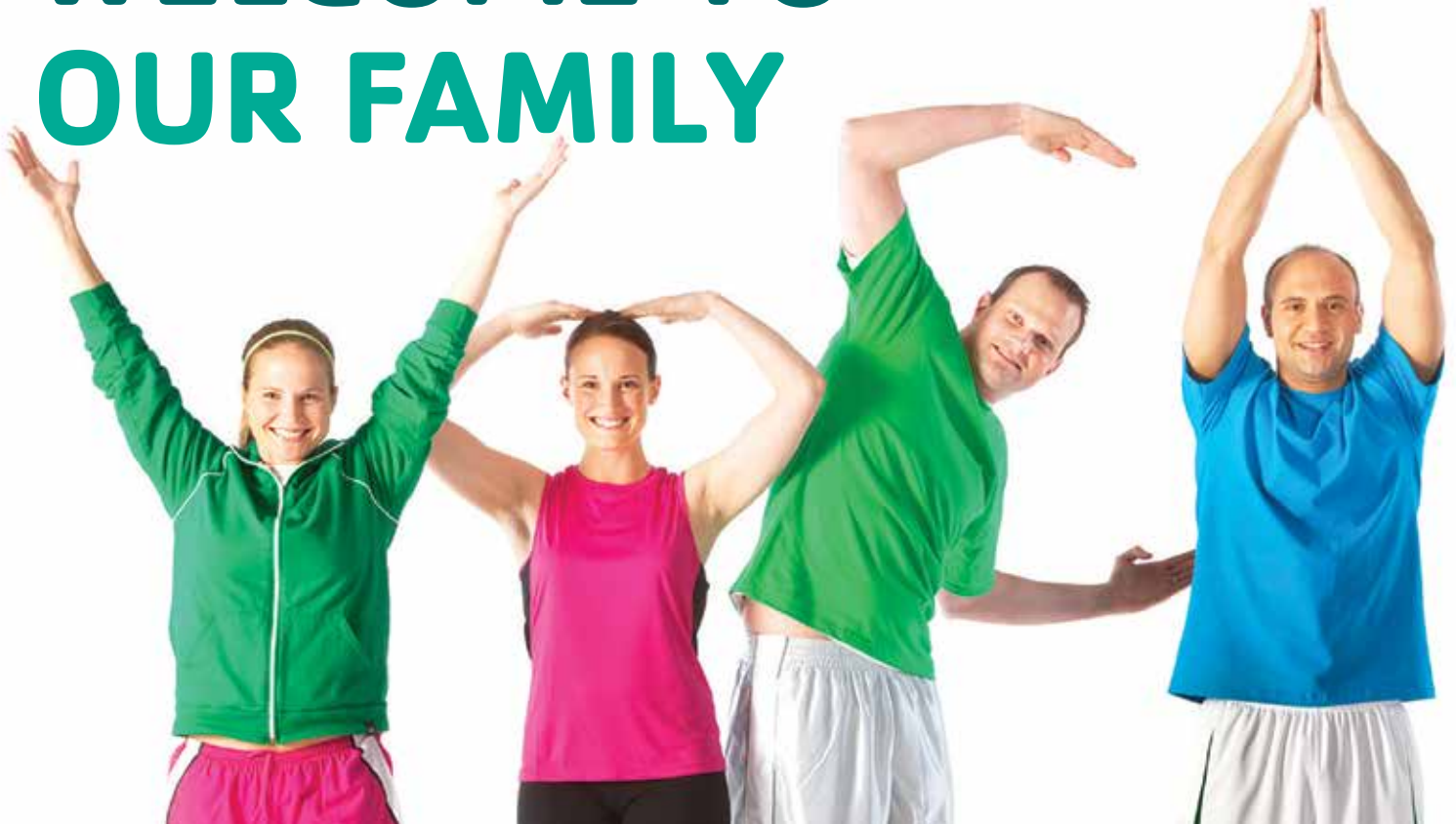




FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO OUR FAMILY



MEMBER HANDBOOK LICKING COUNTY FAMILY YMCA

Y MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

WELCOME TO OUR FAMILY



WELCOME!

