



When you join the Y, you're committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

For more than a workout. For a better us.

ASK ABOUT FINANCIAL ASSISTANCE!

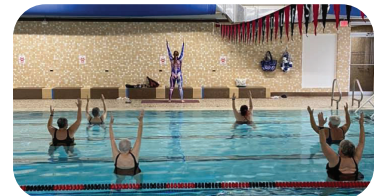
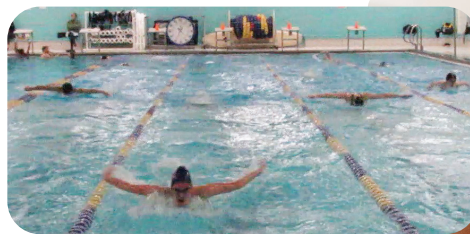
EXERCISE YOUR HEART IN MORE WAYS THAN ONE.

BERKSHIRE FAMILY YMCA | BFYMCA.ORG

Three year-round facilities, child care and school-age care sites, adult and youth programs, and summer day programs serving Berkshire County & Southern Vermont.

YEAR-ROUND FACILITY MEMBERSHIP HIGHLIGHTS

- Access to BFYMCA's three year-round facilities, and 2,600+ Y locations in the US and Puerto Rico through the Y's Nationwide Membership Program.
- Access to indoor swimming pools at all locations with lap lanes and family open swim times.
- The Pittsfield Branch is home to Central Berkshire County's largest indoor swimming pool (25 M, 6 lanes).
- Use of state-of-the-art cardio equipment, nautilus machines, heavy boxing bag, free weights, rowing machines, battle ropes, and more PLUS mirrored studio space, gymnasium, racquetball court, and basketball court.
- Berkshire Family YMCA Fitness Tracker Smartphone App.
- Reduced program fees for family memberships.
- A wide variety of FREE group exercise classes, including Yoga, SilverSneakers, TRX, Water Aerobics, Cycling (Reebok and Keiser bikes), and virtual offerings.
- Men's and women's locker room with saunas.



OFFERINGS VARY BY LOCATION. REQUEST A FACILITY TOUR.

Berkshire Family YMCA is a 501(c)(3) cause-driven nonprofit organization whose mission is to put Caring, Honesty, Respect and Responsibility into programs that build healthy spirit, mind and body for all.

FOR YOUTH DEVELOPMENT

Empowering young people to reach their full potential.

CHILD CARE

- MA EEC Licensed Child Care
- Licensed School-Age Program

SWIM, SPORTS & PLAY

- Swim Lessons, Basketball, Soccer, Flag Football, Volleyball, Baseball & More!
- Saints Football (Pittsfield)
- Summer swimming at BCC's pool
- Youth Competitive Swim Teams & Clubs
- Kids Night Out

SUMMER PROGRAMS

- Summer Day Programs
- Sports Clinics



FOR HEALTHY LIVING

Improving individual and community well-being.

FAMILY TIME

- Annual Events: Healthy Kids Day: A free day of fun for families & Pumpkin Splash: Pick your pumpkin from the pool

HEALTH, WELL-BEING & FITNESS

- Initial orientation for Y members
- Adult private swim lessons
- Co-ed Steam Room (Northern Berkshire); Steam Room Men's Health Center (Pittsfield)

SPORTS & RECREATION

- Polar Bears Masters Adult Swim Team (Pittsfield)
- Morning Pick-Up Basketball (Pittsfield)



FOR SOCIAL RESPONSIBILITY

Providing support and inspiring action in our communities.

SOCIAL SERVICES

- Financial Assistance Program
- SilverSneakers
- Family Reunification Services
- Community Partnerships

VOLUNTEERISM & GIVING

- Annual Campaign
- Volunteer sports coaches and more opportunities!



All facility users and program participants must sign required forms available on the website at bfymca.org/formstosign.

PROGRAM SITES & FACILITIES | bfymca.org/policies

Visit bfymca.org/phone-list for contacts by department.

