

Valued Deer Path branch member,

As we begin 2025, we do so with a deep sense of gratitude to you, our members and Y family. Thank you for your membership, and encouragement as we continue to create unparalleled member experiences for you.

We stand proudly behind our mission as a charitable, nonprofit organization committed to strengthening our communities through membership and programs that foster youth development, healthy living and social responsibility for all. We sincerely thank you, our members, for standing behind us.

We know that participation in regular physical activity is proven to boost the immune system, reduce stress and elevate a positive mood. And, achieving and maintaining your well-being in a clean, functioning and supportive environment matters to you. With this in mind, River Crossing YMCA continues to invest in your health.

The value of your membership remains evident through::

- Monthly member appreciation events
- Monthly free, fun family Fridays for Family members
- Five free guest passes annually
- A robust offering of high quality programs
- \$10 Y Bucks on your birthday and more
- Pickleball now included as a membership benefit (including our new Sunday open play time)
- Stay & Play babysitting services, providing care and engagement to little ones as parents and caregivers enjoy our amenities
- Monthly parents night out babysitting events now available for children starting at 3 months old.
- *NEW!* Sitter Service - providing a traditional babysitting option for members and non-members to leave the facility for a nominal fee
- Complimentary Coffee
- Implementing new, staff internal emergency communication equipment; supporting swift emergency response for when you need us most
- We have an app for that! RCY phone app - Everything you need conveniently found in one place

A commitment to helping you meet your health and wellness goals with:

- **47 live weekly group exercise classes**
- We continue to hire talented and nurturing instructors to meet our members needs, but also assess our **Group Exercise classes** being offered working towards getting the right classes at the right times to best serve our members! New chairs were purchased for our Silver Sneakers and chair classes.
- **Nutrition** specific programming has been added to further enhance our members wellness experience with a full library of nutrition specific content on Y Wellness 24/7.
- **Fitness Equipment Orientations** of the Wellness Center reviews how to operate, adjust and safely use the machines available to you in your Wellness Center. Equipment orientations also review everything you need to know when utilizing the Wellness Center and give you a familiar face to have someone you can go to for help if you need it! Register in Mindbody.
- **Special Group Exercise events** FREE with membership are back and run throughout the year to keep you connected and moving! Events include ZUMBATHONS, MOSSA Launch Parties, Halloween Spooky Circuit Parties, Turkey Burn Workouts and more!
- **Myzone Tribe** for greater community through connections with other YMCA Myzone users, accountability for staying consistent, and motivation to keep you moving, whether at the Y or at home through the Myzone app.
- New Myzone Switch belts are available for a member price of only \$90! Retail at \$159.
- Bring the Y to YOU! **Y Wellness 24/7 virtual platform** provides access to over 75 live classes weekly led by Y instructors, over 10,500 Y-specific on demand classes, new homepage navigation to help find your Y classes and favorite instructors quicker, and exciting new playlists including Primed for Pickleball, Athlete Academy for athletes of all ages, Nutrition for a Healthy Heart, Healthy Bytes Nutrition, Take 5 Quick Stretches and Meditation, and more!
- Learn the true makeup of your body with an **InBody Body Composition Wellness Scan**. An Inbody scan and/or Fitness Consultation is available once every 90 days with your membership. Gain knowledgeable guidance from a fitness professional to ensure you are working towards your goals.
- Wellness initiatives and challenges offered six times throughout the year to keep you accountable, motivated, and connected!

- Implementing new internal emergency communication safety systems across the region

Membership fees are 100% dedicated to operating our facilities and programs, and we are committed to providing exceptional value for your fees. River Crossing YMCA, like most organizations, faces uncontrollable increases in costs such as utilities, fuel and services. Most pressing is the critical need to invest in the recruitment and professional development of dedicated staff teams. Our staff pour their hearts into the Y, and are an integral part of our high-quality programs and services.

To this, membership rates will increase slightly with the March 2025 membership draft.

Membership type	2025 price
2 Adults	\$134
2 Active Older Adults	\$111
Ability	\$36
Adult	\$87
Active Older Adult	\$69
Family 1	\$120
Family 2	\$137
Teen	\$55
Young Adult	\$58
Youth	\$36

Your membership means so much to us, and we cannot strengthen the spirit of community without you. As always, if you are experiencing financial hardship, please [click here](#) to be connected to our financial assistance program.

On behalf of River Crossing YMCA staff, board and volunteers, we wish you a healthy and happy 2025! Together, we can continue to make our communities a better, safer and healthier place for all. I remain here for you for any questions regarding your membership. Please contact me at kheimall@ymcarivercrossing.org.

Here for you,

A handwritten signature in black ink that reads "Kristin Heimall". The signature is written in a cursive style with a large, stylized initial "K".

Kristin Heimall
Vice President of Operations, Hunterdon Region