

YMCA Frequently Asked Questions

Are YMCA classes included in the Metro Individual or Household membership?

Yes and No. Many classes are included in YMCA membership. If you decide to take a class that is free to members, you will not need to pay. However, if there is a charge for members to take a class, you will be responsible for that same cost. The YMCA's program guides list classes and prices.

I work in Missouri, but live in Illinois. Can I use my 12-week Metro Individual or Household membership there?

No. The 12-week Metro Household memberships are only valid at the locations of the YMCA of Greater St. Louis. There are 18 facility locations in the St. Louis metropolitan area (including Jefferson County and Washington, MO). There may be a YMCA near your workplace or home that you can use if you work or live in Missouri.

May I try the YMCA before I decide to join?

Yes. Your company Champion was given guest passes that are good for a household for up to two free visits. You must have a photo ID and anyone under age 16 must be accompanied by an adult. You may also download a guest pass from www.ymcastlouis.org/membership. Scroll to the bottom of the page and click on the link in the last paragraph. Any of these passes are acceptable. Please note that the white Gateway to Health cards list YMCA branches and their monthly rates on the back. These rates do not apply to Challenge participants.

YMCA Metro Membership Information

All participants will receive a special rate on a YMCA Metro Individual or Household membership for the 12 weeks they participate in the Gateway to Health Challenge. This will entitle them and those in their household to use a YMCA of Greater St. Louis facility that is convenient to their work or home. The cost for an individual is \$60 and a household is \$80. If the Gateway to Health participant attends an average of three times per week for 12 weeks, they will receive their money back in the form of a YMCA credit. Your YMCA membership includes a fitness orientation session.

All Challenge participants have to do to activate their YMCA Metro Individual or Household membership is present the YMCA ID card to the front desk at any branch of the YMCA of Greater St. Louis of their choice.

YMCA Corporate Partners Program

The YMCA offers a Corporate Partners Program through which they can work with your company to offer on-site fitness classes, lunch-n-learns, and more. Contact your Champion or HR/benefits manager if you would like to see your company become a YMCA Corporate Partner.

YMCA Contact

If you need more materials for your team or have questions, please contact Kelly Grillo at (314) 436-1177 or kgrillo@ymcastlouis.org