

FAMILY YMCA

270-827-9622

SERVING HENDERSON COUNTY

SINCE 1894!

www.hcfymca.com

**MEMBERSHIP & FACILITY POLICIES
AND INFORMATION PACKET**

SPIRIT, MIND & BODY

We build strong kids, strong families, strong communities.

MISSION STATEMENT: To put Christian Principles into practice through programs, services and facilities that build healthy spirit, mind and body for all.

HENDERSON COUNTY FAMILY YMCA MEMBERSHIP INFORMATION

Thank you for your interest in our YMCA. We have put this packet together to answer your basic questions about YMCA membership and facility usage. One of our friendly, knowledgeable staff will be glad to give you a tour of our facilities. Refer to additional flyers in lobby racks for more detailed information on each of our particular areas.

WHAT THE YMCA OFFERS OUR MEMBERS:

New Social and Recreation Center-MEMBERS only age 10- adult, under 10 with parent. No guest. Pool Tables, Ping Pong, DDR Dance, X-Box 360 Kinect, Air Hockey, Foosball, Pop A Shoot, Computers, Vending & Seating.
 Teen & Adult Fitness Center- MEMBERS only age 14 thru Senior Citizen. New 16 piece Cybex VR3 line + 11 piece 2nd Cybex line. Teen & Adult Free - Weight Area (age limit 14 and up) - spotters recommended.
 Cardiovascular area (17 treadmills, 7 stair steppers, 6 stationary bikes, 7 cross trainers, 1 step mill and 1 Rower.
 Youth Gymnasium (ages 10-14 - under 10 with parent or adult) Staff monitor Nov-April /Closed April- Oct.
 Racquetball Court (free to members only) age 14 and older can make 1 week reservations. Min. age 10 to play.
 Indoor Swimming Pool (lap swim, family swim, youth swim, lessons, swim team, etc. - lifeguard on duty)
 Warm Water Therapy Pool (see schedule for hours and family swim times) Water temp 89-91 degrees max per Health Dept.
 Teen/Adult Gymnasium (with wood floor) cross court games and open shooting
 2 indoor tennis courts – (court fee required), Walk/Jog Indoor Track (12 laps per mile) - (Age 10 and older)
 Shower & Locker Rooms (for General Members - no overnight lockers, bring lock or available for purchase at Service Desk
 Free Babysitting Service for family memberships only - varied A.M. & P.M. hours available - see schedule for hours
 Free Land, Aqua, Yoga, Pilates, Step and Kickboxing Aerobic classes, - schedules available in lobby.
 Free Fitness Center Orientation (required for all members before using equipment)-sign up at Service Desk
 Free Tae Kwon Do Classes for members ages 7- Adult
 Playing Fields, Picnic Pavilion - on a first come basis. No Golfing allowed. No animals allowed.
 Workout Towel Service - please return towel at Service Desk upon leaving.
 Significant Savings on Program Fees (up to 50% less)
WITH ADULT HEALTH LOCKER ROOM MEMBERSHIP: (located on second floor)
 Male or Female Lockers, Treadmill, Cardio Equipment, Sauna, Television, Lounge, Restrooms, Showers,

FACILITY OPERATING HOURS (Main Pool and Warm Therapy Pool closes 1¼ hour earlier

Closed Holidays and one week in July for annual summer cleaning and repairs

Monday through Thursday 5:30 a.m. to 9 p.m.

Friday 5:30 a.m. to 8 p.m.

Saturday 8 a.m. to 5 p.m.

Sunday 1 p.m. to 5 p.m.

2012 MEMBERSHIP FEES AND PAYMENT OPTIONS (rates generally increase in January)

| Membership type | Joining Fee | Monthly draft (checking or savings) | Corporate Rate |
|---|-------------|-------------------------------------|----------------|
| Youth (0-12 yrs.) | \$10.00 | \$19.00 | N/A |
| Student (13-full time college) | \$25.00 | \$24.00 | N/A |
| Senior (60+) | \$50.00 | \$32.00 | \$27.00 |
| Adult (18+) | \$50.00 | \$37.00 | \$32.00 |
| Single Parent Family | \$50.00 | \$37.00 | \$32.00 |
| Senior Married Couple | \$50.00 | \$39.00 | \$33.00 |
| Full Family | \$75.00 | \$45.00 | \$38.00 |
| Single Adult Health Locker room | \$85.00 | \$45.00 | \$38.00 |
| 1 Adult Family Health Locker room | \$100.00 | \$51.00 | \$43.00 |
| 2 Adult Family Health Locker room | \$200.00 | \$62.00 | \$52.00 |
| Daily Guest Fees: Youth up to age 17 \$5.00; Adult & Senior \$10.00; Family \$10.00 | | | |

***FINANCIAL ASSISTANCE** available for low Income Families - application at Service Desk

MEMBERSHIP POLICIES

- *All members MUST GIVE their membership card to the service desk staff upon each visit or pay for a replacement card. Members allowed one sign-in per month without their card. YMCA will not be responsible for cards left at the service desk overnight. Pick up your card when ready to leave the YMCA.
- * Members from Union Co/ Evansville/ Madisonville /Owensboro Y's may use our general facilities or non fee programs up to 12 times a year free. Members of other Y's may use our general facilities or non fee programs unlimited.
- *All Deployed Military Personnel receive a free family membership – see service desk staff for details.
- *All active Non –Deployed Military Families receive 12 free annual visits plus 30% reduced membership fee.
- *Monthly draft memberships are **CONTINUOUS** until member notifies YMCA in writing to cancel, with 30-day written notice required. Monthly drafts are not for any specified length of time. Cancel anytime with proper notice.
- * The Head Pastor of any local church will receive a 30% reduction in membership rates, if head pastor is doing full time pastoring to a local parish or congregation.
- *Joining fee is a one-time fee for building repairs, unless a member cancels membership or allows membership to expire beyond 30-day renewal period and then rejoins at a later date, unless during a membership drive.
- *Monthly draft is an automatic transfer of membership fee from the member's checking or savings account to the YMCA and is drafted on the 15th of each month or Monday if 15th is on a weekend.
- *All memberships are non-refundable or non-transferable to other people or another YMCA, unless due to moving from our service area or a major illness or accident preventing members from using the Y for more than 30 days. Doctor's verification required. No refunds past 30 days.
- *Members who have a corporate membership thru payroll deduction must cancel their membership at their place of employment, as well as at the YMCA. Place of employment stops the membership if payroll deduction, not the Y.
- *All membership cancellation requests MUST be in writing and be accompanied by the return of ALL membership cards. No refunds beyond 60 days for persons not having a copy of their written cancellation form from the YMCA.
- *A \$5.00 fee will be charged for each duplicated membership card. A \$10.00 maximum fee for families.
- * Refer to flyers in lobby racks on facility age requirements for use of the different Y facilities.
- *Membership may be terminated without refund for failure to follow established policies or for any other reasons deemed inappropriate by the Executive Director or Board of Directors.
- *Appropriate shirt/shorts/shoes must be worn in YMCA as determined by Board Policies and the Executive Director.
- *Memberships denied/ terminated for any sexual conviction criminal or if name appears on sex offenders list.
- * No Smoking, Alcoholic Beverages, Gambling or any weapons allowed inside or outside on YMCA property.
- *If there's thunder/ lightning, pools will close for 30 minutes after last thunder or lightning is heard or seen.

Facility Use Age Requirements

*Refer to individual flyers in lobby rack for more details

The following age requirements must be followed for safety and liability reasons. Parents please be aware of these age requirements. Under age children who are dropped off at the Y will not be able to use the facilities, but will be required to call home, for a relative or friend to come pick them up. The YMCA can not prohibit children from leaving our facilities at anytime.

