



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBERSHIP & PROGRAM HANDBOOK

2019



Alamance County Community YMCA
www.acymca.org

Welcome to the Alamance County YMCA

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Dear Member,

We are excited that you have decided to join our YMCA family. We have been part of Alamance County since 1955. The Y is more than a place to work out; it is a community. We believe healthy living has as much to do with pursuing interests and learning new things as it does with eating healthy and being active.

We are always here for you as an organization to help you reach your potential in spirit, mind and body. We are more than a gym. We are a cause!

Welcome to our Alamance County Community YMCA Family!

OUR MISSION

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

FACILITY HOURS

Monday - Friday	5:30am - 9:00pm
Saturday	7:00am - 6:00pm
Sunday	1:00pm - 6:00pm

POOL HOURS

Monday - Friday	5:30am - 8:45pm
Saturday	7:00am - 5:00pm
Sunday	1:00pm - 5:00pm

*Please check pool schedule for open swim times and lap lane availability.



Membership Information

YMCA FEATURES

- 5 gymnasiums
- Indoor swimming pool
- 5 Racquetball courts
- Indoor walking track
- Group exercise classes
- Aqua fitness classes
- Cardio room
- Free weight training area
- Locker & shower facilities
- Jacuzzi, Steam & Sauna
- Towel service
- Childcare for nominal fee
- Free cardio orientation
- Senior programs
- Family events
- Camp Frontier outdoor swimming pool
- After School Program
- Summer Camps
- Sports Programs
- Competitive Swim Team
- AND MORE!

CHILD WATCH

Child Watch is offered as a safe place for children to enjoy while their parents or guardians exercise in our facility. This service is available only to the children of YMCA members and program participants.

Ages: 3 months to 11 years

Cost:

Health Center Members.....Free
Basic Members.....\$20 punch card or \$4/visit
Reciprocity Members.....\$4/visit (2 hour limit)
**Punch cards include 10 punches, 1 punch per child per hour. Visits limited to 2-hours. Orientation required.*

Room Capacity: 25

Hours:

Monday – Friday:	8:00AM – 12:00PM
Monday – Thursday:	4:15PM – 8:15PM
Saturday:	8:00AM – 12:00PM
Sunday:	3:00PM – 5:00PM

MEMBERSHIP TYPES

Our Y offers a **Basic** and **Health Center** membership. Health Center Members must be 18 or older and have access to additional privileges of steam room, sauna and jacuzzi.

MEMBERSHIP DESCRIPTIONS

Teen: Ages 12-15

Young Adult: Ages 16-17

Adult: Ages 18-64

Senior Citizen: Individual ages 65 or older

Senior Family: Two adult spouses, one must be 65 or older

Family: Two adults living in household w/ up to 6 dependents included (additional rates available for 1-5 adults in household)

Program Youth: Ages 11 and under. Entitled to member rate on programs and does not include facility privileges. Must be paid annually.

*Dependents are individuals who are under 18 or full time college students who are under 22 years old.

MEMBERSHIP DUES

Membership dues at time of registration vary. All new members will pay a joining fee plus any prorated fees. Membership Dues can be paid via:

1. **Automatic Monthly Draft:** Your membership dues will be automatically drafted from a checking or savings account on the 15th of each month. Your monthly dues will continue as long as you are a member. You may discontinue your monthly draft by submitting a written request 30 days in advance.
2. **Annual, Bi-Annual or Quarterly Payments:** You may pay for 3, 6 or 12 months in full.

PLEASE NOTE: If your draft information changes (your current card expires, account number changes, card is stolen, etc.), please notify us to avoid a fee for a declined account. Declined payments result in a \$25 fee.

MEMBERSHIP FEE REFUNDS

Membership fees and joining fees are non-refundable; however, we will assist you in transferring your membership to another Y. Members who move their membership between Y's may benefit from savings during the joining process.

MEMBERSHIP CARDS

When you join the Y, you will be issued a membership card. Your membership card must be with you every time you visit the Y. Having your card grants you access to the facility. Members who do not have their cards must check in at the Member Services Desk. Individuals falsifying cards or allowing others to use their card will be subject to membership suspension or termination.

Membership Information

MEMBERSHIP CHANGES

Changes to your membership– including additions or deletions of individuals, personal information changes or changes in payment methods must be processed at the Member Services Desk.

MEMBERSHIP CANCELLATION POLICY

All membership cancellation requests must be submitted in writing with a 30 day notice. One additional draft will be taken and access to the facility up to the next draft date.

FINANCIAL ASSISTANCE

Our commitment is to give everyone, regardless of their ability to pay, access to the Y. To make that possible, we offer financial assistance to those who are unable to afford our services. Our scholarship application is available at the Membership Services Desk as well as on our website www.acymca.org under the membership tab.

NATIONWIDE RECIPROCITY PROGRAM

Individuals with an active membership from a YMCA that participates in Nationwide Membership may use our facility as our guest. The visiting member will have to sign a waiver and must check in at the Member Services Desk. Y members under special memberships established by any Y for group homes, social service agencies, Silver Sneakers, Silver & Fit or other groups/nonprofit organizations are not eligible for Nationwide Membership. Nationwide Membership requires that members use their home Y at least 50% of the time.

GUESTS

All members 18 and older may bring a guest. Guest must pay a guest fee and be accompanied by a sponsoring YMCA Member. All guests must register at Member Services.

Guest who are 15 years and under	\$5
Guest who are 16 years and older	\$10

Policies and Procedures

CODE OF CONDUCT

Always act in accordance to the YMCA's core values: Caring, Honesty, Respect, and Responsibility. We do not allow:

- Cell phone usage in locker rooms or health centers.
- Inappropriate attire including offensive wording on clothing.
- Angry or vulgar language including swearing or shouting.
- Physical contact with another person in an angry or threatening way.
- Any demonstration of sexual contact or activity.
- Harassment or intimidation by words, gestures, body language or any other menacing behavior.
- Theft or behavior that results in the destruction of YMCA property.
- Carrying or possessing illegal substances or alcohol on YMCA property.
- Any other conduct of an inappropriate, threatening or offensive nature.
- Loitering is not permitted inside or outside the YMCA.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.

LOST AND FOUND

The Y is not responsible for lost or stolen property. We do retain lost and found items at the Membership Desk for a limited time.

LOCKER ROOMS

Lockers are available for daily use. Members are responsible for providing their own locks which must be removed at the end of the day. We strongly advise leaving valuables at home or storing them in a box located at the Member Services Desk.

TOWELS

Complementary towels are available at the Member Services Desk upon check in.

FACILITY USE GUIDELINES

Because safety is a top priority at our Y, certain areas are prohibited to younger age groups.

Cardio: Youth Members ages 10 & 11 may be certified to use the cardio equipment in the cardio theatre while being actively supervised by an adult. A green wrist band must be worn.

Weight Room: Ages 12-15 must wear a red wrist band and be actively supervised by an adult.

Group Exercise Classes: Youth members ages 8-11 may be certified to attend group exercise classes. Youth should be actively participating in class and be supervised by an adult. A blue wrist band must be worn.

Swimming Pool: Children under age 12 must take a swim test and be supervised by an adult.

Basketball Gyms: Children under age 12 must be supervised by an adult.

Walking Track: Ages 16+

Men's & Women's Health Centers: Ages 18+

Child Watch: Ages 3 months to 11 years

**Adults are classified as individuals 18 and older*

**Wrist bands available at the Member Services Desk*

YOUTH CERTIFICATIONS

Cardio Theatre: Youth 10-11 may use cardio equipment after an orientation with a Wellness Coach. **Group Exercise:** Youth ages 8-11 may attend Adult Group Exercise classes after attending 4 family classes and receiving readiness signatures from the instructor.

YOUTH GUIDELINES

All youth under the age of 17 and their parent/guardian must read and sign our Age Use Guidelines before using their membership or receiving their membership card.

All youth ages 12-15 must vacate the facility or be actively supervised by an adult (18+) after 7pm.

Program Information

GENERAL PROGRAM INFORMATION

- Registration for YMCA programs is conducted on a first-come, first-serve basis.
- Full payment of fees are required at the time of registration. Late registrations may be accompanied by a late fee.
- To receive the member price on a program, a current membership is required through the entire program session. If your membership is terminated during a session, you will be required to pay the difference of program fees.
- In order for youth to receive the member rate the child must be an active member.
- The Y reserves the right to change schedules and classes at any time.

PROGRAM MATERIALS

Program flyers and schedules describing Y services may be obtained at the info center located in the lobby. Information can also be found on our website, www.acymca.org.



PROGRAM REGISTRATION

Depending on the program, Y Members and Participants may register for programs using the following options:

- In person: Visit the Member Services Desk and we will process it for you right away. **This method is required for first time registrants.**
- Online: www.acymca.org

REFUNDS AND CREDIT POLICY

A refund or credit may be obtained if a program cancellation form is completed 2 weeks prior to the beginning of the session.

Furthering Our Cause



VOLUNTEERING

The generosity of others is at the core of our existence. It is only through the support of our hundreds of volunteers and donors that we are able to give back to the community we serve. If you have a skill or passion that you would like to share with our Y, fill out an application! We welcome anyone who can share their time and talents to serve others.

ANNUAL GIVING CAMPAIGN

Each year we raise thousands of dollars to ensure that we carry out our mission to be an organization "for all" regardless of ability to pay. When you donate your financial resources to the Y, you are nurturing the potential of kids, improving the health of our community and supporting your neighbors. Every dollar we raise goes towards scholarships so that every person can enjoy programming and membership at the Y!

In 2017, because of gifts from members like you, we provided over \$180,000 in financial assistance to more than 1,700 individuals. These individuals received access to childcare, fitness programs, sports and more.

Please join us in strengthening our community by giving to the Y's Annual Giving Campaign. You are able to add any amount to your monthly dues or make a donation at our Member Services Desk or on our website, www.acymca.org.

If you have any questions regarding the information in this handbook or your experience at the Y, please feel free to contact Member Services at 336-395-9622.