



YMCA MEMBER HANDBOOK

Weantchee Valley YMCA
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wenymca.org

Y MEMBER HANDBOOK

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WELCOME TO THE Y

Thank you for being a member of the Wenatchee Valley YMCA. This handbook is provided to acquaint you with the information you need to make the best possible use of your YMCA Membership. Information will be updated periodically and is available at www.wenymca.org. You may wish to sign up to receive the Y's E-newsletter, and can follow us on Facebook and Instagram for program updates.

This is your Y. Please make your questions, comments and suggestions known by visiting with a staff member or completing a comment card in the lobby of the Y. In addition, members will receive an email from Open-Line providing an opportunity to give a compliment, suggestion, idea, and present concerns. We want to hear your ideas and will do our best to respond in a timely manner.

OUR MISSION

The mission of the Wenatchee Valley YMCA is to strengthen youth, families, and communities by promoting Christian principles and putting them into practice through leadership and programs that build healthy spirit, mind and body for all.

OUR CAUSE

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That is why we focus our work in three areas:

- Youth Development – Nurturing the potential of children and teens
- Healthy Living – Improving community health and well-being
- Social Responsibility – Giving back and supporting to our neighbors

EVERYONE BELONGS AT THE YMCA

All people are welcome to participate in Y programs and use Y facilities as members regardless of race, ability, religion, gender, national origin, sexual orientation or income. Whether for one day or for a lifetime, the Y wants to engage as many people as possible in youth development, healthy living and social responsibility. As a membership organization, the Y offers different avenues for member involvement. Y members have full access to Y facilities and programs appropriate to their age. If a program has a fee associated with it, Y members can often take advantage of a reduced fee. Community members join the Y to participate in a particular program or activity. Community member fees include the fee for the program and a limited membership fee good only for the times and location of the program. Sustaining members make financial contributions to support the work of the Y, but do not receive access to Y programs or facilities in exchange for their contributions.

WENATCHEE VALLEY YMCA FACILITIES

Wenatchee Y

The full-service facility on the corner of Chelan and Orondo Avenue offers cardiovascular, circuit weights, functional training and free weight fitness areas, a swimming pool, locker rooms, a gym, group exercise studio, bouldering wall, steam room and three racquetball courts. The facility also has a dedicated Child Watch area (crawling- 5 years), Kid Zone (grades K-5) and a Teen Center (grades 6-12).

Lake Wenatchee YMCA Camp

The Camp was purchased in 1928 and sits on 26 acres on the north shore of Lake Wenatchee. Buildings include a lodge, outdoor education center, fifteen cabins and several program support facilities. LWY Camp is a destination spot for every child to have the best summer ever.

FINANCIAL ASSISTANCE

No child is ever denied YMCA participation because of inability to pay. Youth scholarships are available for both membership and program fees for youth through the age of 18. Application forms may be picked up at the Membership Services Desk or downloaded at www.wenymca.org.

A written request for extra financial assistance may be submitted if the awarded amount is not sufficient for the family's current financial situation. Please contact the program director for more information. Summer Program scholarship applications may be turned in starting January of the current summer program year. Financial assistance for young adults, adults and household is available through Income Based Pricing.

Financial assistance is possible because of the generosity of donors, a strong membership base, dedicated volunteers, and YMCA Endowments funded through outright and planned gifts. If you would like more information on YMCA financial assistance or ways to support the Y's Cause, please contact the Chief Executive Officer.

MEMBERSHIP AND ACCESS

Admittance Policy

Upon joining the Y, new members will be asked to provide a valid photo ID to be photocopied and kept on record with the Y. Members will be provided a membership card. We request that Members present their Wenatchee Valley YMCA membership card every time they use the facility. The Wenatchee Valley conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Y reserves the right to cancel membership, end program participation, and remove visitation access. This policy provides security for everyone in the facility.

Members coming into the Y without a membership card may be required to present photo identification. If members are unable to present their cards, replacement cards may be purchased for a \$2.00 charge. Use of a membership card by anyone other than the person to whom it is issued may result in the loss of membership privileges.

Parents may be admitted free of charge for the sole purpose of observing their children during youth programming. This privilege may be revoked, if used for any purpose other than observation of a participating child.

Membership Change / Cancellation Policy

A member may cancel their YMCA membership by providing written notification thirty days prior to the next payment date. A cancellation form may be obtained at the Membership Services Desk. If more convenient, a cancellation request can be mailed, emailed, or faxed to the Y attention to Director of Membership. Membership fees are not refundable or transferable to another person. There may be prorated fees associated with changing membership categories.

Guest Policy

Adult Members have Unlimited Guest Passes. Each guest you bring can visit us up to two times for free. After the second free visit, guests will be encouraged to join the Y. Returning guests will have the option to continue to visit by paying the short-term day membership fee. Any guest, community member, or observer must sign-in and will be asked to present photo identification and complete a form at the Membership Desk to gain entrance to the facility. Guests will be asked to complete a guest form the first time they visit our facility and provide photo identification. Adult member supervision is needed for all youth guests. Guests must register at the Membership Desk each visit. Members must accompany their guest(s) and are responsible for their actions.

Caregivers

We encourage individuals who require assistance while using our facility to bring their own caregiver. Caregivers must remain in direct and constant supervision of client. The caregiver will be required to sign the Community Member Sign-In Sheet each time of each visit and may only enter with the member. For clear identification, caregivers will be given a lanyard with the Y logo labeled VOLUNTEER. Caregivers who wish to use the facility for their own personal use must have a valid membership. For any further question, please ask front desk for assistance.

Short Term Memberships

- Youth (ages 0-12) Day Membership fee is \$3.00 / day.
- Young Adult (ages 13-24) Day Membership fee is \$6.00 / day.
- Adult Day Membership fee is \$12.00 / day. Up to three daily visits may be applied to a joining fee, if requested within thirty days of first daily membership.
- \$70.00 for thirty days (no limit on renewals)

Short-term members must register at the Membership Services Desk each visit. Photo identification is required. Youth and Young Adults through the age of 15 must be in supervised program areas or under the direct supervision of an adult.

If facility usage warrants, community members who wish to use only locker rooms and showers may be admitted between 9:00 am – 3:00 pm for a \$3.00 fee. Photo identification is required.

YMCA360

Wherever you are on your health journey, YMCA360 is here to help you achieve your goals, stay active and get connected. Get unlimited access to online, interactive classes and videos from the world’s top health and wellness organization, the YMCA. From yoga to youth sports, the library of content features 100s of videos, on-demand classes and live streaming, plus all-access to the best instructors and coaches, WHEREVER you are and WHENEVER you want. You can stream directly to your iPhone or AppleTV at home, at work, on the road, or at the Y. Simply sign-in using your email on file and you’ll have unlimited access to our collection of rock-star instructors, knowledgeable coaches, and safe, effective activities. Virtual Memberships for only YMCA360 access are available. See Membership Services for more information.

Nationwide Membership

Always welcome in every community. For those who qualify for Nationwide Membership, members will have access to and can use all the areas and programs of any participating Y they visit. Members will be checked in on a national portal and may be asked to provide photo ID. Members will be asked to sign a national waiver (one time only). Each Y operates independently so to maximize the member experience, contact YMCAs in advance to learn about their offerings and policies.

Guests From Other Ys

For Y Guests who are not a part of Nationwide Membership, your valid membership card or current photo ID must be presented upon entry. Each year, we allow two free visits; and thereafter, entry will be at 50% of our community member rate.

Parking Lot Usage

The YMCA Parking Lot is for the exclusive use of Y members for up to two hours while they are using the YMCA facility. Unauthorized or improperly parked vehicles may be towed at the owner’s expense, 24 hours a day. Police and City lots are available for public parking after 5:00 pm and the Cashmere Valley Bank parking lot is available after 6:00 pm. Please keep entrances and the fire lane clear.

Hours of Operation

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|-------------------------|-------------------|
| Monday through Thursday | 5:30 am – 9:00 pm |
| Friday | 5:30 am – 8:30 pm |
| Saturday | 7:00 am – 3:00 pm |
| Sunday | Closed |

Closure Dates

The YMCA closes in observance of the following holidays: New Year's Day, Easter, Memorial Day (including the Sunday of that weekend), Independence Day, Labor Day, Thanksgiving Day, and Christmas Day. Our facility is also closed during the Apple Blossom weekend. Early closure on Christmas Eve and New Year's Eve.

Valuables and Lost and Found

Members are encouraged to leave valuables at home or secured in a locker. The Wenatchee Valley YMCA is not able to assume responsibility for lost or stolen items. Lockers at the Y are available for a monthly rental fee or are free for day use. Locks are available for purchase at Membership Services. Items found or turned in are handled as follows: Clothing and equipment is stored at Membership Services and after a week moved to a storage room. Rings, wallets, watches, etc. are kept in the Admin Office. Items are held for thirty days and then donated to a charitable organization or turned into the Police.

Equipment

Basketballs, racquetballs, and Wally Ball equipment are available to be checked out at the membership services desk at no charge; although a security deposit may be required. Towels, eyeguards, and racquets may be rented for a nominal fee.

Class Registration

Youth programs and many adult programs require advanced registration. Registration dates and information are available online or at Membership Services. Late registration fees apply to some classes.

Getting Started

New experiences can be a little challenging, but the Y is here to help you along your way. Complimentary consultations are available and group exercise classes are open to people of all levels of ability. New members are urged to take advantage of a Coach Connection before beginning an active exercise program. In addition, Y Members have access to our mobile app. The app allows for fitness tracking, participation in fitness challenges and goal setting. Free Fitness Center Orientations, Coach Connections or a Personal Fitness Consultations are available to all members. All members are urged to have a regular health evaluation as appropriate for their age or medical condition prior to starting a new exercise program.

PROGRAM INFORMATION

Current pool and group exercise information is available at Membership Services at the Wenatchee YMCA. Flyers for specific programs are available at the Y Membership Services Desk and at [Schedules](#). Members who wish to receive special notifications may want to like us on Facebook/Instagram. In addition, participants can download our Y app and receive push notifications for unexpected closures. Additional Program Information can be obtained at Membership Services.

GENERAL POLICIES

To provide a safe and enjoyable experience for everyone who visits our Y facilities, we ask participants to comply with the following guidelines:

- All members under age 16 must be in a structured activity, such as Child Watch/Kid Zone, Teen Center, Youth Sports, Youth Open Swim, Swim Lessons, or directly supervised at all times by an adult family member (18 or older).
- In the Y pool during family swim times, an adult family member (18 or older) must participate in the water with children. For the safety of all, the maximum participants in the YMCA pool are 24 swimmers. After the first 24 people arrive, members may wait their turn until space is available within pool capacity. Lifeguards may request participants who have been in the pool beyond thirty minutes to leave early allowing new participants time in the pool.
- Food and beverages are not allowed in the Y's program areas at any time. Water is permitted as long as it is in a sealed container.
- The Y is a drug and tobacco-free environment. Smoking, vaping, or chewing tobacco products are not allowed at any time in the Y. Alcoholic beverages and illegal drugs are not permitted in Y facilities.
- Adult program participation is generally limited to members age 16 and older. For members age 11 - 15, adult program participation is permitted in the Fitness Center, Group Exercise, and Pool (a swim test is required for Youth under 13) under the direct and constant supervision of an adult family member over the age 18 or older. Uplift graduates (for youth ages 11-15) may participate in adult programming without adult supervision. Adult members are asked to set a good example for younger members by using appropriate language and treating everyone with respect.
- Children four years and older must use the appropriate male or female locker rooms. A family friendly changing room is available at the Y.
- Program areas for youth (0-15 years of age) are closed by 7:30 pm. Youth should not be in the facility after 8:00 pm unless they are Uplift Graduates or under the direct and constant supervision of an adult family member (18 or older).
- Members are advised to consult with their personal physician before beginning a new exercise program.
- For the privacy of Y members and guests, cell phones or any other device capable of taking pictures or recordings are not to be used in the locker rooms or restrooms. In addition, no pictures or recordings are to be taken in childcare/child program areas without prior permission from the program director. Please report suspicious behavior to Y staff.
- The presence of blood requires an immediate stop of activity. Please contact a Y staff member for appropriate first-aid treatment and clean up.
- The pool is subject to change at any time. Incidents involving possible fecal matter may require a short-term closure for shock treatment. The lifeguards on duty have sole discretion of closure time due to pool incidents.

CHILD SAFETY

The safety of children is a primary concern for the Wenatchee Valley YMCA. The following policies to help provide an environment that will enhance the personal growth and development of children in Y programs.

1. In order to protect Y staff, volunteers and program participants, one Y employee or volunteer will never be alone with a single child unobserved by another adult.
2. Employees and volunteers may not be alone with children they meet in Y programs outside of their official Y interaction. Any exceptions require a written explanation in advance and are subject to administrative approval.
3. Reference and criminal background checks are conducted on all employees and on all volunteers who work with children at the time of employment and annually thereafter. Employees and volunteers who work with children receive pre-employment training and annual follow up training on the recognition and prevention of child abuse.
4. Children under the age of 15 are allowed in Y facilities only when in a supervised Y program or under the direct and constant supervision of a parent or an adult family member (18 or older) unless the child has participated and passed our Uplift program.
5. Y employees and volunteers providing direct care for children will be identified by photo identification or uniform that is familiar to the children with whom they work. Photographs of all Y employees will be kept on file.
6. Y employees and volunteers will not discipline children by use of physical punishment or by failing to provide the necessities of care, such as food and shelter. Y employees and volunteers will not verbally or emotionally abuse children. Physical restraint will only be administered when necessary to protect the child or other children from harm.
7. Y administrative staff will make unannounced visits to program sites. Parents of program participants may make visits to program sites, accompanied by a Y employee. Non-participants are encouraged to make an appointment for a tour and must be accompanied by staff.
8. Y employees and volunteers will be alert to the physical and emotional state of all children in their programs and will report any signs of injury or suspected child abuse.
9. All employees and volunteers working with children sign a Code of Conduct agreeing to abide by Y Child Abuse Prevention Guidelines. Any suspicion of a violation of these policies

should be immediately reported, including anonymous tips to the Wenatchee Valley YMCA CEO or Director (662-2109).

10. The Y will investigate all reports of suspected child abuse and will follow legally mandated reporting requirements.

PROGRAM AREA GUIDELINES

Age Restrictions

The Y strives to create a family friendly environment. Family time in family group exercise, family swims, family gym time, and family camp are designed to provide quality time together. Child Watch and other youth programs provide opportunities for different age-appropriate activities for all members of a family.

- Adult programs are for Y members 16 and older, except as noted below. Just as adults may not participate in youth programs, children are not allowed in program areas during adult activities. 11 to 15 year olds may participate in adult programs (open gym, group exercise, racquetball, sportwall, fitness center, and aquatics) under the direct and constant supervision of an adult family member (18 or older)
- Uplift graduates may participate in adult programs without adult supervision.
- Adult Basketball (11:30 am - 1:30 pm, M-F) is only for adults age 18 and older.
- Children age 15 and under are allowed in Y facilities only when in a supervised Y program or under the direct and constant supervision of an adult family member (18 or older) unless the child has participated and passed our Uplift program.
- Children four years and older must use the appropriate male or female locker rooms. A family friendly dressing room is available at the Y.
- Y program areas for youth (0-15 years of age) are closed by 7:30 pm. Youth should not be in the facility after 8:00 pm, unless they are graduates of the Uplift program or under the direct and constant supervision of an adult family member (18 or older).

Pools

Wenatchee YMCA Pool Rules:

- Pool use is permitted only under the supervision of a YMCA lifeguard.
- A full soap shower is required before entering the pool.
- Persons with open wounds, communicable diseases or infections (including vomiting or diarrhea within the last 14 days) are not permitted in the pool.
- Food, gum or beverages other than water are not permitted in the pool area.
- Swimming under the influence of alcohol or recreational drugs is prohibited.
- Please walk on deck at all times.
- Dunking and rough play are not permitted in the pool at any time.
- Only feet first, forward jumping and ladder entries are allowed in the pool.

- Clean swim trunks or swim suits are appropriate pool attire. Jeans, sweat pant material, and unhemmed shorts are not permitted.
- Swim goggles are permitted.
- Snorkels, masks, fins, kickboards, water dumbbells and water belts are only permitted during adult programs and structured class times.
- Please get noodles, kickboards, pull buoys, and other equipment before entering the pool. Lifeguard staff may assist with getting equipment out and putting away
- Pool noodles may be used at any time with the permission of the lifeguard(s).
- Toys provided by the YMCA are permitted at the discretion of the lifeguard. Participants are not allowed to bring their own toys.
- Inflatable devices are not allowed in the pool unless in a structured class, without prior approval from the Aquatics Director.
- Coast guard approved life jackets may be worn in the pool if child is within arm's reach of an adult at all times. The YMCA may have a life jacket that fits your child; participants are encouraged to bring their own.
- Based on the Y's commitment to safety, youth participation may be restricted based on age, skill, and/or height. The Y reserves the right to deny participation, even in the designated shallow area, to unaccompanied youth participants who not meet pool specific minimum skill or height requirements.
- Swim diapers or tight fitting protective covering for all diapers and preventative undergarments are required prevent leakage for all ages. Diapers must be changed in locker rooms.
- Children five years and older must use the appropriate male or female locker rooms. A family friendly dressing room is available at the Y. Showers in the steam room are available to those who use the family changing room.

- Age Requirements:
 - Children 3 months through pre-kindergarten must have an adult family member (18 or older) in the water with them at all times. Lifeguards may require the adult to stay within arms' reach based upon a child's ability regardless of pool depth.
 - School aged children may participate in youth swim programs without an adult or during family swims with adult family member (18 or older).
 - Youth 11-15 years of age may participate in adult programs and use locker rooms if they are under the direct and constant supervision of an adult family member (18 or older).

- Youth who satisfactorily complete the Uplift program may participate in adult programs and use locker rooms without adult supervision. (Youth under 13 will be required to pass a swim test.)
- All participants under 13 years of age must pass a swim test to move past the designated shallow end of the pool. These swimmers will be given a green bracelet to wear on their wrist. All non-swimmers under 13 years of age will be given a red bracelet to wear on their wrist. All bracelets must be returned at the end of the swim.
- During family swim times, an adult family member (18 or older) must participate in the water with children.
- During family swim times, an adult family member may take one of their non-swimmers out of the designated shallow area provided that continuous physical contact is maintained and they are not leaving a non swimmer child 3 months through pre-kindergarten unattended in the designated shallow end. This includes children in life jackets for both shallow and deep area.
- Prolonged submersion or breath holding is not permitted.
- Participants and observers are not allowed in designated lifeguard areas. Lifeguard's designated areas may change due to pool activities. Participants and observers are expected to move quickly when blocking the lifeguard(s) zone coverage.
- Parents and observers not participating in aquatic programs are asked to stay in the seating areas.
- Photography is allowed with permission of the lifeguard.
- For the privacy of Y members and guests, cell phones or any other device capable of taking pictures or recordings are not to be used in the locker rooms or restrooms. Please report suspicious behavior to Y staff.
- The pool is subject to change at any time. Incidents involving possible fecal matter may require a short term closure for shock treatment. The lifeguards on duty have sole desertion of closure time due to pool incidents.
- For the safety of all, the maximum pool capacity is 24 swimmers. After the first 24 people arrive, members may wait their turn until space is available within pool capacity. Lifeguards may request participants who have been in the pool beyond 30 minutes to leave allowing new participants time in the pool.