Welcome and thank you for becoming part of the Licking County Family YMCA family.

This handbook serves as your guide to get to know your Licking County Family YMCA and all it has to offer.

As a member, you are entitled to a variety of programs and services designed to help you strengthen your spirit, sharpen your mind and build your body. Personal training, child care, yoga, group cycling, weight management, youth sports, aquatic exercise and swim lessons are just part of what you will find offered at your local YMCA. No matter what your age or fitness level, the Y has something for everyone.

As a community-based, charitable and collaborative organization that is volunteer-driven, the YMCA derives its strength from its community roots and strong volunteers. Through collaborations with schools and other non-profit organizations, we are able to further enhance and expand the programs and services we offer.

We encourage you to take full advantage of your membership and get to know the staff and members at your Y. Please stop by or call any Licking County Family YMCA location if you have questions. We look forward to serving you.

Y MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

NEW MEMBER CHECKLIST

We are excited to have you as a member of the Licking County Family YMCA. Here are a few suggestions to help you get the most out of your Y experience.

- i. Schedule a Tour
- ii. Schedule a FREE fitness orientation or Wellness Coaching appointment
- iii. Download our Mobile App
- v. Invite friends or family to join you
- vi. Get Connected and stay informed with the Y on Facebook, Twitter, Instagram @LCFYMCA and text message alerts
- vii. Attend an Event
- viii. Review our Member Handbook



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ABOUT US

WHO WE ARE

The Licking County Family YMCA has been proudly serving Licking County since 1876. Our programs and our staff are committed to demonstrating on a daily basis the core values for which we stand: CARING, HONESTY, RESPECT, RESPONSIBILITY AND FAITH.

OUR CAUSE

At the Y, strengthening community is our cause. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn and grow.

OUR MISSION

Our Mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR FOCUS

The Y is the nation's leading nonprofit organization committed to strengthening communities through...

YOUTH DEVELOPMENT Nurturing the potential of every child and teen.

HEALTHY LIVING Improving the community's health and well-being.

SOCIAL RESPONSIBILITY Giving back and providing support to our neighbors.



LICKING COUNTY FAMILY YMCA LOCATIONS

NEWARK BRANCH

470 West Church Street
Newark, Ohio 43055
P 740-345-9622

Hours of Operation:

Mon–Thurs: 5:00am–10:00pm
Fri: 5:00am–9:00pm
Sat: 7:00am–7:00pm
Sun: 1:00pm–6:00pm

Women & Youth Fitness Center:

Mon–Thurs: 6:30am–8:30pm
Fri: 6:30am–6:00pm
Sat: 8:00am–2:00pm
Sun: 1:00pm–4:00pm

Y Newark

General Questions/Membership: 740-345-9622
Wellness Coach Appointment:
740-345-9622 ext. 105
Aquatics: 740-345-6631
Preschool/Before & After Care/Day Camp:
740-345-9628
Gymnastics: 740-349-9585
Sports: 740-349-9678
Health & Wellness: 740-345-9622 ext. 176
Christian Emphasis: 740-345-9622 ext. 111

WESTERN BRANCH

355 West Broad Street
Pataskala, Ohio 43062
P 740-964-6522

Hours of Operation:

Mon–Thurs: 5:00am–9:00pm
Fri: 5:00am–7:00pm
Sat: 7:00am–3:00pm
Sun: 1:00pm–5:00pm

Y Western

General Questions/Membership: 740-964-6522
Health & Wellness: 740-964-6522 ext. 507
Licking Heights Preschool/Before & After Care/Day Camp:
740-964-1674 option 7
Southwest Licking Preschool: 740-964-1674 option 7



HOLIDAYS

The Licking County Family YMCA will be closed on the following holidays:

- Easter Sunday
- Christmas Day

The following holidays are as follows:

- New Year's Day
Y Newark 7am–12pm
Y Western Closed
- Memorial Day
Y Newark 7am–12pm
Outdoor Pool open 12pm–5pm (weather permitting)
Y Western Closed
- Independence Day
Y Newark 7am–12pm
Outdoor Pool open 12pm–5pm (weather permitting)
Y Western Closed
- Labor Day
Y Newark 7am–12pm
Y Western Closed
- Thanksgiving Day
Y Newark Closed
Y Western 7am–10am
- Christmas Eve
Y Newark & Y Western will close early
- New Year's Eve
Y Newark & Y Western will close early

GIVING AT THE Y

The Licking County Family YMCA is a 501 (c) 3 charitable organization. Through generous donations and annual support the Y is able to serve our community, support those in need and expand our offerings. Please take a moment to consider giving to the Y.

