MEMBER HANDBOOK

ENTERPRISE FAMILY YMCA

YMCA OF GREATER MONTGOMERY

WELCOME TO THE Y!

We hopethatthismemberhandbookwillassistyouingetting involved in theYMCAandgettingthemostofyourmembership.Ifyou have any questions,pleasedonothesitatetocontactanyofour staff. Our goalistofocusontotalwellnessthroughhealthand fitness programsforchildrenandadultsofallagesandabilities, including thosewithdiverseabilities.Setagoaltobehealthyandfit, and the Y willhelpyoutoreachthatgoal!

MISSION STATEMENT:

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

YMCA OBJECTIVES

- GROW - People growby doing, and theYMCAtries to structure programs so that all are encouraged to improve and to believe in themselves,developing a healthy lifestyle.
- CLARIFY VALUES - Values are those thingsthat help us make sense out of events and give direction to the 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–Friday: 5:00 AM – 8:00 PM**
- **Saturday: 7:00 AM – 2:00 PM**
- **Sunday: 1:00 PM – 4:00 PM**

AQUATIC CENTER HOURS OFOPERATION

May-October

HOLIDAYS

THE ENTEPRISE FAMILY YMCA IS CLOSED FOR THE FOLLOWING HOLIDAYS:

NEW YEARS DAY
EASTER
MEMORIAL DAY

JULY 4TH
LABOR DAY

THANKSGIVING
BLACK FRIDAY
SAT. NOV 29th
CHRISTMAS EVE
CHRISTMAS DAY
NEW YEAR'S EVE

RULES AND POLICIES

ABUSE OFPRIVILEGES: 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 facilitiesor 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/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. Guests are not allowed in the basketball gym.

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 required 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 Enterprise 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.

Cell phones with cameras are not 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.

1. Remove from the first paragraph: "Children under the age of 8 (passed swim test – green band) must be accompanied by an adult in the pool areas."

2. Keep the following language in the first paragraph: "Children 12 and under must be accompanied by an adult in pool areas."

3. Remove the following bullet point entirely: "Any child 7 & up that has passed a swim test and wears a green wristband may be left at the pool if a parent remains at the facility."

4. Add to the bullet points: No breath-holding games.

FITNESS CENTER: "The use of cell phones or personal recording devices is not permitted in the fitness area, especially while working out."

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 Fitness Policy:
AGES 8–11

- May only use designated Family Fitness Center areas and participate in facility-offered programs specifically designed for this age group.
- Must be accompanied by a parent or guardian at all times.
- Access is limited to supervised and structured wellness opportunities (not general fitness equipment use).



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

- All participants must wear shirts and shoes
- Only non-marking athletic shoes allowed on the floor
- The YMCA is a family-friendly place, 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
- Guests are NOT allowed in the basketball gym

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 (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. In the event of thunder and/or lightning, the pool will remain 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

- Any child 15 and under is subject to swim testing
- Any child 7 & up that has passed a swim test and wears a green wristband may be left at the pool if a parent remains at the facility.
- Any child 12 & up that has passed a pool swim test is allowed to be dropped off
- 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 or work in a program area. You will feel great and help others at the same time!

IMPORTANT CONTACTS

Jenie Jones **Executive Director**	334-347-0214 jenie@ymcamontgomery.org
Camery Crosby **Wellness/Membership Director**	334-347-0214 ccrosby@ymcamontgomery.org
Ashley Carvajal **Director of Youth Development & Programming**	334-347-0214 acarvajal@ymcamontgomery.org

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the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY