MEMBER HANDBOOK

GRANDVIEW FAMILY YMCA

YMCA OF GREATER MONTGOMERY

WELCOME TO THE Y!

We hope that this member handbook will assist you in getting involved in the YMCA and getting the most of your membership. If you have any questions, please do not hesitate to contact any of our staff. Our goal is to focus on total wellness through health and fitness programs for children and adults of all ages and abilities, including those with disabilities. Set a goal to be healthy and fit, and the Y will help you to reach that goal!

MISSION STATEMENT:

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

YMCA OBJECTIVES

- GROW - People grow by doing, and the YMCA tries to structure programs that all are encouraged to improve and to believe in themselves, developing a healthy lifestyle.
- CLARIFY VALUES - Values are those thing that help us make sense out of events and give direction to choices we make. The YMCA encourages people to think about the consequences of what they do so they can try to close any gaps between what they practice and what they preach.
- IMPROVE PERSONAL AND FAMILY RELATIONS - The YMCA helps people develop listening and communication skills.
- APPRECIATE DIVERSITY -The YMCA encourages a diversity of thought, cultures, religions, and ethnic traditions.
- BECOME BETTER LEADERS AND FOLLOWERS - Shared Leadership is basic to the YMCA. Everyone is invited to practice leadership roles and to practice following others.
- DEVELOP SPECIFIC SKILLS - Developing skills-athletic, social, artistic, and intellectual-brings with it, a heightened sense of self-esteem and confidence.
- HAVE FUN - Enjoyment, laughter, and pleasant interaction with others are basic qualities that the YMCA promotes.

HOURS OF OPERATION

MONDAY - THURSDAY: 5:00AM - 8:00PM
FRIDAY: 5:00AM - 7:00PM
SATURDAY: 8:00AM - 3:00PM
SUNDAY: 1:00PM - 5:00PM

HOLIDAYS

The Grandview Family YMCA observes the following holidays:

NEW YEARS DAY- CLOSED
EASTER - CLOSED
MEMORIAL DAY*
JULY 4TH- CLOSED
LABOR DAY*
THANKSGIVING - CLOSED
CHRISTMAS EVE*
CHRISTMAS DAY - CLOSED
NEW YEAR'S EVE*

***Facility is open, but will operate with abbreviated hours.**

RULES AND POLICIES

ABUSE OF PRIVILEGES: A YMCA Membership is a privilege. The YMCA reserves the right to restrict or suspend membership of those persons who demonstrate inappropriate behavior, who disregard the rules, abuse facilities or equipment, or whose conduct poses a threat to the safety and security of other members or the staff.

CONTRIBUTIONS: The YMCA is a 501 (c) (3) organization and contributions made to the YMCA are tax deductible. The YMCA uses contributions for scholarships and improvements to the facilities. Your gift to the Y is greatly appreciated. Those individuals making estate plans are urged to consider a gift to the YMCA to perpetuate their interest in the youth. For more information, please see the Executive Director.

CHECK IN: When entering the YMCA, please scan your membership card/app at the front desk. Failure to do so may cause delays in checking in.

GUESTS: The YMCA is a member organization and seeks to encourage membership through guest privileges. Local guests may visit (photo ID with address required) the YMCA up to two times per calendar year at no charge. Each guest must sign a YMCA of Greater Montgomery release form. Guests must be accompanied by a member and guests must be at least 18 years of age to be on-site without their guardian. Children must be accompanied by a guardian and are subject to the age guidelines as outlined in the member handbook and program guide. There is a limit of 2 adult guests per member.

FACILITY USAGE: Members who are under the age of 12 may not be left unattended in the facility at any time and must have someone 16 years and older on premises with them at all times. Children 12 years and older who have been dropped off must be picked up by closing. If children are not picked up by closing, a warning will be given, then the YMCA reserves the right to terminate the membership. We ask that there is a 4 hour time limit to usage each day. Some programs will be exempt from this rule. Ex- family swimming time.

ATTIRE: Proper attire is require when using the YMCA.

PERSONAL PROPERTY: The YMCA is not responsible for any personal items that are brought into the facility. (i.e: cell phones, laptops, etc.)

HEALTH & SAFETY: We strongly recommend that all individuals check with their doctor before beginning a workout program. Please dry off before entering locker rooms from the shower room. Your consideration will help prevent accidents.

PARKING: Please park in marked spaces. Please observe handicap spaces. The YMCA of Greater Montgomery and Grandview Family YMCA are not liable to any theft that may occur on the premises.

ALCOHOL, DRUGS, & TOBACCO: Alcohol, vaping, drugs, or those under the influence of them, are not permitted on the premises. The YMCA is a smoke-free facility and grounds.

WEAPONS & FIREARMS: No weapons or firearms are permitted in the facility or on the premises. Only exceptions are a police officer or sheriff that is on duty and in uniform.

FOOD & BEVERAGES: Food and beverages are only allowed in the lobby. Please do not take food and beverages into the locker room, gym, pool, or program areas.

