



# MEMBERSHIP

## Membership

Your JCC of Syracuse Membership Department is dedicated to developing and maintaining relationships with current and prospective JCC members. We're all about strengthening the JCC through member participation and support by providing individualized service and attention as well as accountable actions.

### Join the JCC!

The JCC of Syracuse offers a variety of flexible membership options to anyone in the community. Members enjoy use of the center, the outdoor heated pool, access to the fitness facilities and program exclusives and discounts. Specific benefits vary depending on whether you join as a Full-Facility (Fitness) or Non-Fitness member. Please see the chart at right for details.

You do not have to be Jewish to become a member of the JCC of Syracuse. Your JCC membership is a one-year commitment and automatically renews each year unless cancellation notice is given in writing. Annual membership is non-refundable and payment is due in full upon joining. Or, for your convenience, monthly payment plans are available including automatic payments from your credit or debit card. Enroll today by completing pages 2-3.

### Dedicated to serving our community

As a 501(c)(3) not-for-profit community center, our mission is to serve our community. We occasionally offer membership allowances on a case-by-case basis to accommodate those with special needs and financial circumstances. Contact our Membership Director for additional details.

### Questions?

For more information about joining the JCC of Syracuse, please contact our Membership Director at 315-445-2040, ext. 140.



### JCC MEMBER BENEFITS\*\*

Benefits	Full-Facility (FF)	Non-Fitness (NF)	Non-Member
Member Rates on Programs & Svcs.	●	●	
Pool Membership	●	●	
Sports & Fitness Center	●		
Group Exercise Classes*	●	○	○
Personal Training	○	○	○
Fitness Assessment	●	○	○
Massage	○	○	○
Nutritional Counseling	○	○	○
Special Fitness Packages	○	○	○
Indoor Running/Walking Track	●		
Towel Service	●		
Member Reciprocity	●	●	
Open Gym & Leagues	●	○	○
Campus Play Grounds & Courts	●	●	●
Senior Lunch Program	○	○	○
Access to Early Childhood Development Program (ECDP)	●	●	
Room/Space Rental	○	○	○

● Included with membership      ○ Additional fees or restrictions may apply

\*Per class fee applies to Tap and Ballroom Dance.

\*\*Some benefits may not be available at this time due to the coronavirus pandemic.

*Trial and discounted promotional memberships are not eligible for child care or other program discounts.*



# Membership Options & Rates

Please complete and submit this form along with the Membership Application form on page 3.

## MEMBERSHIP OPTIONS

CATEGORY	CODE	TYPE	DESCRIPTION	RATES (ANNUAL / MONTHLY)	
				FULL-FACILITY (FITNESS)	NON-FITNESS
Family	A	2-Parent Family	2 adult caregivers, children and dependent students within a single household	\$864 / \$75	\$463 / \$42
Family	B	1-Parent Family	1 adult caregiver, children and dependent students	\$628 / \$57	\$351 / \$34
Couple	C	Adult Couple	1 adult couple with no dependents living at home	\$747 / \$66	\$419 / \$39
Individual	D	Individual Adult*	1 adult age 18+	\$546 / \$49	\$314 / \$28
Student	E	Individual Student*	Any student age 14+ with valid student ID	\$345 / \$32	N/A
Senior	F	Senior Adult	1 adult age 60+	\$486 / \$44	\$135 / \$15
Senior	G	Senior Special	1 adult age 60+, weekdays only	\$274 / \$26	N/A
Senior	H	Senior Couple	2 married adults, one is age 60+	\$675 / \$60	\$209 / \$20

\*Individuals age 35 and younger may add a spouse to a Full-Facility (Fitness) membership for an additional \$99/year.

## ADDITIONAL CONTRIBUTION

I	Mitzvah	Monetary tax-deductible contribution in addition to any membership	Any amount
J	Silver	Monetary tax-deductible contribution in addition to any membership	\$100
K	Gold	Monetary tax-deductible contribution in addition to any membership	\$200
L	Platinum	Monetary tax-deductible contribution in addition to any membership	\$300

## LOCKER RENTAL (Full-Facility memberships only; optional)

M	Small	Annual cost for a small personal locker; limited availability	\$50
N	Large	Annual cost for a large personal locker; limited availability	\$100

## ONE-TIME ENROLLMENT FEE (New and lapsed memberships only)

Full-Facility (Fitness) members – A, B, C, D	\$50	Non-Fitness members – A, B, C, D	\$30
Full-Facility (Fitness) Student/Senior – E, F, G, H	\$25	Non-Fitness Senior – F, H	\$15