** Children under age 10 may not use Y facilities UNLESS a parent or adult age 18 + is with the child AT ALL TIMES. Children CANNOT be left in the lobby or other areas unsupervised. See pool rules, youth fitness center rules, social /rec center rules and youth gym rules for use. **Minimum age of 14 to be in or use the Teen/Adult Fitness Center and must be member of our Y or another Y.**

New Social & Recreation Center will be open to members only, Age 10+; if under age 10 must have a parent or adult guardian with them at all times. Height restrictions may apply to use some of the games.

*Youth Gymnasium is for ages 10-14, however, kids under 10 may use gym if have a parent or adult guardian with them at all times. Gym hours vary. Gym closed May-Aug. for day camp use.

* Main Pool Ages 10 & over PASS THE SWIM TEST can swim without a parent or adult guardian in the YMCA. Those who FAIL THE SWIM TEST must swim in the shallow end of the pool.

* Ages 9 & under who PASS THE SWIM TEST must have a parent or adult guardian in the YMCA at all times. Those who FAIL THE SWIM TEST must have a parent or adult guardian in the pool water at all times.

*Swim test is done in a wall lane, from shallow to deep, for all swimmers under age 16.

* There is one lap lane or open swim lane available during swim team practice. (Oct. - Feb.) & (June & July)

* Lap lanes are for ages 13 or older swimming laps only, UNLESS there is no one using the lanes, then younger swimmers may use the lanes, if approved by the lifeguard on duty.

- *No inflatable floats of any kind allowed by child or parent for any reason, in either pool.
- *Warm Water Therapy Pool is open to ages 18 and older or children under age 6 with a parent or adult guardian in the water at all times or between age 6-17, if there is a note from doctor in pool book stating the medical reason why child has to use warm pool. Family swim times available Fri, Sat, Sun. – see schedule.
- * Indoor Multi-Rec/Tennis/ Track facility is for members age 10 yrs or older, unless with a member parent or adult guardian by their side at all times. See Tennis flyer for more details.
- *Note: Kids age 10-13 may spend a maximum of 4 hours per day at the YMCA. Kids left longer than this, or without snack money will be cause for Y to call Social Services. For Liability and safety reasons, the Y uses audio and video cameras in all activity areas, hallways, and outside. No cameras in locker rooms or restrooms.

NEW SOCIAL & RECREATION CENTER Board Approved

- *The New Center is open to Y Members only-no guest allowed. No guest even with a Y member.
- *Age Requirement: YMCA member's age 10 thru Senior Citizens may use the center. Ages 10 + may without a parent or adult guardian inside the YMCA. Youth members age 9 and under **MUST** have a PARENT or ADULT GUARDIAN WITH THEM INSIDE THE CENTER AT ALL TIMES. NO EXCEPTIONS!

* **Refreshments Inside Center**, refreshments (snacks, candy, drinks, gum, food) whether Open or not, can ONLY be in the designated Social Seating areas; NOT in the Computer or Recreation area. With the exception of ADULTS taking WATER to a class, to the Fitness Center or to the Tennis/Track area, NO refreshments of any type can be taken outside the center, whether open or not, UNLESS the person is immediately leaving the YMCA.

***For Safety & Liability Reasons** and to meet more demanding Insurance Requirements, requires that all non-members (guests) wanting to use any Y facilities, (except those enrolled in a Y program) who are ages 16 & older, MUST present I.D. that has their name on it. Picture I.D preferred.

ATTIRE-(Board Approved July 17, 2007)

- *Sneakers or suitable footwear must be worn at all times. No sandals allowed in any activity areas.
- *Proper attire is required for Members and Guests using the YMCA. A shirt must be worn when in public areas. Regardless if the person is male or female, they must have some type of shirt or tank top, etc on that covers the person's chest/breast area and extends down far enough to cover the persons belly button when standing upright. Other requirements for females would be that person must also have either a regular bra or an athletic type bra under such shirt or tank top. Also, shorts, sweat pants or pants must be of "proper" length and always remain on the waist/hips, and not slide down where as the persons undergarment or partial buttocks is visible.
- *Street clothes; shoes or boots will not be permitted in Fitness Center areas or on gym floors.
- *Proper swim attire required as determined by Aquatic Director.

