



Flexible Membership | What's Included

What's Included	SURF AQUATIC LOVERS	TURF LAND LOVERS	SURF & TURF AQUATIC & LAND	CHILD/YOUTH 14 & UNDER
	For Those Who Love The Water	For Those Who Prefer Dry Land	For Those Who Want It All	
Lane Swim, Open Swim & Family Swim	✓		✓	✓
Aqua Fitness	✓		✓	
Spa Access (Balsillie Only)	✓		✓	
Reduced Fees for Specialty Aquatics & Swim Lessons	✓		✓	
Conditioning/Lifestyle Centre		✓	✓	
Fitness Classes		✓	✓	
Reduced Fees for Specialty Land Programs		✓	✓	✓
Open Gym		✓	✓	✓
Access to Treehouse (Balsillie & Belleville) <i>Additional fees apply to Private Rentals</i>	✓	✓	✓	✓
Drop-In Land Programs		✓	✓	✓
General & Universal Change Rooms & Showers	✓	✓	✓	✓
Adult Only Change Rooms	✓ <i>Membership Plus Only</i>	✓ <i>Membership Plus Only</i>	✓ <i>Membership Plus Only</i>	
Sauna (Belleville Only)	✓	✓	✓	
Steam Room (Balsillie & John Williams)	✓ <i>Membership Plus Only</i>	✓ <i>Membership Plus Only</i>	✓ <i>Membership Plus Only</i>	
Squash (Balsillie Only)		✓	✓	
Towel Service (Balsillie & John Williams)	✓ <i>Membership Plus Only</i>	✓ <i>Membership Plus Only</i>	✓ <i>Membership Plus Only</i>	
EatPlantJoy (36 Day Meal Plan)	✓	✓	✓	
Personalized YThrive Program to Meet Your Health & Wellness Goals	✓	✓	✓	
Online Fitness Classes on Y@HOME+	✓	✓	✓	✓
Competitive Rates for Personal Training		✓	✓	