



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEMBERSHIP & PROGRAM HANDBOOK



**Alamance County Community YMCA**  
[www.acymca.org](http://www.acymca.org)

# Welcome to the Alamance County YMCA

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Dear Member,

Welcome to the ACYMCA family! We are thrilled to have you here! Did you know? We have been part of Alamance County since 1955. Our Y is more than a place to work out; it is a community. We believe healthy living is more than healthy eating and being active... it's practicing these things (and more) in the company of others.

Please know we will always be here for you as an organization to help you reach your potential in y. After all, we are more than a spirit, mind and body gym. We are a cause.

### OUR MISSION

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

### FACILITY HOURS

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

### POOL HOURS

Monday - Friday: 5:30 am-7:45 pm  
Saturday: 7:00am-4:45 pm  
Sunday: 1:00 pm - 4:45 pm

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

# Membership Information

## YMCA FEATURES

- Basketball courts
- Indoor swimming pool
- Racquetball courts
- Indoor walking track
- Group exercise classes
- Aqua fitness classes
- Cardio Room
- Functional Fitness Room
- Weight Room
- Complimentary Equipment Orientation
- Locker & shower facilities
- Jacuzzi, Steam Room & Sauna
- Childcare
- Senior programs
- Family events
- Camp Frontier outdoor swimming pool
- After School Program
- Summer Camps
- Sports Programs
- Competitive Swim Team

## 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

Reciprocity Members.....\$4/visit (2 hour limit)

**Room Capacity:** 25 (first come, first serve)

### Child Watch Hours:

Monday - Friday: 8:30 am-12:30 pm  
Monday - Thursday: 3:30 pm-7:30 pm  
Saturday - Closed  
Sunday- Closed

## 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 23 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 15<sup>th</sup> 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 14 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 and require a 14 day notice.

## 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](http://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 51% 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.

**Guests who are 15 years and under \$5**

**Guests 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)
- Angry or vulgar language including swearing/shouting
- Angry or threatening physical contact
- Any demonstration of sexual contact or activity
- Harassment or intimidation by words or gesture
- Theft or damage of YMCA property
- Possession of illegal substances or alcohol
- 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.

## 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 must be actively supervised by an adult.

**Weight Room:** Ages 12-15 must be actively supervised by an adult.

**Group Exercise Classes:** Youth members ages 8-11 must be actively participating in class and be supervised by an adult.

**Swimming Pool:** Children under age 13 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*

## 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.

# 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 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](http://www.acymca.org)



## 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](http://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 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, please let us know by filling 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 of being an organization "for all", regardless of ability to pay. When you donate your to our Y, you are nurturing the potential of kids, improving the health of our community and supporting your neighbors. Every dollar we raise goes directly towards scholarships so that every person can enjoy programming and membership at the Y!

Each year, because of gifts from members like you, we provide over \$150,000 in financial assistance to more than 1,500 individuals. These individuals received access to childcare, fitness programs, sports programs, and more.

Please join us in strengthening our community by giving to the Y's Annual Giving Campaign. You can automatically add any donation amount to your monthly dues or make a donation at our Member Services Desk or on our website, [www.acymca.org](http://www.acymca.org).

If you have any additional questions, please feel free to contact Member Services at 336-395-9622.