LOCKER ROOMS: YMCA Members and guests are encouraged to leave their valuables at home. Please use a lock when using the YMCA lockers. Locker rooms are designated by both gender and age. Please use appropriate locker room. The YMCA is not responsible for loss or theft of personal items. Members and guests must be18 years or older to access the adult locker rooms.

No picture cell phones are allowed in locker rooms at any time.

GROUP EXERCISE CLASSES: Exercise and aerobic classes are included in your membership. Classes may be mixed and matched depending on your needs. For safety reasons, children 11 years and under are not authorized to attend aerobics classes. Members 12 years and up may attend most classes with parents (Zumba, Pound, Yoga). Classes that use equipment are restricted to 16 years of age or older. The front desk staff will be happy to provide you with a schedule.

FITNESS CENTER: The fitness center (cardio & weight rooms) is available whenever the YMCA is open. For your health and safety, please adhere to the following rules:

- At least one orientation is recommended before using the equipment (Schedule an appointment with the wellness staff)
- Only water is permitted in the fitness areas. No other food or drink is allowed.
- Shirts, tennis shoes, and other proper attire must be worn at all times.
- No open-toed shoes, crocs, sandals, or bathing suits are allowed in the fitness center.
- Please be considerate and wipe off all equipment when you finish.
- Weights should not be dropped, banged, or slammed down. Be considerate and re-rack your weights
- The use of cell phones is not permitted in fitness areas, especially while working out.

YOUTH & TEEN FITNESS POLICY: Children under 16 must be supervised by a parent, may only use the gym, fitness center, and pool. To be allowed to use the fitness center, all youth and teen need to be YMCA Members and have completed a fitness orientation with a YMCA Wellness Staff Member. Any YMCA staff member may revoke band privileges if a youth or teen is not demonstrating proper gym behavior or if safety concerns arise. Other restrictions may apply.

AGES 8 & 11

- Cardio equipment ONLY, except Peloton bikes and Hydrow, and a parent/guardian is ALWAYS required to be directly beside them
- Access to the Group Exercise Room is not permitted

AGES 12 – 15

- Cardio equipment ONLY, except Peloton bikes and Hydrow, until completing the Teen Wellness Orientation. Eligible to participate in Zumba and Yoga.
- Green Band: granted after completing Teen Wellness Orientation with Wellness Staff
  - Access to Selectorized (pin-loaded) strength machines
  - Access to all cardio equipment except Peloton bikes and Hydrow
- Blue Band: granted after completing Teen Wellness Orientation with Wellness Staff
  - Access to Selectorized (pin-loaded) strength machines, dumbbells, and Smith Machine
  - Access to all cardio equipment except Peloton bikes and Hydrow

AGES 16 & up

- Full access to all weights and cardio equipment except Peloton bikes and Hydrow
- Eligible for EGYM
- May participate in all Group Exercise classes



REDZONE SAUNA: Must be a YMCA of Greater Montgomery member and at least 18 years old. Orientation and appointments are required. Members are allowed one 15 minute appointment per day.

MASSAGE CHAIRS: Must be a YMCA of Greater Montgomery member and at least 18 years old. There is a 10 minute time limit. Please be courteous of other members who may be waiting to use the chairs.

GYMNASIUM: For the safety and consideration of all members, please observe the following rules in the gym:

- All participants must wear shirts
- Only non-marking athletic shoes allowed on the floor
- The YMCA is a family and all behavior should reflect that
- Profanity will not be tolerated
- No dunking on basketball goals
- Food, drinks, and gum are not allowed in the gym
- Failure to abide by these rules may result in suspension

POOL: Please check with the front desk for a current pool schedule. Lifeguards are always on duty while the pool is open. Children under the age of 12, regardless if swim test has been passed, must be accompanied by adult in the pool area. The pool, in the event of thunder and/or lightning, will remain closed for 30 minutes following the last strike. Other pool rules include:

- Cut off shorts are not permitted
- Horseplay and running are not allowed
- Glass containers are not allowed in pool areas
- A lifeguard must be on duty to swim
- Only swim diapers are permitted in pool areas
- No one is allowed in the pool with open wounds
- The lifeguard has authority to enforce any rule to ensure safety of patrons
- Proper dress is required when leaving pool areas

CHILDWATCH: Child watch is a service for members only. This service is open to children 3 months old-10 years old. It is intended for parents who are working out in our fitness facility, taking a GroupX class, walking the trail or playing basketball in our gym (must not leave YMCA grounds). It is not to be used for siblings while another child is participating in youth sports in our basketball gym or aquatics program. If overcrowding occurs, in an effort to sustain a safe environment for all the children, our staff reserves the right to deny check-in to the child watch room. Nationwide members, outside the YMCA of Greater Montgomery, may not have access to childwatch during the summer months.

VOLUNTEERISM: The YMCA is dependent upon volunteers to operate. Get involved with your Y! Volunteer to serve on a committee ot work in a program area. You will feel great and help others at the same time!

IMPORTANT CONTACTS

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