



www.metroymca.org

Armbrust

5404 S. 168th St.
Omaha, NE 6813
(402) 896-4200

Butler-Gast

3501 Ames Ave.
Omaha, NE 68111
(402)453-8903

Council Bluffs

7 South 4th St.
Council Bluffs, IA
51503
(712)322-6606

Downtown

430 S. 20th St.
Omaha, NE 68102
(402)341-1600

Mills County

110 Sivers Rd.
Glenwood, IA 51534
(712)527-4352

Maple St.

7502 Maple St.
Omaha, NE 68134
(402)393-3700

Sarpy Community

1111 E. First St.
Papillion, NE 68046
(402)339-9861

**LaFern Williams
South Omaha**

3010 R St.
Omaha, NE 68107
(402)731-3999

South/Southwest

13010 Atwood Ave.
Omaha, NE 68144
(402)334-8487

Twin Rivers

6100 Twin Rivers Cir.
Valley, NE 68064
(402)359-9622

No Joining Fee!

\$75 Savings for all employees of

UNMC

YMCA onsite April 8 (11am-1pm)
In front of the Nebraska Café

Visit the YMCA for more details.

Provide this promotion piece or proof of employment to get this offer.

Join any YMCA of Greater Omaha without
paying the Joining Fee
April 1-May 1, 2008



Call Chris at the YMCA
with any questions: 977-4316

2008 Monthly Rates:

NO MEMBERSHIP CONTRACTS

Young Adult (19-22): \$30.00

Adult: \$39.75

*Fitness Center Adult : \$53.50

Household: \$58.75

*Fitness Center Household: \$68.75

Single-Parent Household: \$50.00

Sr. Adult (62+): \$35.00

*Fitness Center Sr. Adult : \$50.00

Sr. Household: \$50.00

*Fitness Center Sr. Household : \$63.50

**This area provides a private 'Women's Only' and 'Men's Only' workout area. Available only at the Downtown YMCA. Come in for a tour today.*

The YMCA of Greater Omaha will not turn anyone away for inability to pay membership or program fees within the financial resources of the organization.

YMCA's of Greater Omaha Features:

- Unlimited Usage to All YMCAs of Greater Omaha
 - The AWAY Program (Membership Valid Worldwide)
 - Wellness Connection / Orientation
 - Personal Training / Registered Dietitian
 - Group Exercise Classes
 - Aquatics Classes
 - Weight-Rooms
 - Indoor Pools
 - Sauna and Steam Rooms
 - Racquetball / Basketball Courts
 - Rock Climbing Wall
 - Indoor Track
 - Active Older Adult Activities / Silver Sneakers
 - Family Adventure Center (Huge Indoor Playground)
 - Drop-In Child Care, All-Day Child Care, Preschool
 - Summer Fun Club / Day Camps
 - Supervised Teen Centers with Tutors
 - Birthday Party Hosting / Family Socials
 - Youth Sports
 - Swimming Lessons
 - Members receive reduced rates on all specialty classes and programs
- *Features may vary from location to location*