ANNUAL CAMPAIGN

Each year YMCA members and friends donate tax-deductible contributions to help fund programs for youth and provide financial assistance to those in the community who are in need.

The Y believes that no one should be turned away because of inability to pay.

We count on you, our members and friends of the Y, to help those who may otherwise not be able to participate in our programs. Donations to the Friends of the Y Annual Campaign allow more kids to be involved in YMCA programs. Please give generously.

ENDOWMENT FUND/PLANNED GIVING

The Licking County Family YMCA has an endowment fund and planned giving options available for members and friends looking for alternative ways to give to the Y. If you are interesting in learning more about the Endowment fund or setting up a planned gift, please contact the Y at lcymca@lcymca.org or 740-345-9622.



**Y HEALTHY KIDS NETWORK
BACKPACK PROGRAM**

HOW THE Y GIVES BACK

1 FINANCIAL ASSISTANCE

The Y is committed to providing life-enriching opportunities to all people, regardless of their ability to pay. With your support the Y provides over **\$335,000** in financial assistance to over **1,600** children and families annually. The Y is a place for people of all ages, races, religions, abilities and incomes.

2 ALL FOR ONE CAMP

All for One Camp is a program designed to give children with special needs, such as physical, social, cognitive, and/or sensory needs, an opportunity to experience summer camp. Campers have fun while participating in songs, arts & crafts, games, swimming and more, while accompanied by a counselor. Small group activities are included throughout the week to meet each campers needs, such as sensory crafts, gross motor games and nature walks.

3 Y HEALTHY KIDS NETWORK BACKPACK PROGRAM

The Y Healthy Kids Network Backpack Program addresses the basic needs of students by providing backpacks of nutritious and easy-to-prepare food to take home on weekends when other resources may not be available. While free and reduced breakfast and lunch are provided during the school week, unreliable access to food over the weekends can affect the level of food insecurity experienced by the student, increasing stress and decreasing productivity. Children who are hungry simply cannot concentrate to learn, have low energy, and reduced ability to fight off common childhood illnesses. Over **500** students receive weekend meals because of the Y Healthy Kids Network annually.

4 YOUTH SPORTS

At the YMCA, youth sports such as basketball, flag football and volleyball are based on the philosophy "Everybody plays, everybody wins!" No matter the child's ability, he or she learn character values such as teamwork, cooperation and sportsmanship when they participate in YMCA Youth Sports.

5 QUALITY CHILDCARE

Today, more and more parents are looking for quality and affordable childcare they can depend on. The infant/toddler, preschool, and before and after school care programs provide a safe and fun learning environment to develop foundational skills of early childhood education. Day to day classroom experiences are focused on the core values of caring, honesty, respect, and responsibility. Y staff serve as positive role models and provide care that is supportive, nurturing, warm and responsive to each child's needs.

6 SAFETY AROUND WATER

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA Safety Around Water (SAW) Program teaches youth essential water safety skills, which can open up a world of possibilities to satisfy their curiosity safely. Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving children confidence in and around water.

7 FREE FAMILY-TIME COMMUNITY EVENTS

The Y helps families to learn, grow and thrive, by providing opportunities for families in our community to spend time together. Through events such as the Bunny Brunch, Health Fest, Carnival Nights, and Halloween at the Y, families enjoy quality family time.

8 WELLNESS PROGRAMS FOR ALL AGES

Physical activity is a key component of good health. Wellness is a process of adapting patterns of behavior that lead to the integration of social, mental, emotional, spiritual, and physical health. The Y is committed to providing opportunities to people of all ages to meet these goals.

