MEMBER HANDBOOK

MIDTOWN YMCA

YMCA OF GREATER MONTGOMERY

WELCOME TO THE Y!

We hope thatthis member handbookwill assistyouingetting involved in the YMCA and getting the mostof your membership. If you have any questions, please do not hesitate to contactany 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,andthe YMCAtries to structureprogramssothatall 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 theydo so they can try to close any gaps between what they practice and what they preach.
- IMPROVEPERSONALAND 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 - FRIDAY: 7:00AM - 1:00PM & 3:00PM - 7:00PM
SATURDAY: 8:00AM - 12:00PM
SUNDAY: CLOSED

AQUATIC CENTER HOURS OFOPERATION

Hours for ALL of the pools may vary depending on seasonal and yearly operations.

HOLIDAYS

The Bell Road YMCA observes the following holidays:

NEW YEARS DAY*
EASTER - CLOSED
MEMORIAL DAY*
JULY 4TH-CIOSED
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 OFPRIVILEGES:AYMCA Membershipis a privilege.The YMCA reserves theright to restrict or suspend membershipofthose persons whodemonstrate inappropriate behavior, whodisregardthe rules, abuse facilities orequipment, or whose conduct posesa threat tothe safetyand 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/ID at the front desk. Failure to do so may cause delays in checking in. A $5 fee will be assessed for any replacement cards issued.

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.
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 the Midtown YMCA is 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 be 18 years or older to access the adult locker rooms.
No picture cell phones are allowed in locker rooms at any time.

AEROBIC AND FITNESS CLASSES: Exercise and aerobic classes are included in your membership. Classes may be mixed and matched depending on your needs. For safety reasons, children 12 years and under are not authorized to attend aerobics classes. Members 12 years and up may attend most classes with parents (Zumba, Pound, Yoga, Body Combat). 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 at the front desk)
- 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 or bathing suits are allowed in the fitness areas.
- A towel is required when using all fitness areas. 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 Fitness Floor Staff Member. Other restrictions may apply.

- A parent or guardian is always required to be with youth ages 8 - 11
- Family Fitness Center is available for youth and ages 8 - 11

AGES 12 & UP

- Cardio equipment only
- All participants MUST complete an orientation with a YMCA Fitness Floor Staff
- A parent or guardian is required to be with youth & teens (ages 10 - 13) at all times

AGES 13 - 14

- Cardio & selectorized equipment
- All participants MUST complete an orientation with a YMCA Fitness Floor Staff
- For safety reasons, youth & teens must be taller than 5'2" to use selectorized equipment

AGES 15 - 16

- Cardio, selectorized, and weight equipment
- All participants MUST complete an orientation with a YMCA Fitness Floor Staff or have approval from YMCA Staff
- For safety reasons, youth & teens must be taller than 5'2" to use selectorized equipment



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 8 (passed swim test - green band) must be accompanied by an adult in pool areas. Children 12 and under (beginner swimmers) must be accompanied by an adult in pool areas. The pool in the event of thunder and/or lightning, will remained closed for 30 minutes following the last strike. Other pool rules include:

- Cut off shorts are not permitted
- Horseplay or running is 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

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

CALEB COOPER **VP OF OPERATIONS AND STRATEGIC PARTNERSHIPS**	334-269-4362 ext. 1024 ccooper@ymcamontgomery.org
NIESHA HAWKINS **MEMBER EXPERIENCE COORDINATOR**	334-269-6411 ext. 2601 nhawkins@ymcamontgomery.org
DANDREA EVANS **SPORTS PROGRAM DIRECTOR**	334-269-6411 ext. 2905 devans@ymcamontgomery.org

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the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY