



Salem Withnell Family Y Membership Types

Adult	\$55
One individual over the age of 18	
Adult Couple	\$75
Two individuals over the age of 18 residing at the same address	
Family	\$90
Two Adults over the age of 18 and any children - all residing at the same address	
Single Adult Family	\$70
One Adult over the age of 18 and any children - all residing at the same address	
Large Family	\$130
Up to 5 Adults over the age of 18 & any children - all residing at the same address	
Senior	\$45
One individual, better than 65	
Senior Couple	\$60
Two individuals, better than 65 residing at the same address	
Teen	\$10
One individual 10 years old - 17 years old	
College Students	\$25
One Adult 18 years old - 27 years old, must be enrolled in classes	



Benefits of Every Withnell Y Membership

The YMCA is a national franchise! You can go to any Y in the country and gain access.

Each Y is different, so call ahead and figure out what the policy is.

The Salem Y is in a combined organization with Monmouth-Independence (MIY) & Silver Falls!

This means your barcode works just the same at all 3 branches!

We love our members!
Each year we host an Annual Member Block Party. We also have special offers for our members to attend local sporting events

Each membership gets 5 free guest passes annually. The member must be present while using a guest pass. Members may purchase guest passes thereafter for \$5 each.

Amenities the Y Offers

Rooftop Terrace & Track (18+)
10 Laps = 1 Mile
Youth can utilize the track with an adult

Indoor Swimming Pool
Continuing the Y's long tradition of teaching and coaching swimming, the Salem facility has an ADA accessible warm water pool - typically around 84°-86°

Wellness Floor: State of the art cardio equipment, fixed and free weight equipment, wheelchair access, and TRX machine.

- 10-12 y.o. can use Cardio Equipment with Adult
- Youth may take certification for \$10 at age 13 to use fixed weights
- 16 y.o.+ may use fixed weights with no certification

Adult & Senior Membership Benefits

Access to 30-minute consultation with a certified personal trainer!
Register at the Wellness Desk

Men's & Women's locker rooms both 18+
Each equipped with a sauna

Free quarterly classes put on by community partners.

Pick-Up Adult Sports throughout the week (Basketball, Volleyball, Pickleball) & Quarterly Registration-Based Adult Sports

Free Group Exercise Classes
Access to 80+ classes weekly from Zumba to Yoga to Group Weight Lifting - we have what you need to get fit and stay accountable.

Additional Benefits of a Family Membership

Reduced Program Fees
Family Memberships receive discounts on childcare, camps, & swim lessons.

With a Family Membership, youth sports registrations are free!

Each month we host a family fitness night!
Join us for a family work out and get an activity to take home to do with your family.

With a Family Membership, you get access to our Play and Learn!
Bring your child for two hours while parent(s) are in the facility.
Monday - Friday
8:30AM-1:00PM
& 4:30-8PM
Saturday
8:30AM-12:00PM

Amenities & Programming for Teens

The Hive Teen Center
Teens have a space at the Salem Y.
A place to belong and grow together in a safe, fun environment.
Ages 10-17

Monthly clubs - free for youth ages 10-17

Quarterly teen events - free for members