in the Healthways SilverSneakers® Fitness Program, the nation's leading exercise program for older adults. More than just a gym membership, SilverSneakers participants are offered specialized exercise classes, health education and social programs that have been shown to help older adults maintain good health, reduce health care costs and lead an active, independent lifestyle. For more information on SilverSneakers®, call 1-888-423-4632 or visit www.silversneakers.com.

4. How do I join?

- a. Go by the YMCA located at Maryland Farms Family YMCA 5101 Maryland Way, Brentwood TN and fill out a membership application and draft form
- b. As soon as the Christ Church YMCA has computers set up memberships can be started at the Christ Church YMCA

5. Where do I work out during construction?

- a. We hope to see you at our Maryland Farms and Brentwood YMCA locations.
- b. All current Hardwick Activities Center members will have access to the Maryland Farms YMCA and Brentwood YMCA on Concord Rd. beginning July 26th and will continue to have access until the Christ Church YMCA is fully operational. A membership card will be provided to you at the front desk beginning July 26th.

- c. There will be some access to equipment during the construction in the lobby area of the facility.
- d. The track will continue to stay open during construction.
- 6. Will the money I paid in advance for membership with the HAC be honored at the Christ Church YMCA?
 - a. Yes, for those who have pre-paid their HAC membership then your membership rate will be honored throughout length of your paid membership at the HAC.
- 7. What services will be provided?

Below is a description of the facility changes.

We hope these changes to the facility will help you meet your health and wellness goals. As members increase, you will see more and more additions to the facility.

- The current fitness room will become Y-Play which is child watch for 6 weeks to 6 years old. This is free to family memberships for 2 hours a day while on the property.
- The current dance room will become a Yoga/Pilates Studio. All Yoga/Pilates classes are included with your membership with no additional charge.
- The area where the "Sprint" equipment is will be an area for 6-12 yr olds, called the Youth Activities Center.
- There are three rooms upstairs:
 - The room facing the parking lot will be for cardio and stretching. Over 30 pieces of cardio will be facing the windows to give you a view of the hills. Each piece of cardio will have its own personal TV.
 - The room facing opposite will be a state of the art Group Fitness Studio with a floating hardwood floor. Classes like, BodyPump, Zumba, and STEP will be included with your membership.
 - The third room is for a full line of free weights, dumbbells, weight racks.
 - The center hallway will have a full line of Cybex machine weights.

Benefits of Membership

- Equipment Orientations, Individual Wellness Consultations, Free Health and Wellness Assessments, Y-Play and Youth Activity Center, Active Older Adult Options, Free 3N1 Personalized Introduction to Wellness

Group Fitness Classes

- Silver Sneakers, Sculpt, STEP, Zumba, Body Pump, Yoga, Pilates

8. What are the facility hours?

Facility Hours

| | |
|-------------------|------------------|
| Monday – Thursday | 6:00am – 9:00pm |
| Friday | 6:00am – 8:00pm |
| Saturday | 8:00am – 6:00pm |
| Sunday | 12:30pm – 5:00pm |

Y-Play Hours (6 weeks to 6 years old)

| | |
|-----------------|----------------------------------|
| Monday – Thurs. | 8:30 am – Noon & 4:00pm – 7:00pm |
| Friday | 8:30 am – Noon |
| Saturday | 9 am – Noon |
| Sunday | Closed |

Youth Activity Center (6 yrs to 12 yrs old)

During School Year

| | |
|-----------------|------------------|
| Monday – Thurs. | 4:00pm – 7:00 pm |
| Friday | Closed |
| Saturday | 9 am – Noon |