In partnership with the William S. Middleton Memorial Veterans Hospital, the YMCA of Dane County is pleased to offer significantly discounted memberships to all active VA Patients.

At the Y, our facilities, programs and services enable people to realize their potential. We empower fitness and facilitate healthy behaviors; we keep people connected with community; and we help build relationships that make us all stronger. Whether you need a new approach to wellness, help overcoming a chronic health condition, youth programming that enables your kids to thrive or just a place to get or stay fit amongst like-minded folks, the Y is here for all. For a great workout and more, join the Y and help build a better us.

YMCA of Dane County Membership Highlights:

- Month-to-month membership; no long-term contracts; and reduced program rates
- Three Dane County facilities, each with a gym, pool (lap and family time); fitness center/weight room with xID tracking; and dance/yoga studio
- Free group exercise classes
- Top fitness equipment including treadmills, cycles, ellipticals, rowers and more
- Kids Zone drop-in child care available for a small fee while you work out
- CrossFit® Box at the West YMCA; outdoor splash pad at the East Y; children’s indoor pool at the Northeast Y
- A full suite of Community Integrated Health programs (see reverse side)
- Access to YMCA’s across the state and country as an Away member
- Free wellness consultation with biometric screening
- Six free guest passes per year

INDIVIDUAL MEMBERSHIP $30
FAMILY MEMBERSHIP* $50

Important Eligibility Information:

- Family membership can include member, significant other and dependent children living in the same household.
- Must have a valid VA patient ID card to be eligible. Present your VA ID card at any YMCA of Dane County branch to enroll.
- YMCA financial assistance is not available with this significantly discounted rate.
- Membership is valid for one year and must be renewed annually.
- This membership offer is valid only at the YMCA of Dane County.

Lussier Family East YMCA
711 Cottage Grove Road, Madison
Northeast YMCA
1470 Don Simon Drive, Sun Prairie
Lussier Family West YMCA
5515 Medical Circle, Madison
www.ymcadanecounty.org
Blood Pressure Self-Monitoring Program
This evidence-based initiative emphasizes that self-monitoring and tracking can play a significant role in reducing blood pressure and improving quality of life. Participants work with trained Healthy Heart Ambassadors for the duration of the four-month program to take their own blood pressure at least two times per month, attend two monthly consultations and attend monthly nutrition education seminars. Goals include increasing awareness of triggers and teaching better management practices. YMCA Healthy Heart Ambassadors are trained in proper blood pressure measurement and provide participants with blood pressure monitors approved by American Heart Association.

Diabetes Prevention Program
Participants with prediabetes get the skills and support they deserve to make lasting diet and exercise changes to build a healthier lifestyle. This one-year program helps participants work toward reducing body weight by 7% and increasing physical activity to at least 150 minutes per week within the first half of the program. Participants must be 18 years or older, have a Body Mass Index ≥ 25 and have a diagnosis of prediabetes or a previous diagnosis of gestational diabetes.

Enhance® Fitness
This proven, nationally recognized, community-based senior fitness and arthritis management program helps older adults become more active, energized and empowered for independent living. A trained and certified instructor focuses participants on cardiovascular endurance, strength, flexibility and balance in an atmosphere of social interaction to reduce the severity of arthritis symptoms.

Pedaling for Parkinson’s
Group cycling and support help participants reduce symptoms in Parkinson’s disease sufferers and improve the quality of life of patients and their caregivers. Eligible adults aged 30–75 with a Parkinson’s diagnosis ride indoor cycles at 80–90 RPM, three times per week, 60 minutes each session, over the course of at least eight weeks (program can continue indefinitely as participants choose). YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson’s protocol and monitor heart rate and exercise frequency.

Healthy Weight and Your Child
Developed by leading pediatric health and weight management specialists, the Y’s program uses evidence and clinical guidelines to engage families in education, healthy eating and physical activity. This one-year initiative seeks to reduce a child’s body mass index & waist circumference, reduce sedentary behaviors, increase physical activity and improve self-esteem. When families participate together, caregivers share in the health benefits.

LIVESTRONG®
Adult cancer survivors can reclaim their health and well-being through this evidence-based program. Survivors can improve strength & physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. This 12-week program has a decade-long track record of success and includes cardiovascular conditioning, strength training, balance and flexibility exercises facilitated by YMCA-certified instructors.

Moving for Better Balance
Participants in this 12-week, evidence-based, group program improve their strength, balance, flexibility and mobility through the slow and therapeutic movements of Tai Chi. This approach is designed to aid rehabilitation for those age 45 and older, especially those dealing with the effects of heart disease. Goals include fewer falls and fewer fall injuries.