

MEMBERSHIP POLICIES

As a member of the YMCA of Mount Vernon, you are part of an organization committed to helping everyone in our community have the opportunities they need to learn, grow, and thrive. Our membership policies are designed to ensure we can continue to provide a safe, positive, and nurturing environment where individuals and families feel welcome and at home.

MEMBERSHIP CARDS AND PHOTO IDS

Safety is a cornerstone of our center operations, and membership cards (and photo IDs) are essential tools to maintaining safety at YMCA locations.

- All members age 14 and older receive a membership card. Members under the age of 14 must be checked in manually and be accompanied by an adult.
- We require that all members, adults, and children have a current photo on file in our system. Having pictures of adults and children ensures those entering into the YMCA are easily identified.
- Never loan your card or transfer your membership to someone else; these are grounds for termination.
- Members 18 & older who have signed their 24/7 waiver can scan their membership card to enter the fitness center access entrance outside of normal operating hours.

CHANGES TO YOUR MEMBERSHIP

We offer a simple form for you to complete when you need to change something related to your membership. Whether adding or removing a family member, updating your address or bank account information, or cancelling your membership you can submit updates any time with ease.

UPGRADES: Complete the change form to let us know of the upgrade. Adding individuals to a membership may push you to a membership category with additional fees. In that case, please note that you will be responsible for paying additional membership dues for the remainder of the month when you submit your change form. The following month, your full monthly fees will correlate with your new membership type.

DOWNGRADES: If you need to remove members from your membership, simply complete a change form and return the membership cards of those no longer participating. We will adjust your membership category and dues the month following from when you submit your change form. We cannot refund or provide a credit for the original joining fee.

HOLDS: In order to place your membership on hold, a change form must be completed. The hold will take effect the following month after the change form is submitted and \$10 hold fee is collected. Your membership can be put on hold on a month to month basis and up to 3 months.

CANCELLATIONS: To cancel your membership, you must complete the change form and return your membership cards. You must fill out the form before the 1st of the month in which you would like to cancel.

REJOINING THE YMCA: You are welcome to rejoin the Y any time after cancelling your membership. If more than 30 days has elapsed since your cancellation, we will assess the joining fee. No matter when you choose to rejoin, you will be responsible for paying current membership dues and any outstanding fees owed, if any.

CAREGIVERS

Caregivers are allowed to accompany a member at no charge after filling out a guest form when bringing a member to the Y. They are required to stay with the member through the visit. Caregivers such as nannies and adult assistants will be required to have their own membership for personal use of the Y facilities. They are not included, as caregivers, in any membership, including family memberships.

BUILDING AREA AGE GUIDELINES

FITNESS CENTER: Children may work out with a parent at the ages of 12 & 13. Children 14 years old and up may access fitness center on their own.

POOL: Children 8 years of age or younger must have an adult within arms reach in the water with them. Children 9-13 years of age must have an adult in the YMCA at all times and have passed the swim test.

ADULT FITNESS: Children between the ages of 8 and 11 may attend classes with a parent based on instructor preference. Some classes which require heavier weights may not be suitable for certain ages. Children 12 and 13 may attend class with a parent.

SPORTSCENTER: Children 10 years of age and younger must be supervised by an adult.

CHILD WATCH: Ages 6 weeks to 8 years may be in the Child Watch room while parents are working out.

FITNESS CENTER GUIDELINES

- Please do not drop weights from rack or overhead position
- Please re-rack your weights and put other equipment back in the proper location
- Wipe down equipment used when finished and properly dispose of paper towels
- Do not use machines or benches for sitting or anything besides the primary purpose
- While performing sets be mindful of others while waiting. Do not rest on machine between your sets
- Raise and lower weights in smooth and fluid motions. Do not "bang" the weights

SPORTSCENTER OPEN GYM GUIDELINES

- Must have proper footwear
- Must wear shirt and shoes at all times
- No food or drinks in the gym area. Sealed water bottles are permitted, you may eat in the lobby but please throw all trash away
- No dunking or hanging on rims
- Please do not kick balls in the gym
- No foul language
- Do not hit, pull or throw balls at the gym curtain
- Staff may restrict full court games during open gym due to heavy gym demand

PERSONAL TRAINING GUIDELINES

Only staff members employed by the Y are allowed to provide personal training within YMCA facilities and programs. Personal trainers who are not employed by the YMCA are strictly prohibited from training or conducting business in a YMCA facility.

POLICY OF NONDISCRIMINATION

It is the policy of the YMCA to make membership available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances without discrimination.

ATTIRE

The Y is a family-orientated organization, and your attire must always be appropriate throughout all areas of our facilities.

General Attire: Gym shoes should be worn in the facility. Shirts must be worn at all times.

Pool Attire: Swimsuits are required in the pool. Street clothes including gym shorts, t-shirts or cut off t-shirts are not permitted.

LOCKER ROOMS

We provide locker rooms for adults by gender. Children ages 7 and under should be accompanied by the parent/and or guardian of the same gender. A family changing room is available to all in the pool corridor. Lockers are only to be used during normal operating hours. Unauthorized locks left overnight may be removed and contents donated to charity. Also, please do not use cameras or video recording devices in any Y locker room. These practices will ensure all Y members' standards of privacy are respected and safety is prioritized.

PERSONAL BELONGINGS

When it comes to bringing personal belongings remember it's up to you to watch them and lock them. You are solely responsible for all personal belongings you bring, please leave valuables at home and protect the property that you do choose to bring by securing it in a locker and you must provide your own secure lock for your protection of your items. The YMCA is not responsible for Lost or Stolen items.

LOST AND FOUND

If you lose something on site, promptly check the Lost and Found area to see if the item has been retrieved. We hold items found within the facility for one month and unclaimed items are donated to charity. The YMCA is not responsible for lost or stolen items.

If you do have one of your possessions stolen or damaged, please complete an incident report at the Front Desk. YMCA staff are not permitted to hold or watch your valuables for you.

YMCA OF MOUNT VERNON CODE OF CONDUCT

Members join the Y in an intentional step toward seeking new opportunities to learn, grow, and thrive. Members come together with men, women and children from the community in a commitment to youth development, healthy living and social responsibility. With the values of caring, honesty, respect and responsibility, the Y works with each member every day to help them realize their potential. We promote and expect the same from our members to create a safe, fun, inclusive and nurturing place for all.

The following are not permitted on YMCA premises, or at YMCA sponsored functions:

- Inappropriate sexual, physical or verbal contact
- Posturing, bullying or intimidation
- Using or possessing alcohol (unless express permission is granted for special events) or illegal chemicals
- Smoking – the YMCA and its property is a smoke and tobacco free environment which includes cigarettes, e-cigarettes, vaporizing pens and chewing tobacco
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, inappropriate or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling or shouting
- Discriminatory speech or actions
- Sexually explicit conversation or behavior; any sexual contact with another person
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA
- Any other behavior deemed in conflict with the YMCA Mission by the Executive Director

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused of the following:

- Convicted of any crime involving sexual abuse, is or has been a registered sex offender (NOTE: The YMCA conducts periodic sexual offender scans on the National Sex Offender Registry Database)
- Has a history of violent offenses
- Has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs
- Is presently or habitually under the influence of drugs or chemicals, narcotics or intoxicating beverages

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any adult person whose behavior threatens their comfort to refrain from such behavior and/or should immediately report the behavior to a staff person on duty. Members and guests should not hesitate to notify a staff member if aid is needed.

As a private organization, the Y reserves the right to cancel the membership of any member who does not follow the Code of Conduct at any time – while on site at a Y center or during participation in any YMCA affiliated event regardless of location. YMCA staff members may define what is considered inappropriate behavior in determination of a member's suspension or termination. The following protocol will take place in case of not following the code of conduct:

- 1st Offense: Warning (if rule/policy can't be followed, member may be asked to leave)
- 2nd Offense: 2 week suspension
- 3rd Offense: 1 month suspension (no refunds on membership will be given)