



EFFECTIVE JULY 1 2026

PROGRAM PRICE LIST 2026 - 2027

SUBJECT TO CHANGE WITHOUT NOTICE

SWIMMING

Adult & Youth Private Lessons		
30 minutes	Member	Non-Member
1 Session	\$48	\$66
5 Sessions	\$225	\$295
10 Sessions	\$425	\$570
45 minutes		
1 Session	\$64	\$85
5 Sessions	\$310	\$410
10 Sessions	\$600	\$800
60 minutes		
1 Session	\$75	\$98
5 Sessions	\$350	\$450
10 Sessions	\$670	\$870
Adult & Youth Buddy Lessons		
30 minutes	Member	Non-Member
1 Session	\$38	\$52
5 Sessions	\$178	\$240
10 Sessions	\$340	\$460
60 minutes		
1 Session	\$59	\$80
5 Sessions	\$280	\$380
10 Sessions	\$540	\$730
SQUASH		
Adult Private Lessons		
60 minutes	Member	Non-Member
1 session	\$80	\$90
5 Sessions	\$380	\$428
10 Sessions	\$725	\$810
Adult Buddy Lessons		
60 minutes	Member	Non-Member
1 Session	\$45	\$55
5 Sessions	\$214	\$261
10 Sessions	\$405	\$495
TENNIS		
Adult and Youth (6+) Lessons		
	Price	Contact
1 Session	\$60 - \$85	mitrectennis@mit.edu
Indoor Tennis Drop-In Rates		
60 minutes	Member(DAPER)	Non-Member
Prime-Time	\$47	\$53
Non-Prime-Time	\$31	\$36
Indoor Tennis Times	M-F	Sat/Sun
Prime-Time	7p - 10p	8a - 2p
Non-Prime-Time	7a - 2p	

GROUP EXERCISE

Drop-in Classes		
1 Class	Member	Non-Member (includes guest pass)
	Now included in membership	TBD
No Show Fees		
Per Class	Member	Non-Member
	\$5	\$5
Late Cancellation Fee		
Per Class	Member	Non-Member
	\$2.50	\$2.50
Member classes and monthly passes		
	Discontinued	Members only
ASSISTED STRTETCHING		
Private Session	Member	Non-Member
30 minutes	\$41	\$56
60 minutes	\$65	\$80
PROGRAM DESIGN		
Workout Program for 1 cycle		Non-Member
	\$65	\$65
Season Package		
Workout Program with Check-ins		Non-Member
	Member	\$180
		\$180
PERSONAL TRAINING		
Teen Equipment Orientation (ages 13 - 17)		
45 minutes	Member	
3 Sessions	\$195	
Adult and Youth Private Training		
45 minutes	Member	Non-Member
1 Session	\$58	\$73
5 Sessions	\$276	\$351
10 Sessions	\$527	\$677
25 Sessions	\$1,260	\$1635
60 minutes		
1 Session	\$65	\$80
5 Sessions	\$309	\$384
10 Sessions	\$590	\$740
25 Sessions	\$1,413	\$1788
Adult and Youth Buddy Training		
45 minutes	Member	Non-Member
1 Session	\$45	\$60
5 Sessions	\$215	\$290
10 Sessions	\$410	\$560
25 Sessions	\$980	\$1355
60 minutes		
1 Session	\$55	\$70
5 Sessions	\$260	\$335
10 Sessions	\$410	\$650
25 Sessions	\$1,195	\$1570



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ASSESSMENTS		
Inbody only	Member	Non-Member
	\$25	\$33
Health Assessment	Member	Non-Member
	\$80	\$96
Fitness Assessment	Member	Non-Member
	\$95	\$111
Performance Assessment	Member	Non-Member
	\$110	\$126

MASSAGE	
Private Massage	
30 minutes	Member
1 Session	\$55
60 minutes	Member
1 Session	\$99
90 minutes	Member
1 Session	\$150

WELLNESS YOUR WAY	
Group Exercise (30 participant max)	
60 minutes	Total Class Cost
Per Class	\$95
Small Group Personal Training (6-8 participants)	
30 minutes	Price
Per Session	\$75
Large Group Personal Training (30 participant max)	
30 minutes	Price
Per Session	\$75
Chair Massage (5-15 minutes/person, 2 hour minimum)	
2 hours	Price
1 Massage Therapist	\$125
Nutrition Coaching (100 participant max)	
60 minutes	Price
For Performance	\$95
For Energy	\$95
How to Create a Workout (100 participant max)	
60 minutes	Price
	\$95
American Red Cross Skills	
Pricing based on certification preference and class size	

NUTRITION		
Nutrition Coach Intro	Member	Non-Member
Mandatory First Session	\$80	\$88
Follow-up for Success	Member	Non-Member
1 Session	\$70	\$78
Short-term Preparation	Member	Non-Member
5 Sessions	\$315	\$351
Season-long Support	Member	Non-Member
10 Sessions	\$595	\$663

GOLF		
Adult and Youth Private Lessons		
60 minutes	Member	Non-Member
1 Session	\$105	\$115
5 Sessions	\$500	\$540
10 Sessions	\$806	\$905
Adult and Youth Buddy Lessons		
60 minutes	Member	Non-Member
1 Session	\$75	\$82
5 Sessions	\$350	\$390
10 Sessions	\$453	\$500
Indoor Golf Simulator Reservations (1-2 Participants)		
60 minutes	Member	Non-Member
1 Session	\$45	\$53

ICE SKATE		
Adult Skate Rentals		
Figure or Hockey	\$5	\$7
Adult and Youth Private Lessons		
30 minutes	Member(DAPER)	Non-Member
1 Session	\$42	\$50
5 Sessions	\$185	\$225
Adult and Youth Private Lessons		
30 minutes	Member(DAPER)	Non-Member
1 Session	\$25	\$33
5 Sessions	\$113	\$153