## PLEASE FULLY COMPLETE...

Today's Date:

Full Name:

Date of birth:

*In the spirit of Tzedakah, please consider making a tax-deductible contribution along with your membership payment.*

REGISTRATION	CODE	AMOUNT
Membership Type (A-H)		
Additional Tax-Deductible Contribution (I-L)		
Locker Rental (Full-Facility only; M-N)		
Enrollment Fee (If applicable)	-	
	<b>TOTAL</b>	

*Please complete the Membership Application on the next page. >>*

**PAYMENT METHOD**     **Check** (Payable to JCC of Syracuse)     **Cash** (Do not send cash in the mail)

**Credit Card** (MC, Visa, Discover, Amex)

Acct. #:

Exp. Date:

Security Code:

Cardholder Name:

Signature:



# JCC MEMBER WAIVER & INFORMATION SHEET

(Parent or guardian must sign for minors under 18 years of age.)

*(Please Print Legibly)*

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Name of Spouse Listed on Your Membership (if applicable): \_\_\_\_\_

Name of Dependents Listed on Your Membership (if applicable):

	First Name	Last Name	Age
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

Person to Contact in case of Emergency:

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Relationship \_\_\_\_\_

The undersigned hereby agrees to indemnify and hold harmless, the Jewish Community Center, its agents, and independent contractors from and against any and all claims, damages and expenses arising out of any damages, bodily injury, sickness or death resulting from use of this facility and/or participation in any activity in the Jewish Community Center's Family Sport and Fitness Center.

I understand that there are risks associated with physical activity, including but not limited to musculoskeletal injuries, abnormal blood pressure, fainting, irregular fast or slow heart rhythms, and in rare instances, heart attack, stroke or death. I understand that should I have any known medical condition, that it is my responsibility to consult with a physician before beginning an physical exercise program, and I acknowledge that by signing below, I am taking full responsibility for my health should I choose not to consult a practitioner.

I understand that as a member of this facility it is my responsibility to abide by all the rules of the facility and carefully use the equipment within. I assume the responsibility of any and all injuries that might occur as a result of using the equipment improperly, or failing to check the stabilization of the equipment prior to use. Personal trainers are available by appointment. Members are highly advised to take advantage of 1 free orientation session within the first month of their membership. The JCC recommends that all members use the trainers to minimize possible injuries, and/or complication.

I have read and agree with the preceding paragraphs as acknowledged by my signature.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if under 18 years): \_\_\_\_\_ Date: \_\_\_\_\_

Over →

How did you hear about the JCC Family Sports and Fitness Center? (Please check all that apply)

- Existing JCC Member /  Existing JCC Employee: Whom \_\_\_\_\_
- Friend /  Relative: Whom \_\_\_\_\_
- Newspaper: Source \_\_\_\_\_
- Literature: Source \_\_\_\_\_
- Medical Professional: Whom \_\_\_\_\_
- Employer/Corporate: Whom \_\_\_\_\_
- Radio/Television Ad: Station \_\_\_\_\_
- Other: \_\_\_\_\_

New Member Privileges

As a JCC Full Fitness Member, you are entitled to one free one hour fitness orientation session with our Sport and Fitness Director. During this time, a health assessment will be taken and any concerns or limitations you may have will be discussed. You will go through some basic goal setting, nutrition counseling, and a basic exercise program will be outlined. Based on your goals and past history, you will be put through a light workout; all focused on helping you achieve your goals. If desired, you will be familiarized with the cardiovascular and strength training equipment and equipment settings will be determined according to your body size. Learn about all that the fitness center has to offer, and how to utilize all aspects of the health club to help you reach your goals.

We strongly recommend that all new members take advantage of this session, **ideally during the first month of membership**. Research has shown that people who meet with a trainer within the first 3 days of joining a gym, have more success and stay around longer. We want you to be able to get the most out of your time here. Let our training staff show you how!

New members also receive a designated number of free guest passes when signing up for membership. Members must accompany guests during their visit and passes must be presented at the time of visit.

For further information on JCC Family Sports & Fitness Center policies, please refer to your membership manual.

I have read and agree with the above statements. I also acknowledge that I have received \_\_\_\_\_ number of free guest passes and that I have received a JCC Family Sports and Fitness Center Membership Manual.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature (if under 18 years) \_\_\_\_\_ Date \_\_\_\_\_