9 SUMMER DAY CAMP

Day Camp provides a safe and fun environment for children when school is out for the summer. At camp, children spend their days discovering themselves and creating friendships that last a lifetime. Every new experience at Day Camp is a chance for kids to stay active, have fun and address gaps in learning when school is not in session. Over **670** youth are enrolled at Y Day Camp annually.

10 CHRISTIAN EMPHASIS

The Christian Emphasis Program was established to accomplish the mission of the "C" in the Y by demonstrating the love of Christ through serving, encouraging, and caring for the spiritual needs of our members and our community. The Licking County Family YMCA partners with several Churches in Licking County to provide Christian ministry and outreach at the Y.



MEMBER BENEFITS Y NEWARK

EARLY REGISTRATION & LOWER FEES

- › Members have access to an earlier registration date and pay a lower fee for programs: Gymnastics, Martial Arts, and Swim Lessons.

FREE WELLNESS COACH

- › Our Wellness Coach can help get you started/offer support on your journey.
- › Fitness staff will teach you how to safely operate equipment.

FREE CHILD WATCH

- › The Y offers free Child Watch hours for your kids while you're at the Y exercising.

STATE OF THE ART FITNESS CENTER

- › The Reese Family Fitness Center is a 7,200 sq foot center with cardio, free weights and functional fitness available.

WOMEN & YOUTH FITNESS CENTER

- › The Women & Youth Center provides strength training equipment specifically designed with smaller framed bodies in mind and offers a unique opportunity for women & youth to strength train.

PERSONAL TRAINING AVAILABLE

- › Our trainers can help you develop a personalized workout and lifestyle plan.

GYMNASIUMS

- › Pickleball, Basketball and Volleyball are just a few of the many opportunities in the Y's four gymnasiums.

ACTIVTRAX

- › Take the guesswork out of fitness with your own online personal trainer. Getting in shape doesn't have to be intimidating or confusing! ActivTrax Workout and ActivTrax Nutrition are based around your goals and make getting in shape easy.

AQUATICS

- › The Y has two indoor and two outdoor pools offering lessons, open swim, group fitness classes, adapted aquatics and warm water classes for all ages.

RACQUETBALL COURTS

- › The Y offers two racquetball courts with reservations available.

YOUTH COMPETITIVE TEAMS

- › The Licking County Family YMCA hosts our LCFYMCA Gymnastics Team and our LCFYMCA Sharks Swim Team.

GROUP FITNESS

- › Certified instructors encourage and motivate you in classes such as Zumba, Pilates, Cycling, Yoga and more!

FAMILY/SPECIAL NEEDS LOCKER ROOMS

- › For families with young children and individuals with special needs, the Y provides locker rooms to assist individuals and caregivers.

FAMILY EVENTS

- › The offers family events throughout the year: Carnival Night, Bunny Brunch, and Halloween at the Y, just to name a few.

CHILD CARE/DAY CAMP

- › The Y offers Preschool at the Y.
- › Before & After Care at area schools.
- › The Y offers Summer Day Camp with a reduced rate for members.



MEMBER BENEFITS Y WESTERN

EARLY REGISTRATION & LOWER FEES

- › Members have access to an earlier registration date and pay a lower fee for programs: Gymnastics, Martial Arts, & Fitness Challenge.

FREE ORIENTATIONS & ASSESSMENTS

- › Our staff will help you get started with free equipment orientation and assessment.

FREE CHILD WATCH/KIDS CLUB

- › The Y offers free Child Watch and Kids Club hours (summer) for your kids while you're at the Y exercising.

WELLNESS CENTER

- › The Y Western Wellness Center has everything you need to get into shape from cardio, free weights, selectorized machines and a functional fitness area.

PERSONAL TRAINING AVAILABLE

- › Our trainers can help you develop a personalized workout and lifestyle plan.

ACTIVTRAX

- › Take the guesswork out of fitness with your own online personal trainer. Getting in shape doesn't have to be intimidating or confusing! ActivTrax Workout and ActivTrax Nutrition are based around your goals and make getting in shape easy.

GROUP FITNESS

- › Certified instructors encourage and motivate you in classes such as Cardio Dance, Strong & Fit, Cycling, Yoga and more!

CHILD CARE/DAY CAMP

- › The Y offers Preschool and Before & After Care at Licking Heights Schools.
- › The Y offers Preschool at Southwest Licking Schools.
- › The Y offers Summer Day Camp with a reduced rate for members.

FAMILY EVENTS

- › The offers family events throughout the year: Parents Night Out, a Y Daddy/Daughter Dance, a Y Mother/Son event, Spooktacular and Healthy Kids Day, just to name a few.



DADDY/DAUGHTER DANCE

MEMBERSHIP

Membership includes access to Y's Nationwide.

FINANCIAL ASSISTANCE

Everyone is welcome at the YMCA. The Licking County Family YMCA believes in providing membership and program services to all who desire to participate.

The YMCA's financial assistance program provides funds for those in need within our available resources. All information is confidential. See your Y Front Desk for more information. Financial Aid is available to those who qualify. Application and required documentation are necessary and review time is two to three weeks.

- **Youth**—under 18
- **Young Adult**—18-29 years of age There is only a Young Adult individual category. Otherwise the Young Adult is either a Couple or Family
- **Adult**—30-62 years of age
- **Couple** 2 adults living at same address
- **Single Adult Family**
- **Family**—Families can have children up to 24 years old if that child is full-time student living in the household
- **Senior/Senior Couple**—63+
Seniors (63+) receive 10% discount on memberships
Senior Couples—one member must be 63+
- **Military**
Military discount of 10% for active duty and veterans
Members of the Military and their families may qualify for the Military Outreach program
- Members may only receive one discount i.e. only veterans or only over 63



JOINERS FEE

Joiners fees are utilized to purchase new equipment and to renovate the facility. All new members are subject to paying a joiner's fee when joining the YMCA.

PAYMENTS

MONTHLY BANK DRAFT PAYMENT PLAN

Our bank draft payment plan is an easy and economical way to join the YMCA on an uninterrupted basis. All you have to do is complete the membership application, pay the joiners fee* and the prorated first month's payment, and never worry about your membership expiring again. Your monthly payment is automatically deducted from your checking/savings/credit card (MasterCard/VISA/Discover) account. A 30 day written notice is required to cancel your membership. Contact the member services desk for more information.

ANNUAL PAYMENT PLAN

This one-time annual payment is a \$12 savings off the monthly payment. An annual membership is effective for one year from the joining date. Annual members receive a notice one month prior to the renewal date. Annual memberships are non-refundable and non-transferable.

* This is a one-time fee unless the membership is discontinued for more than 30 days.

MEMBERSHIP CANCELLATION

YMCA members may cancel their membership at any time. A written notice of cancellation, however, must be received by the Y Front Desk 30 days prior to your next draft date to ensure no further debits to your account. Members who rejoin the YMCA more than 30 days after their membership was terminated are subject to paying another joiner fee.

MEDICAL SITUATION

If a member is unable to temporarily participate at the YMCA due to medical/health reasons, the member may place their membership in a medical cancellation and resume their membership when they are cleared by a doctor to return. Members must present a doctor's note to cancel their membership for medical reasons, and when the member brings a doctor's note clearing the member to return, we will reactive your membership. Members who return from a medical cancellation with the proper documentation will not be subject to paying another joiner fee.

MEMBERSHIP CONTINUED

GUESTS

The Licking County Family YMCA allows full members to bring in a limited number of guests. The number of guest passes available is based on the type of membership – families receive five (5) guest passes, couples receive four (4) guest passes, adults and young adults receive three (3) guest passes and Silver Sneakers guest passes are \$10. All guests must be accompanied by a full member. No guest passes are available for youth memberships. Guest passes are reset each calendar year.

All guests are required to sign a waiver and show a picture ID. Children, accompanied by an adult member, must have a waiver signed by a parent or guardian. Children may not bring in other children as guests. Guest passes may be used at the outdoor pool, but not at the Hollander Pool.