YEAR-ROUND FACILITIES

- **Pittsfield Branch** | 413-499-7650 | 292 North Street Pittsfield MA 01201
- **Northern Berkshire Branch** | 413-663-6529 | 22 Brickyard Court North Adams MA 01247
- **Bennington Recreation Center Branch** | 802-442-1053 | 655 Gage Street Bennington VT 05201



CHILD CARE CENTERS & SCHOOL AGE PROGRAMS

Child Care Centers On-Site

- Pittsfield Branch: Serving child(ren) age 1 month to Pre-K
- Northern Berkshire Branch: Serving child(ren) ages 15 months to Pre-K

Child Care Centers Off-Site

- BFYMCA Childcare Center at Lenox (6 Holmes Road Lenox MA 01240): Serving child(ren) ages 15 months to Pre-K
- BFYMCA Taconic Early Learning Center (96 Valentine Road Pittsfield MA 01201): Serving child(ren) ages 2.9 years to Pre-K in partnership with Taconic High School's CTE Early Education & Care Program.

Before and After-School Care

- Downtown - Pittsfield Branch (bussed to/from Crosby, Conte, Morningside, Capeless), Northern Berkshire Branch & on-site at Richmond, Bennington Rec Center off-site in downtown Bennington, and Pittsfield Public Schools: Allendale, Egremont, Stearns, and Williams.



SUMMER DAY PROGRAMS

- Sumner (Pittsfield), Abenaki (Northern Berkshire), Green Mountain (Bennington Recreation Center)

MEMBERSHIP RATES

REDUCE THE RATES | One discount or promo code may be applied.

Ask about special pricing for child care and school age participants and our corporate workplace wellness program partnerships!

Financial Assistance: % Off Varies

- The Y welcomes all who wish to participate and believes that no one should be denied access to the Y based on their ability to pay. Through an application process and income guidelines, the Y decides on eligibility. Visit bfymca.org/financial-assistance for information.

Pay Year-in-Full: 10% Off

- Must pay the balance for the year membership in full.

Senior: 10% Off

- Age 62+ or Pittsfield Senior Center Membership Card.
- Just one qualifying senior may apply discount to individual or household membership.

Celebrate 100 & Beyond: 100% Off

- Complimentary individual membership for life when you celebrate your 100th birthday.

Bennington Residents

- Stop by the Welcome Center to ask about our special rates for you thanks to our partnership with the Town of Bennington, Bennington VT.



ADULT (1) 20-24 YRS OLD	\$21.00/mth	One adult age 20-24 years old on membership.
ADULT (1) 25-99 YRS OLD	\$37.00/mth	One adult age 25-99 years old on membership.
HOUSEHOLD 1 ADULT + up to 4 children	\$49.00/mth	One adult age 20-99 years old on membership. Up to 4 children through age 19 may be added. All living in the same household.
HOUSEHOLD 2 ADULTS + up to 4 children	\$64.00/mth	Two adults age 20-99 years old on membership. Up to 4 children through age 19 may be added. All living in the same household.
HOUSEHOLD 3 ADULTS + up to 4 children	\$79.00/mth	Three adults age 20-99 years old on membership. Up to 4 children through age 19 may be added. All living in the same household.
HOUSEHOLD 4 ADULTS + up to 4 children	\$94.00/mth	Four adults age 20-99 years old on membership. Up to 4 children through age 19 may be added. All living in the same household.
TEEN	\$10/mth	One teen 13-19 years old. Use the facility without an adult present and must comply with safety protocols, policies, and procedures.
YOUTH	\$5/mth	One youth age 6 mths-12 years old. Minors age 12 and younger must be accompanied by an adult age 18 and older to use the facility.

AMENITIES & EXTRAS

- Locker Rental: \$5/mth
- Men's Health Center with Steam Room (Pittsfield): \$20/mth

DAILY GUEST PASS (AGE 20 & OLDER) - \$10/DAY

- Allows individuals age 20 and up use of the entire facility for the day. No discounts allowed.

FAMILY 1 ADULT GUEST PASS (1 ADULT + UP TO 2 CHILDREN) - \$10/DAY

- Allows one individual age 18 and up AND up to two children under 13 use of the entire facility for the day. No discounts allowed.

FAMILY 2 ADULT GUEST PASS (2 ADULTS + UP TO 4 CHILDREN) - \$20/DAY

- Allows up to two individuals age 18 and up AND up to four children under 13 use of the entire facility for the day. No discounts allowed.

Note: Additional guest passes must be purchased if more children/adults are using the facility on a guest pass, including those not participating, and simply observing.