FITNESS AREAS

- *Please allow other Members and Guests to work-in. Do not tie up machines with multiple sets if others wish to use the same equipment.
- *Please limit your cardiovascular workout to 45 minutes if others are waiting to use equipment.
- *Outside trainers or personal instruction are not allowed at the YMCA, unless person is an approved Y instructor.
- *Personal equipment and belongings are not allowed (i.e gym bags, athletic equipment, purses, etc).
- *Dumbbells are not to be used on cardiovascular equipment.
- *When lifting heavy weights, use a "spotter." Unload weight plates from equipment & return to weight trees.
- *Do not drop or throw weights. Do not let weight stacks hit while lifting.
- *Use of chalk is not allowed. Return all dumbbells to the racks.

CELL PHONES

- *Cellular and or camera phone use is strictly prohibited in locker rooms, restrooms or fitness center.

GROUP EXERCISE CLASSES

- *Classes will be given as per the printed schedule located in lobby rack.

- *The YMCA reserves the right to change the exercise class schedule at any time. This includes the addition or deletion of classes as well as changes in instructors, class times and length of classes.
- *No one will be admitted more than ten minutes after the scheduled class time.
- *Please do not enter the group class area before the current class is completed and has put away equipment.
- *We request that you follow the instructor's routine. *Conversation must be kept to a minimum.
- *Classes will be cancelled due to inclement weather if school is cancelled.
- *No cell phones are allowed in Fitness areas and pagers must be on silent mode.
- *Members may not use t.v./stereo equipment.
- *No food or drink, with the exception of water, which must be kept in a closed container, is allowed in the Fitness Center areas.
- *Age policy-Ages 13-14 must be accompanied by an adult. Ages 15 and up may attend without supervision.

BABYSITTING

The YMCA offers this FREE babysitting service to our Family Memberships only. For ages 6 weeks to 12 yrs old; older kids if room not over crowded. The parent/grandparent and all children must be YMCA members. Usage is limited to two hours. Parents will be paged to change diapers or to take their child to the restroom if needed.

TENNIS

- *Members can include non-members if their guests pay the guest fee of \$10. Guests must sign the book at the Desk.
- *Age use policy- must be at least age 10 to reserve and prepay for court time without an adult.
- *Under age 10 may only play tennis on courts IF with a parent or adult guardian, who is a Y member, or if child is enrolled in Y tennis lesson and then for the class time period only.
- *The multi-rec facility is for members to play tennis or walk/jog; not a play area or babysitting site; children under age 10 not playing tennis or not walking/jogging alongside a parent are **NOT ALLOWED INSIDE THE TENNIS/WALK/JOG** area. Strollers allowed only if track is not very crowded.
- *Kids 10 or older may use the walk/jog track as long as they are not fooling around. No bouncing or throwing balls.
- *Babies /kids can not be making continuous noise that would be disruptive to others track or tennis users.

CYCLING

- *If you have never taken a class at the Y, you must be in the cycling room 15mins before class time to set bike.
- *If you have taken REEBOK CYCLE before, you must be in room at least 5 min. before class starts. No one will be allowed to enter late and will be asked to leave.
- *You may pick up your tag at desk no earlier than 30mins prior to Scheduled class time. Only one tag per person.
- *Age Policy- No one under the age of 14 yrs old, unless class is a designated youth class.
- *Classes available to Adult Henderson YMCA members only, unless bikes available before class starts.

LOCKER ROOMS & TOWEL SERVICE

- *Complimentary towel service available. Please return towel to Service Desk upon leaving.
- *Lockers are for daily use only, no locks left overnight. Will be removed after 3 days.
- * Health Locker room members must return key to Service Desk daily before leaving Y.

GUEST POLICY

- *All guests age 16+ must show I.D. and sign-in at the Service Desk. There is a Guest Fee depending on age.

