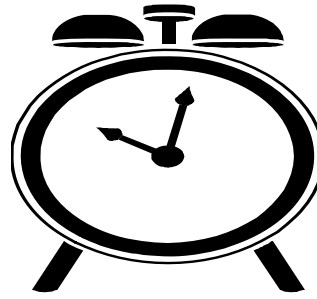
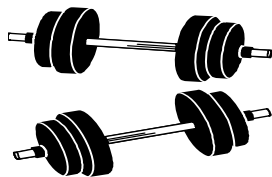


Facility Features

- ✓ 16 stations of StarTrac equipment
- ✓ Stairmasters and StepMill
- ✓ Computerized Bicycles
- ✓ Treadmills
- ✓ Cross Trainers
- ✓ Fit Xpress Circuit
- ✓ Full Size Gymnasium
- ✓ Full range of free weight equipment
- ✓ Spring action wooden aerobics floor
- ✓ Locker and shower facilities
- ✓ Multi-purpose program room
- ✓ ChildWatch Area
- ✓ KidZone Center
- ✓ Outdoor Pool
- ✓ Drink vending
- ✓ Certified Personal Trainers

Benefits of Membership

- ✓ Unlimited use of the facility
- ✓ Free fitness classes including Yoga, Pilates and Cycling
- ✓ Free water aerobics
- ✓ Free use of outdoor pool
- ✓ Free childwatch for family members
- ✓ Free KidZone Center for ages 7-15
- ✓ Discounted rates on most programs
- ✓ Ability to bring a guest for 2 free visits
- ✓ Free Fitness Orientation
- ✓ Free Health Classes/Seminars



Hours of Operation

Building

Monday – Thursday	5:00am - 9:00pm
Friday	5:00am - 7:00pm
Saturday	8:00am - 3:00pm
Sunday	2:00pm - 5:00pm

Child Watch

Monday – Thursday	9:00am – 12:00pm 4:30pm – 8:00pm
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Friday

9:00am – 12:00pm

Saturday

9:00am – 12:00pm

Kids Zone Center

Monday, Tuesday, & Thursday
4:00pm - 8:00pm

Membership Plans 2009

	<u>Joining Fee</u>	<u>Monthly</u>	<u>Annual</u>
Family	\$60	\$52	\$624
Adult	\$30	\$41	\$492
Senior	\$25	\$36	\$432
*Full time College Student	\$10	\$25	\$300
High School Student	\$10	\$15	\$180

Open Doors Discount

Adult, Family and Senior members receive an automatic discount if your income is \$35,000/year or less. Bring your most recent tax return for verification or contact Membership Services for more information.

City Resident Discount

Members living in the city limits of Kings Mountain receive a discount with proof of residency (must provide proof with a current Kings Mountain Water/Sewer bill: Codes W01; S01) or city property tax statement.

Corporate Discounts

Discounts are available to employees of some member corporations.

Only one discount per membership including Open Doors, resident, or corporate

Payment Plans Available

Monthly by Bank or Credit card Draft
Annual Invoice

Sports

Basketball
Soccer
Indoor Soccer
Fall & Spring Baseball
Spring Softball
Adult Flag Football

Special Classes

Health & Nutrition
Men's Strength Training Classes
Women on Weights Classes
Swim Lessons

Special Events

Fitness Challenges
Health Fair
Healthy Lifestyle Workshops
Annual Road Race-Jingle Bell Run

Child Care Services

Totally Kids After School

(Member preferred rates-we pick-up!)
School's Out Specials
Christmas Camp
Spring Break Camp
Summer camp
(Grades K-8)

Kings Mountain Family YMCA

211 North Cleveland Avenue
Kings Mountain, NC 28086
704-739-9631
Fax 704-669-6931
www.clevecoymca.org

Utilizing Other YMCA's

Do you live in Kings Mountain but work in Lincolnton, Gastonia, or Charlotte? Ask about our Neighborhood Connection or Central Carolinas Regional membership.

If you would like to utilize other Cleveland County YMCA's, ask about our "Membership Plus" and Global Memberships.

The AWAY (Always Welcome at YMCA) sticker on your membership card entitles you to visit participating YMCAs in other cities when you are travelling. To find any YMCA in the US call (800) 872-9622 or visit www.ymca.net.

YMCA Staff

David Ozmore,
V.P. of Operations
Jyma Atwell,
Associate Executive Director
Jamie Camp,
Sports Director
Stacy Stallings
Wellness Director
Heather Wilson
Director of membership &
Family Services
Carol Buchanan
Welcome Center Coordinator

2009 Kings Mountain Family YMCA



Mission Statement:
Helping all people reach
their God given potential in
spirit, mind and body.