NATIONAL YMCA MEMBERSHIP PROGRAM

Nationwide Membership enables you to visit any participating Y in the United States through membership at your “home” YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues).

We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

WHAT YOU NEED TO KNOW

- Valid for active, full facility YMCA members.
- Nationwide member visitors must use their home Y at least 50% of the time.
- Program-only participants and special memberships (including SilverSneakers™ and Silver & Fit) are not eligible for Nationwide Membership.
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address.
- Members will need to sign a universal liability waiver and privacy policy.
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability.
- Nationwide members visiting other Ys for a period greater than 28 days must transfer membership affiliation for continued use.
- All Ys reserve the right to restrict or revoke these privileges.
- Registered sex offenders are prohibited from participating.



MEMBER CODE OF CONDUCT

LICKING COUNTY FAMILY YMCA MEMBERS AND GUESTS

The Licking County Family YMCA is committed to the principles of caring, respect for others, personal responsibility, integrity and honesty. All members and guests are expected to reflect these values in their personal conduct toward staff and other members and guests. The Licking County Family YMCA retains the right to deny access, or suspend or cancel a membership when a member's conduct is determined to endanger the safety of others or interfere with another member's enjoyment and reasonable use of YMCA facilities.

GROUNDINGS FOR DENYING ACCESS OR MEMBERSHIP

The Licking County Family YMCA reserves the right to deny access or membership to any person who:

- Has been convicted of any crime involving sexual abuse or other sexual offense.
- Is a registered sexual offender or sexual predator or has plead guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse.
- Is intoxicated or exhibits signs of misusing narcotics or dangerous drugs.
- Is currently suspended or terminated per the 'Grounds for Suspension or Termination' listed below.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

GROUNDINGS FOR SUSPENSION OR TERMINATION

The Licking County Family YMCA does not tolerate inappropriate, threatening or harassing behavior including but not limited to:

- Use of profanity
- Destruction of property
- Sharing membership card
- Theft
- Being in possession or under the influence of alcohol or drugs
- Sexual misconduct
- Disorderly conduct
- Physical fights
- Verbal or other forms of harassment
- Selling or promoting products and services without Licking County Family YMCA authorization.
- Any behavior that is determined to be unacceptable by the YMCA, and detrimental to those we serve.

Such conduct will be grounds for the immediate suspension or termination of membership. No refund will be issued.

MEMBER CODE OF ETHICS

Members will not verbally, physically, emotionally, or sexually abuse a child.

Members will not be alone with children except with prior approval of senior management or in an emergency.

Members will not use profanity in the presence of children, parents, participants, or other staff.

Members will not display intimate affection towards others in the presence of children, parents, or other participants.

Members will report any suspected abuse or neglect of a child to a Y staff member.

Members will, at all times, portray a positive role model for children and youth by demonstrating respect, loyalty, patience, courtesy, tact and maturity.

Members will treat all staff and children, regardless of age, race, religion, gender, or disability with respect, compassion and kindness.

Members will never leave a child unsupervised. (After School, Camps, Basketball, Gymnastics etc....) There must be an instructor with children at all times.

Members must be appropriately dressed.

Members will not attend The YMCA with physical or psychological conditions that might adversely affect children's, staff, or other member's health or safety.

Members will not use tobacco products at the YMCA. We are a tobacco free campus.

Members will not use, possess, or be under the influence of alcohol or illegal drugs at the YMCA.

MEMBERSHIP CARD

New members will be issued a YMCA ID membership card. Members must present their membership card at the Member Services Desk each time they enter the facility. Lost cards may be replaced at the branch for a fee of \$5. The Licking County Family YMCA has the right to suspend or cancel a membership if a member shares his/her membership card, if the member's behavior or language is judged to be in conflict with the welfare of members or staff, or is in conflict with the YMCA's mission and values.

