



# ALAMANCE COUNTY COMMUNITY YMCA FACILITY USE- AGE GUIDELINES

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Alamance County Community YMCA believes that the path of health and wellness starts at a young age. The YMCA strongly encourages parents and guardians to use good judgement regarding the supervision of their children while at the YMCA. All youth under the age of 17 **must** review and sign this form before receiving their membership card.

Please refer to our guide below for facility usage:

FITNESS AREA	12	13	14	15	16	17
Cardio Room						
Weight Room						
Functional Fitness Gym						
Basketball Gym						
Racquetball Gym						
Walking Track						
Pool						
Health Center						
Group Exercise Classes						

Allowed in this area

Allowed in this area with a parent/guardian 18+. Must wear provided wristband.

Not allowed in this area.

### FACILITY GUIDELINES

Youth ages 12-15 are limited to 4 hours of facility usage per day. Youth ages 12-15 must vacate the facility by 7PM or be actively supervised by an adult over the age of 18.

### GUEST POLICY

**Members who are under the age of 18 are not permitted to bring a guest.** All guests must be accompanied by a member who is 18 or older and must pay the guest fee. All guests must register at Member Services.

### CODE OF CONDUCT

Always act in accordance to the YMCA's core values: Caring, Honesty, Respect, and Responsibility.

#### The YMCA does not allow:

- Cell phone usage in the locker rooms or health center
- Inappropriate attire—including offensive wording on clothing.
- Angry or vulgar language—including swearing or shouting.
- Physical contact with other persons in an angry or threatening way.
- Any demonstration of sexual activity or contact.
- Harassment or intimidation by words, gestures, body language, or 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/offensive nature.
- Carrying or concealing a weapon or item that can be used as a weapon

**I have read the above information and understand that failure to adhere to these guidelines could result in disciplinary action including but not limited to meeting with a YMCA Director or loss of membership privileges.**

Member Name: \_\_\_\_\_ Member ID Number: \_\_\_\_\_

Member Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Staff Initials: \_\_\_\_\_

### CARDIO ORIENTATION

Young adult members are encouraged to sign up for a free cardio orientation where they can learn how to properly use equipment. To schedule an orientation, please visit Member Services.

### MEMBERSHIP CARDS

When you complete this form you will be issued a membership card. Upon receiving this card you will be required to take an official YMCA photo for identification purposes. Having your card grants you access to the facility. Members who do not have their card must check in at the Members Services Desk **Individuals falsifying a card or allowing others to use their card will be subject to member suspension or termination.** Replacement fees for misplaced cards are \$5.