



EFFECTIVE 07/01/2022

PROGRAM PRICE LIST 2022 - 2023

SUBJECT TO CHANGE WITHOUT NOTICE

SWIMMING

Adult & Youth Private Lessons

30 minutes	Member	Non-Member
1 Session	\$34	\$48
5 Sessions	\$155	\$205
10 Sessions	\$290	\$390

60 minutes	Member	Non-Member
1 Session	\$57	\$78
5 Sessions	\$260	\$355
10 Sessions	\$490	\$670

Adult & Youth Buddy Lessons

30 minutes	Member	Non-Member
1 Session	\$27	\$37
5 Sessions	\$125	\$165
10 Sessions	\$240	\$310

60 minutes	Member	Non-Member
1 Session	\$45	\$62
5 Sessions	\$205	\$280
10 Sessions	\$390	\$530

SQUASH

Adult and Youth Private Lessons

60 minutes	Member	Non-Member
1 Session	\$75	\$83
5 Sessions	\$325	\$365
10 Sessions	\$630	\$710

Adult and Youth Buddy Lessons

60 minutes	Member	Non-Member
1 Session	\$40	\$48
5 Sessions	\$180	\$220
10 Sessions	\$340	\$420

TENNIS

Adult and Youth (6+) Lessons

	Price	Contact
1 Session	\$60 - \$85	mdufour@mit.edu

Indoor Tennis Drop-In Rates

60 minutes	Member(DAPER)	Non-Member
Prime-Time	\$40	\$43
Non-Prime-Time	\$25	\$27
Indoor Tennis Times	M-F	Sat/Sun
Prime-Time	7p - 10p	8a - 2p
Non-Prime-Time	7a - 2p	-

PERSONAL TRAINING

Teen Equipment Orientation (ages 13 - 17)

45 minutes	Member
3 Sessions	\$165

Adult Private Training

45 minutes	Member	Non-Member
1 Session	\$60	\$68
5 Sessions	\$255	\$295
10 Sessions	\$495	\$575
25 Sessions	\$1,155	\$1,355

60 minutes	Member	Non-Member
1 Session	\$65	\$73
5 Sessions	\$280	\$320
10 Sessions	\$545	\$625
25 Sessions	\$1,280	\$1,480

Adult Buddy Training

45 minutes	Member	Non-Member
1 Session	\$45	\$48
5 Sessions	\$180	\$220
10 Sessions	\$350	\$430
25 Sessions	\$850	\$1,050

60 minutes	Member	Non-Member
1 Session	\$55	\$63
5 Sessions	\$230	\$270
10 Sessions	\$450	\$490
25 Sessions	\$1,100	\$1,310

GOLF

Adult and Youth Private Lessons

60 minutes	Member	Non-Member
1 Session	\$88	\$96
5 Sessions	\$395	\$435
10 Sessions	\$740	\$820

Adult and Youth Buddy Lessons

60 minutes	Member	Non-Member
1 Session	\$48	\$56
5 Sessions	\$215	\$255
10 Sessions	\$400	\$480

Adult and Youth Semi-Private Lessons

60 minutes	Member	Non-Member
1 Session	\$35	\$43

Adult and Youth Small-Group Lessons

60 minutes	Member	Non-Member
1 Session	\$30	\$38



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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

WELLNESS YOUR WAY	
Group Exercise (30 participant max)	
60 minutes	Total Class Cost
Per Class	\$55
Small Group Personal Training (6-8 participants)	
30 minutes	Price
Per Session	\$50
Large Group Personal Training (30 participant max)	
30 minutes	Price
Per Session	\$50
Chair Massage (5-15 minutes/person, 2 hour minimum)	
2 hours	Price
1 Massage Therapist	\$150
Nutrition Coaching (100 participant max)	
60 minutes	Price
For Performance	\$60
For Energy	\$60
How to Create a Workout (100 participant max)	
60 minutes	Price
	\$60
American Red Cross Skills	
Pricing based on certification preference and class size	

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 Buddy Lessons		
30 minutes	Member(DAPER)	Non-Member
1 Session	\$25	\$33
5 Sessions	\$113	\$153

MASSAGE		
Private Massage		
30 minutes	Member	Non-Member
1 Session	\$45	\$48
5 Sessions	\$205	\$240
10 Sessions	\$400	\$480
60 minutes	Member	Non-Member
1 Session	\$80	\$88
5 Sessions	\$380	\$420
10 Sessions	\$725	\$805
90 minutes	Member	Non-Member
1 Session	\$120	\$128
5 Sessions	\$575	\$615
10 Sessions	\$1,115	\$1,195

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

GROUP EXERCISE		
Drop-in Classes		
	Member	Non-Member (includes guest pass)
1 Class	\$10	\$25
Group Ex Pass		
	Student	Non-Student Member
1 Month	\$35	\$50
1-Month Pass	\$30	\$45
1-Year Pass	\$325	\$490
Group Ex Member Packages		
4 pack	\$20	
8 pack	\$36	
12 pack	\$52	