CLOTHING & ATTIRE

Shirts and shoes must be worn at all times. Appropriate shirt, athletic shoes and shorts or pants are required for the fitness facilities. The YMCA staff reserves the right to deem what is appropriate. Street clothes, non-athletic shoes and open-toed shoes and sandals are not permitted in certain areas. Swim suits are required for all aquatic programs. Cotton and denim are not permitted in the pool. Clothing attire is to be worn in sauna and steam rooms. The YMCA is a family place. Inappropriate or offensive dress will not be tolerated.

TOBACCO POLICY

Licking County Family YMCA facilities are tobacco-free environments. This includes parking lots and playing fields. We ask that if you need to use tobacco products you leave the YMCA premises before doing so.

CELL PHONE POLICY

Please be courteous of other members and staff and refrain from using speaker phone. No video or pictures are allowed in the locker rooms. No videos or pictures may be taken without the subjects' permission.

YOUTH AT THE Y

Children 11 and under need to be supervised by a responsible party 16 yrs. and up or in a Y supervised class such as swim lessons.

All youth will be required to complete a swim test before being allowed in the deep end of the pools.

INCLEMENT WEATHER FACILITY CLOSURES

In the event of inclement weather, the Y will make every effort to continue services at our branches. However, in certain conditions when safety becomes a concern branch closures and program cancellations may be necessitated. The Y follows the Licking County Sheriff's Department road emergency levels when making our decisions.

Level 1: The Y is under normal operations

Level 2: The Y has reduced offerings with programs, group fitness and child watch cancelled

Level 3: The Y is closed

POOLS

The indoor and outdoor pools will be closed if lightning is in the area and will remain closed until 30 mins past the last lightning strike.

The Outdoor pools will not open on days when the projected temperature is not set to surpass 70 degrees.

OFFSITE LOCATIONS

The Y operates programs in other facilities such as schools, we will do our best to follow our inclement weather policy, but are subject to the rules of the facility we utilize.

SPECIFIC AREA GUIDELINES AND POLICIES

CHILD WATCH

The Licking County Family YMCA provides free supervision of children ages 8 weeks to 11 years for family and youth participating in YMCA classes or programs for a maximum of 90 mins a day. Parents must remain in the building during this time. All children 11 and under are **REQUIRED** to be placed in Child Watch if the child is not under **DIRECT** supervision of an adult. Child Watch hours and availability vary by branch.

The following guidelines and procedures apply:

- Check with Child Watch staff on sign-in/sign-out procedures.
- The person signing the child in must be the same person signing the child out.
- YMCA staff is not permitted to change diapers, but will locate the parent in the facility when a child needs a change. Please change your child's diaper or take your child to the restroom before entering Child Watch.
- Sick children are not permitted in Child Watch. A sick child is defined as a child who has a fever within the last 24 hours, diarrhea, vomiting, rash or open sores, cough, cold symptoms, lice, etc.
- Child Watch staff will not administer medication to your child.
- Child Watch staff will locate parents if a child cries for a prolonged period of time. However, every effort will be made to soothe the child before locating the parent.
- Please do not allow your child to bring toys from home. This will avoid the loss of toys or toys being broken.
- No food or drink, aside from water in Child Watch area.
- The Child Watch strictly enforces a \$5 fee for every 10mins you are late picking up your child.



WELLNESS CENTER

- While performing workout sets, be mindful of others waiting. Do not rest on the machine between your sets. Allow others to perform a set while you are at rest.
- Please do not use machines or benches for sitting or anything else besides their primary purpose.
- Please raise and lower weights in smooth, fluent motions. Do not "bang" weights.
- Do not drop free weights and/or dumbbells on the floor carelessly.
- Exercise balls have recommended weight limits. Do not add additional weight when using them (e.g. hand weights and bar bells).
- Always return weights to their proper storage area when finished.
- Wipe off machine and equipment when you are finished.
- If someone is using the machine you want:
 - Ask if you can perform a set while they are at rest between their sets.
 - Ask them how many sets they have remaining on the respective bench or machine.
 - Avoid "hovering" or pressuring the person working out to stop. Please wait your turn.
 - If you need help, please contact the Y staff on duty.
- Gym bags must be kept in a locker or in the Wellness Center hallway; bags are not permitted on the weight room floor.
- Y Staff are available for questions and orientations.