Gym

- Appropriate attire including clean, non-marking gym shoes is required of all participants.
- Food, gum, or beverages, other than water in sealed containers, are not permitted.
- For the safety of children and adults, children are not permitted in the gym or multi-purpose room during adult activities. Infants who are not yet crawling may be with their

parent during group exercise classes while in a car seat once a waiver has been reviewed and signed by both parent and the Group Exercise Manager.

- 11-15 year olds may participate in Adult Open Gym under the direct and constant supervision of an adult family member (18 or older). Uplift graduates may participate in Adult Open Gym without adult supervision.
- Adult basketball (11:30 - 1:30 pm, M-F) is only for adults age 18 and older.
- During winter, spring, and summer school vacations, Young Adult and Youth members age 11-15 may participate in Adult Basketball after 1:00 pm if they are under the direct and constant supervision of an adult family member (18 or older). Uplift graduates may participate in Adult Basketball after 1:00 pm.
- An updated schedule of gym activities is posted just outside the gymnasium. If the gym is not being used for its scheduled purpose, others may use the gym, but must leave if others arrive to use the gym for its scheduled purpose.
- Family gym times are for children 12 years of age and younger accompanied by an adult family member (18 or older).
- Member may bring their own music device to play music in the gym/racquetball courts with the following guidelines: Music must be Y appropriate lyrics and volume level.
- Foul or abusive language, fighting, or any kind of physical violence will not be tolerated and may result in immediate termination of privileges.
- Pick-up basketball procedures are posted in the gymnasium.
- If the gym is not scheduled and there is demand for multiple activities, majority usually rules. However, members may choose to modify their activities to occupy less than the full gym and accommodate the desires of others. The values of caring, honesty, respect and responsibility should be reflected in all interactions.
- For a copy of the current group exercise schedule, please visit Membership Services or [Group Exercise Schedule](#). Please note that the schedule includes 10-15 minutes of transition time before and after classes for set-up and takedown of equipment as well as to provide an opportunity for instructors to talk with participants. The gym is closed to other activities during these transition times.

Steam Room

WARNING: Steam Room usage will increase body temperature. Usage should be limited to ten (10) minutes for healthy adults, who have not had a strenuous workout. All other individuals should use the Steam Room only with a physician's approval. Pregnant women and individuals with blood pressure abnormalities should not use the Steam Room.

- Steam Room usage is limited to Y members and their guests who are 16 or older.
- Participants should shower before and after using the Steam Room.
- The Steam Room is co-ed and swimsuits are required.
- Food and beverages, other than water in a plastic container, are not permitted in the Steam Room.
- Shaving is not permitted in the shower area or in the Steam Room.
- The use of scented/essential oils is not permitted.

Racquetball Courts

- Appropriate eye protection, gym clothes, and clean non-marking gym shoes are required. All racquets must have wrist straps and be worn over the wrist. Only string racquets are permitted.
- Youth age 15 and under may use the courts only under the direct and constant supervision of an adult family member over the age of 18. Uplift graduates may use the courts without adult supervision.
- Only Wenatchee Valley YMCA members who have successfully completed the Uplift program or are age 16 or older may reserve court time.
- A one-hour reservation may be made during regular Y business hours for any available time in the next three days of business. If a member already has a reservation, they may not be listed for another reservation until the first reservation time has passed.
- Court time is limited to one hour unless a court would otherwise remain unoccupied. After the reservation time has expired, players should leave the court promptly so the next group of players may have their full hour of play.
- On occasion, the Y may reserve courts for specialty programming.

Teen Center

- The Teen Center is for teens in grades 6-12, and current hours and schedule are available on the YMCA Website at www.wenymca.org
- The Teen Center provides teens with a safe place to be themselves in their own space with our talented and compassionate teen staff. We will have the various targeted daily, weekly and monthly activities/clubs to choose from along with the typical table games (pool, ping-pong, and foosball), video games, and even STEM activities!

