



# MEMBER GUIDE

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

2003 E. Winnebago St. Rhinelander, WI 54501

[www.ymcaofthenorthwoods.org](http://www.ymcaofthenorthwoods.org)

715-362-9622

**Adventure Alley: Drop-In Child  
Care while you are in the facility**

**Pool Schedule Online  
Gym Schedule Online  
Youth Sports Classes**

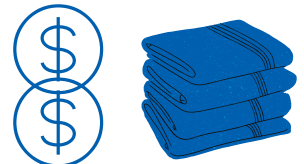
 **Personal  
Training**



**Towels: \$0.50ea. to rent or \$6/month**

**Most Insurance Plan  
Memberships Accepted**

**Membership For All-  
Community Supported Memberships**



**Whirlpool and  
Sauna:  
18 & Over**

**Guest Participant Liability form required  
for all guests in the building**

24/7 Access must be 18 or have parent/guardian with you the entire time

**Mens & Womens  
locker rooms locked  
during 24/7  
non business hours**

**More Details  
on our  
WEBSITE** →



**Family Friendly Clothing Required** 



**Full Coverage Clothing  
Clean Shoes  
Scan Here for Full Policy**

**Teen Programming**



**Free Youth Certification  
for Wellness Center Usage  
Ages 12+**

**Adult Group Fitness  
Classes: Water & Land  
Sign Up Required**

**NEW MEMBERS- FREE two  
week unlimited FIT Pass to  
try group fitness classes!**



**Volleyball & Basketball  
Adult Leagues**

**Indoor Walking Track & Outdoor Trail**

**Corporate Wellness Program-  
Help Your Employees Stay Healthy!**

**Volunteer or Attend an Annual Event!**

**Mother Son Dance-Father Daughter Dance-Teen Character Awards-Healthy  
Kids Day-Denim & Diamonds-Chase the Hodag Run-Fore the Kids Golf  
Scramble-Not So Scary Halloween Trail-Tree of Warmth-Swim with Santa-  
Pickleball Tournaments**

**2-4 Annual Guest Passes**  
See Welcome Center

**No Cell Phone usage in Locker  
Rooms, Pool, Sauna, Childcare,  
Bathrooms**

**6-7 week sessions  
for classes/programs**

**Youth  
Development  
Center  
Childcare for ages  
6weeks-5years  
Located at 511  
South Pelham St.**

**FREE  
Wellness  
Orientation**

**SHORT lockers for rent in Men's &  
Women's locker rooms for \$6/month.  
See Welcome Center to rent a locker!**



**Nationwide  
Membership-  
Visit  
participating Y's  
all over the USA!**

**For our Active Older Adult activities-  
call (715) 362-9622 ext. 118**

YMCA of the Northwoods 2003 E. Winnebago St. Rhinelander, WI  
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