TERMINATION/SUSPENSION OF MEMBERSHIP OR USE OF YMCA

- *For any member, or guest who is loud, offensive, uses profanity, is bothersome to other Members/Employees or behaves otherwise in an unchristian manner or who is cited for infractions of the YMCA by the Executive Director.
- *Management reserves the right to change, add, delete, or amend any regulation or policy here in.

TERMS AND CONDITIONS

- *The YMCA members agree to abide by all Policies now in effect or become effective at a future date.
- *Any abuse of equipment will not be tolerated.
- * Any damage to YMCA equipment or facility by Member, Guests or dependent shall be paid for by the Member or guests. Failure to do so within 30 days will result in small claims court action and membership termination.
- *The YMCA represents that it will not discriminate against any person because of sex, race, age, color, national origin, or ancestry in considering application for membership in the YMCA.
- *Bylaws herein are not inclusive. Signs posted in the YMCA will be considered additional Policies.
- *The YMCA utilizes video and audio recording cameras in all areas, except locker rooms, and restrooms, to help

ensure the safety of our members and to help determine those who have violated YMCA policy.

MEMBERSHIP TYPES

Youth = up to 12 yrs. old

Student = 13 to full-time college student (written verification required)

Senior = 60+

Adult = 18+ unless full-time college student

Single Parent Family = one parent household and all children claimed as dependents for tax purposes up to age 22 or full time college student. (written verification required)

Senior Couple = at least one person age 60+ of married couple, as defined by KY State law.

Full Family = married couple as defined by KY State law and all children claimed as dependents for tax purposes up to the age 22 or older if full time college student (written verification required or college I.D.)

Corporate = any business with an initial sign up of 5 or more membership units, providing a minimum of 5 membership units remain active at all times is eligible for a 20% reduction in membership fees. Payment options include bank draft or payroll deduction, if the employer agrees.

HOW DO I JOIN?

You may come in during regular week hours or during the weekend to sign up at the Service Desk. Personal tours available if staff available or your welcome to do a self tour if you prefer.

All new members age 6 & older must have a picture membership card taken during their initial visit. Fitness Center orientation is required prior to use for health and liability reasons. Because we care about your long-term membership satisfaction, we strongly recommend all new members take advantage of the free fitness orientation. We look forward to having you as a part of our family.....**THE HENDERSON COUNTY FAMILY YMCA!**

YMCA STATEMENT OF PURPOSE

“To Put Christian Principles into practice through programs, services and facilities that build healthy spirit, mind and body for all.”

****FINANCIAL ASSISTANCE STATEMENT**

No person will be denied access to YMCA general programs, facilities or membership because of the inability to pay fees. Financial assistance applications are available at the YMCA Service Desk and must be filled out completely and returned with required documentation to be processed by a YMCA professional. Limited assistance available for Health Locker rooms. Applications must be filled out annually, and for each program. Financial assistance is made possible through the annual support of the United Way, and money raised in the YMCA's Annual Sustaining Campaign. Annual incomes of \$30,000 + do not qualify, unless have documented high medical expense.

INSURANCE COVERAGE

The Henderson County Family YMCA does not carry health or medical insurance on any program or facility usage, for any participant or spectator. Participation is at your own risk and any accidents or injuries must be processed through the individual's personal medical or health insurance or assumed by the individual or family. Ambulance will be called for every medical condition or incident. No cost to member unless person goes in ambulance.

THEFT AT THE YMCA

Unfortunately from time to time we have unchristian like people who decide to take items that are left in unlocked lockers or left out in the open in areas such as the gym, locker rooms, etc. Users of the YMCA should plan to bring their own lock for the day or buy one at the Service Desk; take your valuables with you under close supervision or leave valuables at home if possible. Items left in your car should be locked in your trunk. The YMCA cannot be responsible for lost or stolen items or cash. Valuables or pocketbooks cannot be left at the Service Desk during facility usage. Car key basket available at desk - Y not responsible if any key is stolen or taken by mistake.

HENDERSON COUNTY