MEMBER HANDBOOK

YMCA AT PEPPERTREE

YMCA OF GREATER MONTGOMERY

WELCOME TO THE Y!

Wehopethatthismemberhandbookwillassistyouingetting involved in the YMCA and getting the most of your membership. If you haveanyquestions,pleasedonothesitatetocontactanyof our staff.Ourgoalistofocusontotalwellnessthroughhealthand 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 Ywillhelpyoutoreachthatgoal!

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 structureprograms so 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 OFOPERATION

MONDAY - FRIDAY: 5:00AM - 9:00PM
SATURDAY: 7:00AM - 3:00PM
SUNDAY: 1:00PM - 6:00PM

HOLIDAYS

YMCA at Peppertree observes the following holidays:

NEW YEARS DAY*
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 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 facilities or equipment, or whose conduct poses a threat to the safety and security of other members or the staff.

AMENDMENT OF RULES: YMCA at Peppertree reserves the right to amend or add to these rules and conditions, and to adopt new rules and conditions as it may deem necessary for the proper management of YMCA at Peppertree.

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: The YMCA at Peppertree is considered an Adult-Only facility. Please check with the Welcome Center staff on these policies.

EQUIPMENT USAGE: Please return and rack all weights and equipment after use. Wipe down machines after you workouts using the provided wipes.

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 YMCA at Peppertree 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, sauna/steam room, 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. Shorts or towels must be worn outside of shower stalls; this includes steam room, sauna, and locker room benches. 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. Daily lockers are available. If you wish to rent a locker (small: $5/month, large: $10/month).

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. The front desk staff will be happy to provide you with a schedule. We have three fitness studios, as well as a functional fitness area. The key for class locations can be found on the schedule (Studio A, B, C, F).

WELLNESS CENTER, FITNESS FLOOR, & TRACK: The wellness center, fitness floor, and track are available whenever the YMCA is open. For your health and safety, please adhere to the following rules:

- All members must check in at the Welcome Center.
- 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 sports bras are allowed in the fitness areas.
- Members must use provided wipes to disinfect/wipe down all equipment after use.
- 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.
- 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.
- Phone use is permitted, but please refrain from using speaker phone to respect others.
- Failure to abide by these rules may result in suspension.

MEDIA & CONTENT: Members taking photos or videos during group fitness classes are prohibited unless prior approval.

MASSAGE CHAIRS: Limited to 10 minute use. Limit cell phone use. Please be mindful of others.

SAUNA & STEAM ROOM ETIQUETTE: NO drinks, food, or electronic devices are permitted inside the steam room or sauna. Exercise inside the sauna and steam room are not permitted.

TOWEL SERVICE: One complimentary towel. Members can add Adult towel service for $10 monthly in addition to their membership draft, or Household towel service for $15 monthly. 2 large towels per day.

PERSONAL TRAINING: Members wanting to purchase personal training may use only certified personal trainers provided by YMCA at Peppertree. All payment for personal training sessions must be purchased through front desk staff at the Welcome Center.

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

N ATIONWIDE Y MEMBERSHIP: As a Nationwide Member, you now have the added value of visiting Ys a cross the United States and Puerto Rico. Before you travel, contact the Y you intend to visit to make s ure it is one of the more than 2,600 locations that participate in Nationwide Membership. Most YMCAs r equire a photo ID for all visitors. Please bring a photo ID with you for a seamless customer experience.

F ITLINXX ORIENTATION: FitLinxx is an exercise workout tracking system for users that will provide e xercise programs and automatically tracks their progress over time. Fitlinxx orientations are a ppointment based guided by Wellness staff.

IMPORTANT CONTACTS

ADAM SCHROTT, EXECUTIVE DIRECTOR	334-777-6133 aschrott@ymcamontgomery.org
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the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY