



BECOME A MEMBER OF THE BANGOR REGION YMCA



WE'RE MORE THAN A GYM, we are a community committed to strengthening bodies, minds, and personal wellbeing. Since 1867, the Bangor Region YMCA has been dedicated to building healthy, confident, connected and secure children, adults, families, and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

**Financial
Assistance
is available.**

BANGOR REGION YMCA | Lifting People. Strengthening Community.

17 Second Street, Bangor, ME 04401 • 207-941-2808 • bangor.org

➤ BECOME A MEMBER!

The Bangor Region YMCA is a community leader in **supporting children, adults, and families** in their lifelong quest for physical, emotional, and social wellness. We are committed to building strong and healthy-minded children, individuals, families, adults and communities through our programs and services that promote youth development, healthy living, and social responsibility.

STRONG COMMUNITIES START HERE. At the heart of the YMCA lies the power to transform—both yourself and the world around you. As a non-profit deeply rooted in our community, it is our mission to provide excellent programs and services to support youth development, healthy living, and social responsibility.

At the Y we provide:

- Exceptional fitness, personal training, aquatic, and family programs
- Extensive early childhood education and school-age programs
- A safe, family fun environment

REGULAR RATES Effective as of February 1, 2026

MEMBERSHIP TYPE	JOINER FEE	MONTHLY FEE	DISCOUNTED ANNUAL FEE
Youth* (0 - 17 years old)	\$23	\$23	\$233
Young Adult (18 - 26 years old)	\$31	\$31	\$321
Adult (27 - 61 years old)	\$53	\$53	\$543
Older Adult (62+ years old)	\$43	\$43	\$455
Couples	\$68	\$68	\$710
Single Parent Household*	\$61	\$61	\$644
Household*	\$75	\$75	\$810

*Children under 9 years old must be accompanied by an adult at all times.

SPECIAL DISCOUNTS available for **Military (Active Duty), Veterans, First Responders, and Organizations.**

We are part of the American Specialty Health (ASH) Active&Fit® program.

REGULAR BUILDING HOURS

(Labor Day - Memorial Day)

Monday - Friday, 5:00am - 9:00pm

Saturday & Sunday, 6:30am - 6:00pm

SUMMER BUILDING HOURS

(Memorial Day - Labor Day)

Monday - Friday, 5:00am - 8:00pm

Saturday & Sunday, 6:30am - 4:00pm

Fitness areas close 15 minutes prior to building close
& Pools close 30 minutes prior to building close.

HOLIDAY SCHEDULE

Our Y will be closed for the following holidays:

New Year's Day	Indigenous People's Day
Martin Luther King Jr. Day	Thanksgiving & The Day After
Easter Sunday	Christmas Eve Closing at 1pm
Memorial Day	Christmas & The Day After
Juneteenth	New Year's Eve Closing at 3pm
Independence Day	
Labor Day	

MEMBERSHIP BENEFITS

YMCA MEMBERSHIP BENEFITS INCLUDE:



MEMBERSHIP FLEXIBILITY

- No Long-Term Contracts
- Nationwide Y Access
- Access to Facility 7 Days/Week
- Unlimited Access to Fitness Center and Weight Room
- Locker Room Facilities, Equipped with Sauna



PERSONAL CONSULTATIONS

- FREE Orientation
- Access to Trainers
- 4,500 sf. of Strength and Cardio Equipment
- FREE One-On-One Meetings to Help You Get Started with Group Fitness Classes



75+ FREE GROUP EX CLASSES WEEKLY

- Certified Instructors
- Convenient Hours 7 Days/Week
- Land and Water Group Fitness Classes
- Available for All Fitness Levels



FREE CHILD WATCH

- FREE Child Watch with Household Memberships
- Babysitting 6 Months to 10 Years Old
- 2 Hours Per Visit
- Offered 7 Days/Week



2 POOLS — 10 LANES

- 100+ Hours Lap/Family Swim per Week
- Daily Water Fitness Classes 6 Days/Week
- Swim Lesson Discounts
- Pool Parties



CONNECTING WITH FAMILY, FRIENDS & THE COMMUNITY

- Fun, Friendly Environment Where All are Welcome
- Family-Friendly Activities
- Children's Programming
- Community Events



DISCOUNTED MEMBER RATES

- Discounted Member Rates for Swim Lessons, Personal and Group Training, Special Weight Loss Programs, and MORE!



CHRONIC DISEASE PROGRAMS

- FREE Access to Most of our Chronic Disease Programs, Focused on Prevention, Assistance, and Rehabilitation.
- Cardiac Rehabilitation
- LIVESTRONG® at the YMCA Program for Cancer Survivors
- Arthritis/Bone Health
- Neuro Health Program for Patients & their Care Partners

We also have a **FREE Drop-In Teen Center** and **Community Food Pantry!**

Public Safety Trainings/Certifications, including American Red Cross First Aid/CPR/AED courses.

➤ MAXIMIZE YOUR MEMBERSHIP

CHILD WATCH BABYSITTING SERVICE

Parents/guardians with a Household Membership will receive FREE babysitting for up to 2 hours a visit for children ages 6 months to 10 years old.

CHILD WATCH HOURS

MONDAY – FRIDAY

9:00am – 1:00pm

4:00 – 7:00pm

SATURDAY & SUNDAY

8:00am – 1:30pm

To ensure availability, we recommend reserving your child's spot with at least a 24-hour notice by calling 207-941-2808 or stopping by the Welcome Center. Same-day requests are welcome, but availability cannot be guaranteed.

Members with an Adult or Young Adult Membership can take advantage of this service at \$5 per child per 2 hours. Members must remain at the Bangor Region YMCA while their children are in Child Watch. Please be sure to attend to your child's needs prior to dropping them off.

Child may not attend Child Watch if signs of illness are present (cough, fever, runny nose, etc.)

Note: This additional service is only for Bangor Region YMCA Members and is not included with the Nationwide Reciprocity Program. Child Watch is not part of our licensed childcare program.

CONNECT WITH US!

LIKE US on Facebook and select "Get Notifications", FOLLOW US on Instagram or DOWNLOAD our app for updates about our programs, storm cancellations, and more!



Facebook.com/BangorYMCA



BangorRegionYMCA

VISIT US ONLINE!

Sign up for a membership, view your payments, update your contact and draft information, and register for programs with your online account. It only takes a few minutes to activate it at the Welcome Center Desk or online at bangory.org where you can learn about ALL of the programs we have to offer.

YMCA NATIONWIDE MEMBERSHIP

The Bangor Region YMCA allows its members to use other YMCAs nationwide at no additional charge with a valid Photo ID. Members are encouraged to join the Y that they most often use. Some local restrictions may apply. **Please call ahead prior to your first visit.**

REFER A FRIEND!

Working out is more fun with friends! For every new member you refer, you'll get a prize! Remind your friends to mention your name when they sign up. Receive a prize for the first 5 friends you refer.

GUEST PASSES*

Members are welcome to bring guests to try the Bangor Region YMCA. Guests may use one (1) complimentary guest pass. After which time, they must purchase a daily pass or a membership. All guests must present a valid ID and sign a facility waiver.

* Maximum of 2 guests per visit.

GIFT CERTIFICATES

Give the gift of health! Bangor Region YMCA gift certificates are available for both membership and programs. A YMCA gift certificate makes a great birthday or holiday gift! Contribute to the healthy spirit, mind and body of a loved one and purchase a gift certificate at the Welcome Center!

DAY PASSES

Guests who are not ready to purchase a membership can purchase a daily pass per visit. A valid I.D. is required.

Youth*: \$5 | Adult: \$20 | Family: \$25

*Ages 0 – 17 years old

MEMBERSHIP FORM

This form must also be completed by Non-Members to be entered into the Bangor Region YMCA's database and to register for Bangor Region YMCA programs. Membership will not be activated unless it is requested at the Welcome Center Desk.

PRIMARY MEMBER INFORMATION

Referred By _____

First Name _____ MI _____ Last Name _____

Gender ☐ M ☐ F ☐ U Date of Birth _____

Race (optional) ☐ African American ☐ Alaskan Native ☐ Asian/Pacific Islander
☐ Caucasian ☐ Hispanic/Latino ☐ Native American ☐ Other _____

Household Income Level: ☐ \$0 - \$13,999 ☐ \$14,000 - \$24,999 ☐ \$25,000 - \$39,999 ☐ \$40,000 - \$54,999
☐ \$55,000 - \$74,999 ☐ \$75,000 & Over ☐ Prefer Not to Share

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

You will receive email updates about the Bangor Region YMCA as well as access to your online account with your email address. Set up your online account at the Welcome Center Desk or go to bangory.org. ☐ I do not want to receive email updates.

Employer _____ Business Phone _____

EMERGENCY CONTACT INFORMATION

Emergency Contact _____ Relation to Member _____

Emergency Contact Phone _____

HOUSEHOLD INFORMATION Please list all those you want to include in your Household Membership.

NAME (FIRST & LAST NAME)	GENDER (M/F/U)	RELATION TO PRIMARY MEMBER	DATE OF BIRTH	RACE (optional)

In consideration of gaining membership or being allowed to participate in the activities and programs of the Bangor Region YMCA and to use its facilities, equipment, and machinery in addition to the payment of any fees or charge, I do hereby waive, release, and forever discharge the Bangor Region YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damage resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injuring or damage to myself, including those caused by negligent act or omission of any of those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities of the Bangor Region YMCA or the use of any equipment at the Bangor Region YMCA. I agree to adhere to all policies set by the Bangor Region YMCA as written in the Bangor Region YMCA code of conduct. I give permission to the Bangor Region YMCA to use photographs and or videos of myself and above listed family members for the promotion, public relations, records, or other legitimate purposes. I fully understand that there is no monetary payment to be made to me or anyone else.

The Bangor Region YMCA considers it of great importance to provide a safe and threat-free environment. For this reason, the Bangor Region YMCA monitors the sexual offender registry. Persons on the list will not be eligible for YMCA membership, program participation, volunteer or employment opportunities with this YMCA.

Signature _____ Date _____

Parent/Guardian Signature (If member is under 18) _____

FOR OFFICE USE ONLY: Member ID _____

Bangor Region YMCA Staff Signature _____



AUTOMATIC DRAFT AUTHORIZATION AGREEMENT

For your convenience, we offer an automatic monthly draft option which allows for an automatic withdrawal from either your bank account, credit or debit card. Monthly drafts may occur on either the 1st or 15th of the month and a joiner fee as well as a prorated fee is due upon starting your membership. Your membership will be active on the day you join and will continue to draft, **regardless of facility usage**, until you fill out a cancellation form at the Welcome Center or online at least one (1) business day prior to your next draft date.

DRAFT INFORMATION

MEMBER INFORMATION	Name of Primary Member/Program Participant
CARD HOLDER INFORMATION	Card Holder's Name
	Card or Bank Account Billing Address (street, city, state and zip)
BANK COMPANY INFORMATION	
	Full Name of Bank
	City and State

☐ **Add \$5 on to your monthly membership and become a High 5 Breakfast Club Member.**

Your donation of \$5 a month will provide breakfast to kids in our Before School program.

Day of Monthly Withdrawal: ☐ 1st ☐ 15th **Amount of Monthly Membership Withdrawal** _____

I authorize the Bangor Region Young Men's Christian Association ("YMCA") and the financial institution designated above to begin automatic deduction from the account designated above for the amount of my monthly membership dues, program fees, and/or annual fund donations as set forth above. It is understood that your sending of a pre-authorized check to the bank as a payment becomes due shall constitute valid notice of such payment due on this membership, program or other payment. When the bank honors the check by charging my account, such check shall constitute my receipt for the payment. **Should any pre-authorized check or credit card payment not be honored by said bank when received by them, it is understood that the payment and a \$25 return payment fee is to be made to the Bangor Region YMCA.** I hereby request and authorize my bank/credit card company to pay and charge my account drawn on my bank or credit card account by me and payable to the order of the Bangor Region YMCA. For programs other than membership, my account will be drafted for the months specified, or for the current school year/program session.

Please check all boxes below:

- ☐ I understand that there is a **\$25 service charge** assessed by the YMCA on all return checks and declined monthly credit card/bank account drafts.
- ☐ I understand that my membership dues will continue to draft, **regardless of facility usage**, until I cancel my membership by filling out a cancellation form at the Welcome Center or online at least one (1) business day before the next draft date to avoid any additional fees. Weekends and holidays are not considered business days. If a member cancels on or after the draft date, they are responsible for the entire month and no refund will be given.
- ☐ I understand that my membership deduction may increase with a 30-day written notice and that I must keep my contacts, financial institution information, or credit card information current with the YMCA.
- ☐ I understand that if I change my financial institution and/or change the type of draft account, I need to come in and sign a new authorization agreement.
- ☐ MFA memberships will revert to the regular monthly rate without proof of income within 30 days of sign up.
- ☐ **I acknowledge that I have read and understand this agreement.** _____ (Initials)

The Bangor Region YMCA Board of Directors may, at their discretion, adjust the monthly rate applicable to my category of membership.

Signature of Account Holder _____ Date _____

FOR OFFICE USE ONLY: Member ID _____

Bangor Region YMCA Staff Signature _____



MAXIMIZE YOUR MEMBERSHIP

Membership For All (MFA) is an income-based pricing structure for membership that is designed to adjust the membership rate based on household income. This initiative fits the Bangor Region YMCA's mission of keeping the Y accessible to everyone regardless of financial capacity and is anchored firmly in the Y's commitment to social responsibility.

MEMBERSHIP FOR ALL RATES are determined by the State of Maine Income Guidelines.

ANNUAL INCOME	FINANCIAL AID	YOUTH	ADULT	SINGLE PARENT HOUSEHOLD	HOUSEHOLD
\$55,000+	0%	\$23	\$53	\$61	\$75
\$45,000 - \$54,999	10%	\$20.70	\$47.70	\$54.90	\$67.50
\$35,000 - \$44,999	20%	\$18.40	\$42.40	\$48.80	\$60
\$25,000 - \$34,999	30%	\$16.10	\$37.10	\$42.70	\$52.50
Under \$25,000	40%	\$13.80	\$31.80	\$36.60	\$45

PROOF OF INCOME:

1. Most recent tax return
2. Child Support/ Alimony Income
3. Social Security/ Disability Statement
4. Any other income or assistance you receive

- Total Household Income (adjusted gross) includes yourself and your spouse/significant other.
- Regular rate discounts are not applicable to MFA memberships.
- MFA Joiner Fee is the same as the monthly fee.
- It is the sole responsibility of MFA members to notify the Bangor Region YMCA of any changes in address or phone number in a timely manner. The YMCA uses the current info on file for all official communication.
- Payment of MFA membership amount is the sole responsibility of the MFA member. The Bangor Region YMCA may send a payment reminder notification; however, it is the member's responsibility to pay their fee in a timely manner regardless of a YMCA reminder notification.
- MFA members failing to pay their membership as required may be terminated. Any MFA member terminated for lack of payment will not be eligible for MFA or Open Door consideration for at least twelve (12) months. No appeals will be granted.

HOW DO I GET STARTED? Complete the Membership Form and Automatic Draft Authorization Agreement.

WHAT DOES MY MEMBERSHIP FEE PAY FOR?

Membership and program fees cover only 80% of the Bangor Region YMCA's operating costs including staffing, utilities, and facility upkeep. The remaining 20% is covered by the generous support of Bangor Region YMCA donors. This support ensures that no one is turned away due to inability to pay and without these donations, program and membership fees would increase drastically.

WHAT DOES MY JOINER FEE PAY FOR?

Your Joiner Fee is paid when you start your membership and used to help maintain our facility in support of your ongoing positive member experience.

WHAT ARE MY PAYMENT OPTIONS?

MFA memberships must be set up on a monthly draft and will reflect the MFA rate for one year.

WHAT IF I DON'T HAVE MY MOST RECENT INCOME TAX RETURN? We need to have this in order to consider you for the MFA program. If you do not file your taxes and receive SSI, disability, and other assistance, please provide a copy of your income letter.

WHAT IF I NEED ADDITIONAL ASSISTANCE BEYOND MFA RATES?

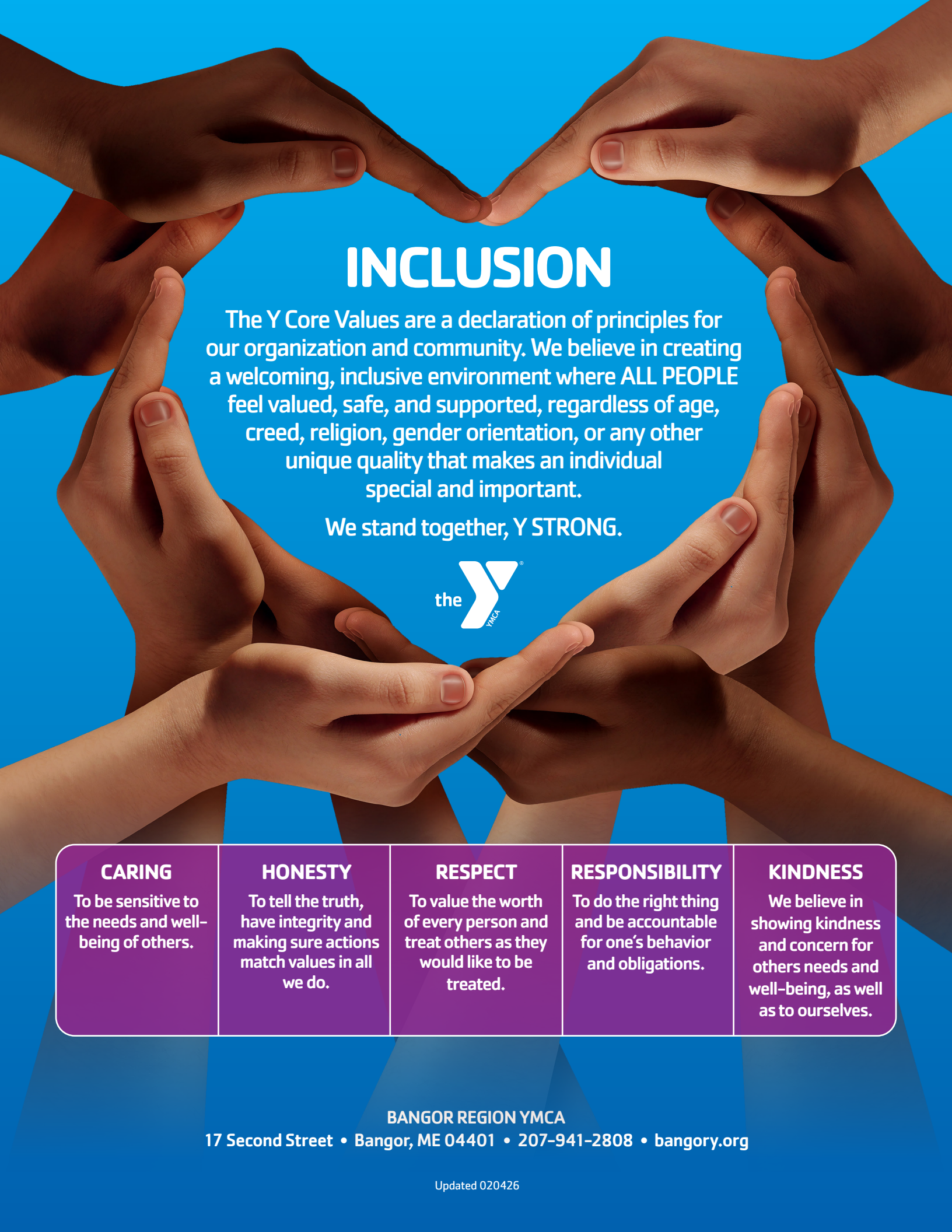
Apply for our **Open Door Program** to find out if you qualify to receive additional financial assistance for you and/or your family for a membership or selected program beyond the MFA rate.

HOW DO I APPLY FOR THE OPEN DOOR PROGRAM?

Our Open Door Program requires additional steps to ensure that we have resources available to all who need them. The Open Door application needs to be fully completed along with a letter stating other special circumstances that you wish us to take into consideration. In the interim you may activate your membership at the MFA rate until your application is reviewed. A Y staff member will be in touch to discuss your financial situation and determine how we can assist you further. Please allow 2 - 3 weeks for the application to be processed.

DO I HAVE TO RENEW THIS EACH YEAR?

Yes—to maintain your MFA rate, you will need to submit your most recent income tax return **before the 1st of the month of your anniversary date**; otherwise rates will default to the Regular Rate.



INCLUSION

The Y Core Values are a declaration of principles for our organization and community. We believe in creating a welcoming, inclusive environment where **ALL PEOPLE** feel valued, safe, and supported, regardless of age, creed, religion, gender orientation, or any other unique quality that makes an individual special and important.

We stand together, Y **STRONG**.



CARING

To be sensitive to the needs and well-being of others.

HONESTY

To tell the truth, have integrity and making sure actions match values in all we do.

RESPECT

To value the worth of every person and treat others as they would like to be treated.

RESPONSIBILITY

To do the right thing and be accountable for one's behavior and obligations.

KINDNESS

We believe in showing kindness and concern for others needs and well-being, as well as to ourselves.

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