

Adult Guest Pass Policy

The association encourages the use of free guest passes as a benefit to members and encourages prospective members to join. The guest policy is as follows:

- 1. Guest must have a photo ID and complete a YMCA Guest card registration to enter.**
- 2. Members must accompany their guest.**
- 3. Members are allowed five (5) guest passes; however, more passes can be obtained at the discretion of YMCA Staff.**
- 4. Each member can only bring one guest at a time.**
- 5. Guest passes are only available to adults**
- 6. Guests may use facility three (3) times before either joining or paying a daily fee to use the facility.**
- 7. One week guest passes for those interested in joining the YMCA may be issued at the discretion of the YMCA Staff.**
- 8. All guests must follow the YMCA policies and procedures.**

General Information

Building Hours: Monday-Friday 5:00 am – 9:00 pm

Saturday 7:00 am – 4:00 pm Sunday 1:00 – 5:00 pm

******Locker Room Policy:** Adult Locker Rooms are available to anyone age 16 & up. Youth under the age of 16 are allowed in the Adult Locker Rooms, but only when supervised by an Adult. Padlocks are required to secure lockers. We encourage you to lock up your valuables as the Y is not responsible for lost or stolen items. Cell Phones use is strictly prohibited in the Locker Rooms

Family Changing Room Policy: These areas are designed for parents with young families, those who are disabled, or those who require complete privacy. After using changing area, secure belongings by using lockers located down the hall from the changing areas.

Facility Security: A security system has been installed in the facility. Cameras are located throughout the facility. The entire system is tied to a computer that records all activity inside and outside of the facility.

Child Supervision: Children under the age of 10 must be supervised by an adult age 19 & up at all times. After 7:00 pm Monday – Thursday evenings youth under the age of 16 must be supervised by an adult age 19 & up.

Youth and Family Gymnasium: Supervised area of the Y with a rock climbing wall, exergaming equipment, ping pong, board games and court space. Children ages 6-9 must be signed in by parent. Hours: Mon-Thurs 4:00-8:00 pm/ Saturdays 11:00 am-3:00 pm & Sundays 1:00-5:00 pm(beginning Sept. 30th)

Indoor Track: Three lane track for running and/or walking. Youth ages 6-13 must be accompanied by an adult when using track.

YMCA Member Code of Conduct

- 1. The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask all individuals to act appropriately at all times when they are in our facility or participating in programs.**
- 2. We expect persons using the YMCA to behave in a mature, responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.**
- 3. Prohibited actions specifically include:**
 - Inappropriate attire.**
 - Angry or vulgar language, includes swearing, name calling or shouting.**
 - Physical contact with another person in any angry or threatening way.**
 - Any demonstration of sexual activity or sexual contact with another person.**
 - Harassment or intimidation by words, gestures or body language.**
 - Theft or behavior that results in destruction of property.**
 - Carrying or concealing any weapons, or devices or objects that could be used as weapons.**
 - Using, under the influence of, or possessing illegal drugs or alcohol on YMCA property, in YMCA vehicles or YMCA sponsored programs.**
- 4. Loitering is not permitted in or outside the YMCA.**
- 5. Smoking is not permitted in or outside the YMCA.**
- 6. Members and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain. If a member or guest is uncomfortable confronting the person directly, they should report behavior to a staff person.**

YMCA Staff will investigate all reported incidents. If a violation of the YMCA Member Code of Conduct occurs suspension or termination of membership privileges may result.

Fitness Center/Group Exercise Policy

To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others.

Age Requirements

- 1. Children under the age of 10 are not allowed in the fitness center or adult group exercise classes.**
- 2. Youth age 10-13 may use the fitness center and participate in adult group exercise classes under the direct supervision of an adult age 21 or older. The youth and a parent/guardian must also complete an orientation given by Y staff.**
- 3. Youth age 14 & 15 may use the fitness center and participate in adult group exercise classes after completing an orientation while accompanied by a parent/guardian.**
- 4. Anyone 16 years of age or older may use the fitness center and participate in adult group exercise classes with no restrictions.**

Use of equipment

- 1. During peak hours or while others are waiting, please limit your use of cardio equipment to 30 minutes.**
- 2. Please use the disinfectant cleaner provided to wipe down equipment after use.**

Attire

Everyone must wear a shirt and shoes. No blue jeans, cut off shorts, sandals, sagging shorts or pants may be worn in the fitness center or an adult group exercise class.