



Program Highlights

□ Group Exercise Classes

From kickboxing and spin to yoga, the Frisco Family YMCA offers an array of group fitness classes to pump you up! All of our instructors are nationally certified in group fitness as well as CPR. Offering over 40 classes a week –**FREE** to members!

□ After School Child Care

The YMCA After School Care is a state licensed program. The YMCA is the largest childcare provider in the Dallas Metroplex. The Frisco YMCA After School Program provides a safe and fun environment for children in the Frisco, Little Elm, Prosper, and Celina School Districts. For more information call the YMCA today!

□ Youth Sports

The YMCA believes every child is a winner, and that is why our youth activities and sports programs focus on developing skills, reinforcing self-esteem, and improving physical fitness. Our goal is to provide a positive learning experience for all children who participate in YMCA sports.

□ Adventure Guides and Princesses

The YMCA Guides and Princesses programs are nationally sponsored programs of the YMCA to foster relationships between fathers and their children.

Financial Assistance is also available to those who qualify.

If your household makes less than \$65,000 per year, you qualify for a lower monthly rate with our new Income Based Membership Program.

Exercise Classes; Personal Training; Child Watch/Kid Zone; Locker Rooms; Towel Service; Friendly Caring Staff

Frisco Family YMCA 3415 Main Street, Frisco Texas 75034 Phone:214-297-9622 Fax 214-297-9620
Hall Office Park 2401 Internet Blvd, Suite 100 Frisco, TX 75034 Phone 972-335-3222 Fax 972-335-8165
www.friscoymca.org

Frisc Main Street Hours of Operation

Monday- Friday	5 am – 9 pm
Saturday	7 am – 9 pm
Sunday	1 pm – 8 pm

Frisc Main Street Child Watch Hours

Mon. – Thurs.	8 am-1 pm & 3:30 pm-8 pm
Friday	8am-1pm
Saturday	8am-1pm
Sunday	1pm- 4pm

Frisc Main Street Kid Zone Hours

Mon. –Thurs.	8 am-1 pm & 3:30 pm-8 pm
Friday	8am-1pm
Saturday	8am-1 pm
Sunday	1pm- 4pm

Hall Office Park Hours of Operation

Monday – Thursday	5:30 am-8:00 pm
Friday	5:30 am-6:00 pm
Saturday	Closed
Sunday	Closed

Child Watch & Kids Zone is FREE with Family Membership!

Membership Options

	Monthly	Joiner Fee
Individual	\$42	\$50
Family	\$63	\$95
Sr. Individual	\$33	n/a
Sr. Family	\$43	n/a
HS Student	\$20	n/a

Amenities & Services

Cardiovascular Equipment; Strength Training Equipment; Group Exercise Classes; Personal Training; Child Watch/Kid Zone; Locker Rooms; Towel Service; Friendly, Caring Staff.

Gold Membership: access to all Dallas Metro YMCA's, excluding Downtown.

Individual	\$56	\$50
Family	\$80	\$95
Sr. Individual	\$53	n/a
Sr. Family	\$76	n/a

Platinum Membership: access to all Metro YMCA's, Fort Worth and Arlington

Individual	\$68	\$50
Family	\$99	\$95
Sr. Individual	\$55	n/a
Sr. Family	\$80	n/a

Our Mission: To put Christian values into practice through programs that build healthy spirit, mind, and body for all.