

Membership Fees - 2009

Annual	Resident*	Non-Resident*
*Family	\$253.00	\$379.50
Adult (16-59)	\$201.00	\$282.00
Youth (5 – 15)	\$ 97.50	\$129.50
Senior (60 +)	\$136.50	\$205.00
Medica Single (18+)	\$240.00	\$282.00

Monthly	Resident	Non-Resident
*Family	\$25.00	\$37.50
Adult (16-59)	\$20.00	\$28.00
Youth (5 – 15)	\$10.00	\$13.00
Senior (60 +)	\$13.00	\$20.00
Medica Single (18+)	\$20.00	\$28.00

Patrons with Monthly Memberships must enter a one year agreement. An enrollment fee of \$30 applies to all Monthly Memberships.

* Seniors purchasing a Family Membership with another senior in the same household are eligible for a 15% discount.

Credits on Membership Fees

BLUE CROSS BLUE SHEILD- BLUEPRINT FOR HEALTH® FITNESS

Get an attitude. Get Healthier. Get \$20

Eligible participants of BluePrint for Health® fitness discounts program can receive up to a \$20 credit towards each month's membership dues by simply working out a minimum of twelve times per month. This program is available for up to two per household. Participants need to be eighteen years of age or older. Not all Blue Cross plans include the fitness discounts benefit.

FIT CHOICES™ BY MEDICA

A new way to think about health and fitness

Sign up for Fit Choices by Medica and get a \$20 monthly credit toward your membership. Eligible Medica members who exercise eight times or more will receive the monthly credit. For more information on Fit Choices by Medica go to www.medica.com and click on the Fit Choices by Medica link.

UCARE

Get fit for less, with UCare Minnesota!

UCare Minnesota has a fitness program for UCare Senior members and we are pleased to be a part of it. If you are a UCare for Seniors member, you can get up to \$20 per month credit if you exercise eight or more days per calendar month.

DEFINITY HEALTH

Definity Health, a division of the United Healthcare Group, is now offering up to \$20 credit towards membership dues. Certain employer groups are now eligible for this program. The eligibility criteria may vary between employer groups.

SILVERSNEAKERS FITNESS PROGRAM®

SilverSneakers® classes are perfect for the public and free to Medicare-eligible members with Medica, Humana or BCBS Health Plans. The program includes basic fitness membership services and trained instructor led classes.

www.ci.shakopee.mn.us (P) 952-233-9500 (F) 952-233-3831 (TTY) 952-496-4122 9

Corporate Memberships

Corporations, industries and business employees of Shakopee are encouraged to utilize the Shakopee Community Center to get fit. Employees may purchase a membership at a resident rate by simply providing employment verification at time of purchase. Youth memberships are not eligible for the corporate rate.

Adult Fitness Orientations

Sign up at the Community Center for an orientation to help you get acquainted with our fitness equipment. A certified personal trainer, will show you the proper use of cardio and strength training equipment.

When:	Time:	#	AFO
Tuesday, January 5	7:00 PM	#	AFO 105
Saturday, January 23	10:30 AM	#	AFO 123
Tuesday, February 2	7:00 PM	#	AFO 202
Saturday, February 27	10:30 AM	#	AFO 227
Tuesday, March 2	7:00PM	#	AFO 302
Saturday, March 20	10:30 AM	#	AFO 320
Tuesday, April 6	7:00 PM	#	AFO 406
Saturday, April 24	10:30 AM	#	AFO 424

Fee: \$10

Members will be refunded the fee at time of orientation. If participant does not attend the orientation, we retain the \$10.

Adult Open Gym

The following are designated for adult only (age 18 and older). Pick-up games may be played at any time during designated Adult Open Gym and purchase of daily pass or membership.

Open Basketball:

Tuesdays 6:45 - 8:45 PM
Saturdays & Sundays 8:00 - 10:00 AM

Open Volleyball

December 6 - April 11
Sundays 5:00 - 6:45 PM

Catch Time

Looking for a place to just play catch and to warm up your throwing arm? No hardballs are allowed. You will need to use a soft core ball such as Incredi-ball. There will be Incredi-balls at the front desk to check out. This is a time for playing catch only. No batting will be allowed.

When: Sundays, February 7 - April 11

Time: 12:00 - 2:00 PM

Where: East Gym of Community Center

Fee: Free with membership or a purchase of a daily pass.

Family Walking Time At the Track

Strollers will be allowed at this time. Wheels on strollers must be clean and dry. Strollers should be used on the inside lane only and in single file. Children must be supervised by an adult during family walking times.

Monday–Friday	10:30 -11:30 AM
	1:30 - 2:30 PM
	4:30- 6:30 PM
Saturdays & Sundays	1:30 - 2:30 PM