SPECIFIC AREA GUIDELINES AND POLICIES

TRACK GUIDELINES

- No street shoes permitted.
- Follow directional sign.
- Lap Directions by day Monday, Wednesday, Friday, and Sunday counter clockwise. Tuesday, Thursday, and Saturday track direction clockwise.
- Youth under the age of 11 must be accompanied by an adult.
- Spectators are not permitted on the track.
- Slower traffic on the inside of the track.
- No spitting.
- Windows must remain closed for air temperature balance.
- Strollers are not permitted on the track.
- Single file use during peak hours.
- Track length 18 laps per mile.



GYMNASIUM GUIDELINES

- Due to safety issues, no food or drink are allowed in gymnasium.
- Sport-approved and appropriate clothing and shoes must be worn at all times.
- Dunking and hanging from rims are prohibited and will result in removal from the Y.
- Mishandling of balls and equipment is prohibited (no throwing, kicking, etc.).
- Disagreements, disputes and arguments will be settled in a polite, timely and nonviolent manner.
- Players are responsible for any damages resulting from misconduct or misuse of equipment and facilities.
- Players will conduct themselves in a sportsmanlike manner; profanity, spitting, unsportsmanlike conduct, provocative language and/or actions are prohibited.
- The Y is not responsible for lost or stolen articles. Please keep your items at home.

POOL GUIDELINES

- Swimming without a lifeguard present is prohibited.
- Breath-holding activities are not permitted in Y pools.
- Shower before you enter the pool.
- Proper swimming attire must be worn at all times. Cotton or denim are not permitted.
- Running on the deck, in the locker rooms, showers, or hallways is not permitted.
- Food, pop, gum or candy are not permitted in the Aquatics Center.
- Unsafe activities of any kind will not be tolerated.
- Y equipment that is reserved for instructors or swim team may not be used for recreational swim.
- Children must pass a swim test before they are permitted in the deep end.
- Diving only where permitted.
- Hanging on the float lines, starting blocks or lane lines is not permitted.
- Starting blocks are only to be used with a Y coach or instructor.
- Enter the water feet first, facing forward.
- Persons with bandages, open cuts and wounds are not permitted in the pool.
- Please respect the lifeguard's authority.



PROGRAM INFORMATION

PROGRAMS

In addition to member included classes, the Y offers a number of fee based programs. Fee based programs are offered by the session or season and registration is required.

PROGRAM REGISTRATION

Members receive priority registration and have the opportunity to register one-two weeks prior to the start of any particular session. All registrations are taken at the Member Services Desk or online. Members participating in free, drop-in classes are not required to register.

PROGRAM FEES

Program fees represent the cost of providing program activities or services not included in membership dues. Program fees must be paid in full at the time of registration in order to guarantee your spot in the program.

CREDITS/REFUNDS

Refunds will not be issued once a program session begins, unless warranted by a doctor's note stating a valid medical reason. There are no refunds or credits due to inclement weather, loss of utilities or other incidents out of the YMCA's control.

WAIT LIST

Program classes have a registration capacity to ensure quality instruction. If a class is full, a wait list will be started. The Y makes every effort to put participants that are on the wait list into classes.

PROGRAM BROCHURES

Program Brochures are produced quarterly and contain class descriptions, date and times, and fees. Not all classes are offered at each branch or each session.

MAKE-UP CLASS POLICY

Due to the limited student-instructor ratio, there are no make-up lessons/classes for missed classes or classes cancelled due to inclement weather. A credit will be issued to those with a medical necessity.

CANCELLATION OF CLASSES

To ensure a quality experience for all participants, the YMCA may choose to combine or cancel classes due to low enrollment. If the YMCA cancels a class, a credit or refund will be issued.

GROUP FITNESS

Value-added group fitness exercise classes are available to members at no cost. Additional fees may apply to specialty classes. Members ages 14 and above may participate in classes. Members 13 and under may participate with a parent at the instructors discretion. You may reserve a place in some classes that have limited capacity. Ask at your branch if there are classes that offer this opportunity.



