

Subject: Spring Valley YMCA Multisport Gators 2018 Membership Options

Date: December 9, 2017

Hello Gators,

As a way of expanding the reach of our club to relocated Gators and others from outside of the Spring Valley YMCA's home area while maintaining the heart of our club at its Spring Valley YMCA base, we are excited to announce that we will offer two primary membership types in 2018 including a "Training Membership" (for YMCA and non-YMCA members) and a "Social Membership". Before we describe each, we'd like to note that we're doing this on a **trial basis for 2018**; during 2018 we will evaluate the options and determine if any modifications are needed. Also, **"Social Membership" will only be available to those residing outside of the Spring Valley YMCA's home territory.** We believe that the "Social Membership" is a great option to enable relocated Gators to continue to enjoy participation in the club and also a great way to introduce new members from outside of the Spring Valley YMCA area to the club.

Following is a brief explanation of each membership type...

- **Training Member:** The cost for the standard membership for local YMCA members is the same as it has been since the inception of the club, which is \$125/individual/year and \$200/couple/year (couples residing in the same household), January 1 to December 31. It is available to members of the Spring Valley YMCA and members of other branches of the Philadelphia Freedom Valley YMCA. Additionally, a second new training membership option for non-Y members is also now available for \$250/individual/year and \$400/couple/year. With either training member option, the member benefits are exactly the same as we have today including...
 - **Training Peaks basic account with workouts** posted by our USAT-certified head coaching team
 - Access to all **coach-led Y-based workouts** including four weekly swim workouts (Monday/Wednesday morning and evenings), spin workouts (Tuesday nights), strength/core/flexibility/yoga workouts (Tuesday and Thursday nights), bike trainer sessions (Thursday nights and Saturday mornings); in total this is approximately 10 hours of coach-led workouts/week when we are training full time indoors and approximately 4 hours/week when we are training outdoors
 - Access to all **coach-led outdoor workouts** including Tuesday and Thursday night cycling and occasional Saturday morning cycling
 - **In-person attendance at regularly scheduled seminars and clinics** taking place at the Y (approx 8-12/yr)
 - Attendance at any **clinics and seminars scheduled to take place outside of the Y**
 - **Member t-shirt**
 - Access to **Sponsor offers and discounts**
 - Access to any **club raffles** for various items such as race entries, equipment, etc.
 - **Private Facebook Group** access
 - Inclusion on club **"Who's In?" event calendar** and ability to participate in club events.
 - Inclusion on club **email distribution list**
 - Option to participate in fall and winter **Gator Fitness Challenges**
 - Participation in **club socials and parties**
 - Access to **Gator tri kits and other club gear** available for purchase
- **Social Member:** The cost for this membership is \$50 per individual per year, January 1 to December 31 (there is no couples rate). It is available to the following groups:
 - Members of a Philadelphia Freedom Valley YMCA branch other than the Spring Valley YMCA
 - Those that live outside of the Philadelphia Freedom Valley YMCA's home territorySocial Members will receive all of the Training Member benefits **EXCEPT** for...

- Training Peaks basic account with workouts posted by our USAT-certified head coaching team
- Access to all coach-led Y-based workouts including four weekly swim workouts (Monday/Wednesday morning and evenings), spin workouts (Tuesday nights), strength/core/flexibility/yoga workouts (Tuesday and Thursday nights), bike trainer sessions (Thursday nights and Saturday mornings); in total this is approximately 10 hours of coach-led workouts/week when we are training full time indoors and approximately 4 hours/week when we are training outdoors
- In-person attendance at regularly scheduled seminars and clinics taking place at the Y (approx 8-12/yr)

Additionally, while Social Members cannot participate in clinics and seminars in-person at the Y, they will have access to any such events that are broadcast via Facebook Live video.

Please contact us with any questions.

Byron, Frank, Chris, Gina, Kristen, Lynn, and Don
Spring Valley YMCA Multisport Gators Leadership Team

