



7th Grade Membership FAQs

What is the free 7th grade membership?

The YMCA of Greater Birmingham's 7th Grade Initiative offers seventh-grade students a complimentary youth membership during their 7th grade year.

Does the Y have free memberships for 8th graders, 6th graders, or other grades?

No. The program and membership access is intended specifically for students in the 7th grade.

Why 7th grade?

Seventh grade is a pivotal and transitional time for many teens – sports become more competitive and provide less opportunity for the average child to be involved in physical activity. Additionally, it is a time when teens are often given more freedom to choose how they spend their free time. Habits that begin in the 7th grade are likely to continue into adulthood. At the Y, we want to support and encourage kids to make good decisions and form healthy habits that lead to a healthy lifestyle.

Does the 7th grader have to go to a school in the Birmingham area?

Yes. This membership is only for 7th graders in Jefferson or Shelby County.

How long is the membership effective?

The Free membership is available the summer prior to the 7th grade year through the summer following the student's 7th grade year. (June 1 prior to new school year through July 31st following the school year).

What do I need to bring to prove that the student is in 7th grade?

We trust the enrolled parents and students are abiding by the 7th grade requirement.

What if the student is homeschooled?

Home schooled students completing the required orientations are welcome in the program.

I don't have a YMCA membership. If I sign my 7th grader up for a membership, can I workout with them — will I also get a free membership?

This free membership is only available for current 7th graders. However, we would love for family members to join the Y and enjoy the same benefits of membership. Complete [THIS](#) Membership Inquiry Form and a Membership Engagement Director will reach back with more information. Membership Rates and Categories can be found [HERE](#).

I have an existing membership that includes a 7th grader, do I get a discount?

If your 7th grader is the only youth/dependent on the family membership, you can downgrade to an adult only and have the youth do the free membership.

I just found out about this program, can I get reimbursed for the months I have already been paying for my 7th grader?

Any existing memberships will be adjusted at the time of enrollment into the 7th Grade Initiative. Enrollment will not be retroactive.

If I have more than one 7th grader in my family (i.e. twins or triplets), is my family still eligible for this membership?

Absolutely.

Can a 7th grader sign up for this membership on his/her own, or does a parent/guardian need to be present to sign and complete the 7th grade membership application?

A parent guardian will need to complete the electronic enrollment process on location at the Y or Online remotely. Parents/guardians will need to complete and sign the electronic waiver during the Join process and add themselves, along with contact information, as a Non Member to the Free Membership account.

Are there any special activities for 7th graders? What can they do at the Y?

7th graders will have access to much of the Y including gyms for basketball/pickleball, swimming pool, designated areas of the fitness center*, YGTeens Small Group Training, Group Exercise class, Enrichment Activities and Classes.

Some programs require advance registration – Fee-based programs would benefit from the member rate.

***In order to utilize designated areas of the fitness center, the student must complete a Youth Fitness Orientation – you may sign up for your orientation after activating your membership.**