Kid Zone

- The Y Kid Zone is for those in grades K-5
- The Y Kid Zone is open only under the direct supervision of Y staff. Current hours and schedule are available on the YMCA website at www.wenymca.org
- The Kid Zone is free for Y members. For all others, a day pass fee can be paid for at the time of service at the front desk.

Child Watch

- The Y Child Watch area is open only under the direct supervision of Y staff. Current hours and schedule are available on the YMCA website at www.wenymca.org.
- Child Watch is free for Y members. For all others, a day pass fee can be paid for at the time of service at the front desk.
- The Child Watch area is for healthy children crawling through the age of five while their parents are using the Y facility.
- On the first day, parents must read and sign our child watch guideline sheet.
- When children are signed in, the parent will receive a bracelet with a number associated with their child. Upon checkout, the bracelet must be presented and returned to ensure appropriate pick up.

- Parents may stay a short period of time to help their child adjust to the Child Watch area. Due to the unpredictable volume and a desire for program consistency, parents are asked not to remain in the area for an extended period of time.
- Staff will come and ask for parent assistance for children who are not potty trained. Diapers may be changed in either locker room or family friendly dressing room.

Bouldering Wall

- Access to the wall is only allowed when a Y staff is present and supervising the activity.
- Appropriate shoes must be worn at all times (climbing or tennis shoes only).

Fitness Center

- All persons using the Fitness Center are strongly encouraged to participate in an orientation prior to using the equipment. The Y offers complimentary Coach Connection and Personal Fitness Consultations to provide support to members and their wellness goals.
- Infants, who are not yet crawling, may be in the Fitness Center while in a car seat with their parent during specified hours with a waiver signed by both the parent and Fitness Center staff.
- Members age 11-15 year olds may use the Fitness Center under the direct and constant supervision of an adult family member (age 18 or older). Uplift graduates may use the Fitness Center without adult supervision.
- For the comfort and protection of everyone, participants are encouraged to wear clean, dry workout attire. Midriffs must be covered. There is a degree of modesty associated with several circuit machines and participants are asked to choose attire that will not be offensive to others.
- Closed-toed, athletic shoes are required.
- Participants are required to wipe down machines and use hand sanitizer before and after use. Individuals with a potentially contagious illness are encouraged to discontinue exercise until healthy.
- In consideration of others, participants should not dominate or block access to machines. In particular, cardiovascular equipment usage should be limited to 30 minutes when others are waiting. Participants pursuing a circuit should not be impeded. With weight equipment and circuit training room after each rep, leave the equipment/machine to provide opportunity for others. Gym etiquette is to talk with others and work together to maximize each other's time and equipment. Protocol is to ask to "jump in".
- Dropping weights is not permitted.
- Only listening devices with personal headphones are permitted. The overhead speaker system provides background music.
- Cell phone conversations are to remain outside of the Fitness Center.
- Water, in a sealed container, is allowed in the Fitness Center. Food and other beverages are not permitted.

Locker Room Policies

- Youth who have not taken Uplift under the age of 16 require adult supervision at all times while in the locker rooms. Adult supervision is considered an adult family member age 18 or older.
- Youth, ages four and under, may use the same locker room as their supervising adult regardless of gender.
- Youth, ages 5-15, must use the same locker room of their gender identity with their supervising adult present at all times.
- The family changing room is available for anyone with small children, diverse abilities, or families with opposite gender children over the age of four.
- Devices capable of taking photographs or video are not allowed to be used in the locker rooms.
- Overnight use of lockers are not permitted except for monthly or annual rentals.
- Valuables should be left at home or on your person. Do not leave valuables in the lockers.
- Please respect the privacy of others while in the locker rooms.
- Keep our facility clean by not sitting or peeing in the showers and remove hair from drain after use.
- Members and guests are required to follow the YMCA Code of Conduct at all times.