

Child Supervision

The YMCA strongly encourages parents to supervise their children while in the facility. Children below sixth grade must have an adult parent or guardian in the facility or be participating in a YMCA program.

Asset and Core Value Development

The YMCA incorporates four core values of caring, honesty, respect and responsibility in everything we do from swim lessons to open houses.

The YMCA has teamed up with the Search Institute to identify the 40 Developmental Assets. The YMCA designs our programs to ensure that we not only teach a child to swim or shoot a ball, but also provide our children with elements all children need to thrive. Making sure we design lessons and programs with these assets in mind is the key to bringing out the very best in young people. With the help of the Search Institute, the YMCA is incorporating 40 Developmental Assets into our programs to help create a strong foundation which will help a child to succeed and grow up to be a caring, honest, respectful and responsible adult.

Giving Back at the YMCA

Volunteerism

Volunteers have always played a crucial role in the YMCA. No matter what your special talents, interests and schedules, you can help change someone's life at the YMCA. Every hour you spend as a YMCA volunteer helps us all build strong kids, strong families, and a strong community. There are many opportunities for volunteerism at the YMCA--from our Board of Directors, to coaching, mentoring, or raising funds for our Strong Kids Campaign...there is always a way to get involved and give back at the YMCA. Ask for the Volunteer Application at the Welcome Center.

Strong Kids Campaign

The annual YMCA Strong Kids Campaign is a fund raising campaign that raises money to provide financial assistance for children, adults, and families who want and need YMCA programs, but cannot afford to participate. Campaign contributions support those in our area with YMCA programs and membership. Please consider the opportunity your gift can provide by making a tax-deductible gift to the YMCA Strong Kids Campaign.

Communication

In addition to the Program Guide, which is printed three times per year, we have various means of communicating with our members.

- Monthly member news/event updates via Constant Contact. (Your e-mail address must be in our computer data in order to receive this form of e-mail correspondence).
- Our website: www.bhsjymca.org is updated on a regular basis.
- 'Like' us on FACEBOOK. If you have a FACEBOOK account, log on and visit our page. We update the page on a continual basis.

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



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALWAYS HERE FOR YOU

Membership Manual

BENTON HARBOR-ST. JOSEPH YMCA
3665 Hollywood Road ■ St. Joseph, Michigan
269.428.YMCA (9622)
www.bhsjymca.org

Dear YMCA Member:

Congratulations! You have made an investment in your health and wellness that will provide priceless results. Your membership to the Benton Harbor-St. Joseph YMCA Family Center can help you achieve your health, fitness, recreational, social, family and community goals.

More than just a weight room or swimming pool, the YMCA is home to individuals and families with common interests and objectives. Like you, they seek a place to challenge themselves in spirit, mind and body, a place to feel comfortable, welcome, and most important, a place to belong. For more than 80 years the Benton Harbor-St. Joseph YMCA has changed and evolved to meet the needs of our communities and members like you.

Character development is an integral part of the YMCA. We are guided by four core values in all we do: Caring, Honesty, Respect and Responsibility. In the gym, at camp, at the YMCA Welcome Center, and in everything we do, we strive to develop these character values among our members and ourselves.

Our goal is to offer the best service and the most value for your membership dollar, and we welcome your feedback and questions. Contact our YMCA Welcome Center or place a note in our Member Comment Box, and tell us how we can help you. Please don't hesitate to offer your suggestions.

We are very proud that the YMCA welcomes everyone, regardless of ability to pay. We offer financial assistance so the YMCA is accessible to every person in our community. Lives are impacted everyday throughout our YMCA community, thanks to the generosity of members and donors to our annual Strong Kids fund raising campaign.

The YMCA staff looks forward to your enjoyment and participation for many years to come.

Wishing you a healthy spirit, mind and body.



Mike Ahern,
Executive Director

**YMCA Core Values:
Caring, Honesty, Respect and Responsibility**

Welcome to the YMCA!

YMCA Membership

Your YMCA membership gives you access to the facility, select programs and services at no additional cost. With your membership, you can enjoy FREE Adult Fitness Classes, FREE Adult Aqua Fitness Classes, FREE Adult Cycling and FREE Nursery (with a Household Membership).

Joiner's Fee

The joiner's fee is paid at the beginning of your YMCA membership. The fee will only reoccur with a membership that has lapsed more than 30 days.

Payment Options

The YMCA accepts MasterCard, Visa, Discover and electronic bankdraft . Electronic bankdraft deducts monthly dues from a member's checking account, savings account, credit card or debit card; accounts will be drafted approximately the 19th of every month. Memberships can also be paid in full annually by cash, money order, check, debit or credit card. Rate adjustments may take place annually.

Any check or draft returned because of insufficient funds will be assessed a fee. The fee will automatically be added to the next draft cycle. A member will be automatically terminated after two consecutive unsuccessful draft attempts.

Membership Cancellation

Electronic bankdraft cancellation must be done, in writing, by the first of the month. All membership cards/key tags are property of the Benton Harbor-St. Joseph YMCA Family Center and should be returned at time of termination. YMCA memberships do not require contracts. It is the responsibility of the member to monitor their bank activity and contact us immediately with discrepancies.

Dress Code

The YMCA is a family association and asks its members to wear family appropriate attire. Members are required to wear appropriate sports clothing: gym shoes with non-marking soles, shorts and a shirt are required in the building and a swimsuit in the pool. Members must wear appropriate attire in the steam room. Rubber "weight-loss" suits and excessive clothing are prohibited. In the swimming pool, infants in diapers must wear plastic pants or specialty diapers manufactured for swimming pool use. Clothing with profane or offensive language or pictures is prohibited. The YMCA reserves the right to define inappropriate dress when necessary.

Lost and Found

The YMCA is not responsible for lost or stolen items. Please inquire at the Welcome Center if a personal article has been lost. We encourage all members and guests to demonstrate responsibility by locking all valuables in a locker or place small valuables in a lockbox available at the Welcome Center.

Smoke-free Facility

The YMCA is a smoke-free environment. Smoking is prohibited in the facility and anywhere within 25 feet of the facility.

Facility Access/Child Supervision

Children under the age of 12 must be under the direct supervision and with an adult parent or guardian in the facility or registered and participating in a YMCA program. Please see Facility Use Guidelines (page 4) for specific area guidelines.

Medical

A pre-participation medical checkup and an annual medical evaluation by your physician are strongly advised as a precursor to participation in any YMCA program or activity.

Cell Phone/Recording Device Policy

Please confine cell phone use to the lobby. **The use of cell phones, cameras, or recording devices are prohibited in the locker rooms and restrooms of the YMCA.**

Membership Cards/Key Tags

Each YMCA member is issued a key tag membership card which is valid for the duration of his or her membership. This card is required each time you visit our YMCA. Members may be required to leave this card at the Welcome Center. Please take the same care of your YMCA membership card as with any other form of identification. Please notify us if you misplace your card so that a new card can be issued. Membership cards are non-transferable and are the property of the Benton Harbor-St. Joseph YMCA Family Center. Improper use or sharing of a membership card may result in membership termination.

Guest Pass Policy

Guests may purchase guest passes at the Welcome Center. Family guest passes are also available for purchase. Identification is required while the guest participates at the YMCA. The YMCA restricts the sale of guest passes at Member Only Times. Please call or visit the website for current Guest Pass hours.

A.W.A.Y. Program (Always Welcome At the YMCA)

Visiting members from an out-of-town YMCA are welcome by showing their YMCA membership card. When members of the BH-SJ YMCA travel to another YMCA, they may do so on a short-term basis. Some associations may charge a nominal fee. Find A.W.A.Y. participating YMCAs on the YMCA of the USA website: www.ymca.net, or ask for assistance at the Welcome Center.

Membership Guidelines

In order to maintain a safe, fun and friendly environment, YMCA members, staff and volunteers will practice the YMCA core values of caring, honesty, respect and responsibility when dealing with other members, guests, and staff.

- Members must present their membership card in order to be admitted to the YMCA.
- Membership level adjustments are made automatically.

- A member allowing a non-member to use his or her membership card may have his or her membership terminated without refund.
- Memberships are non-transferable.
- Members involved in inappropriate behavior as viewed by the YMCA may be asked to leave the building for the day, suspended for an extended time or terminated, (possibly without refund).
- The YMCA will not tolerate any form of discrimination from members, employees, volunteers, etc., based on race, gender, sex, age, religion, ethnic background, disability, etc.
- The YMCA reserves the right to terminate membership if the YMCA becomes aware that a member has been convicted of a sex crime or of any other crime that may cause concern for the YMCA. The YMCA reserves the right to investigate the members' criminal record.
- The YMCA reserves the right to change policies and guidelines and the Executive Director may terminate memberships, without notice, for violation of the Membership Guidelines or Code of Conduct, (listed in the Program Guide).

Facility Use Guidelines

Indoor Running Track / Multi Purpose Room

Please enjoy our indoor running track year round. Children under the age of 12 must be accompanied by an adult.

Cardio Strength Center

Children 12 years old and younger are not permitted in the Cardio Strength Center. For youth 13 and over, orientations are required on the cardio equipment. Members are required to attend a free orientation on proper use of the Nautilus Training Circuit.

Free-Weight Area

- Teens 13 to 17 years old may use the free-weight room after completing an orientation and parents have signed the adolescent release form.
- Children 12 years old and under are not permitted in the free-weight room except during special staff-supervised programming times. Staff must be present.

Racquetball

- When a court is open, players may walk on at no charge.
- Reserve a court for a nominal fee up to 14 days in advance.
- Courts are reserved on the half hour from 5:30 am to close.
- If the courts are being used, players may wait for the next available open court and walk on at no cost. Or, reserve a court up to 30 minutes in advance of the next half hour for a nominal fee.
- Court tickets are prepaid credit for phone reservations and may be purchased at the Welcome Center.
- Quarterly court time enables the participant to play the same time each week for 3 months. A limited number of quarterly courts are available.
- You will receive credit for courts canceled with a 24-hour notice.

Locker Room

Children ages 5 years old and younger may accompany a parent of the opposite sex into the designated locker room.

Steam Room

Please adhere to the following guidelines for your safety.

- Only adults and youth 15 years and older are permitted to use the steam room.
- Pregnant members and those with heart or other medical conditions are advised not to use the steam room.
- Limit your stay.
- Never exercise while in the steam room.
- Clothing and/or swimwear is required when using the steam room.
- Shaving in the steam room is not allowed.
- Members exhibiting inappropriate behavior will be asked to leave the facility and may be subject to membership termination.

Aquatics Guidelines

Swimming Pool Rules:

- Soap showers are required before entering the pool.
- The lifeguard on duty has complete authority over the swimming pool.
- Food and beverages are not permitted in the pool area.

Open Swim

- To swim in the deep end of the pool, members will be given a swim skill check by the lifeguard on duty. Swimmers must be able to comfortably swim one length of the pool.
- Children 8 years and younger must be accompanied in the water by an adult.
- Maximum of four children with one adult.
- Children wearing bubble flotation devices must be within arms reach of an adult.
- Children that are not toilet-learned must wear swimpants.
- Recreational flotation devices can only be used on Family Float Night.
- Children may wear bubbles or U.S. Coast Guard approved lifejackets in the shallow end of the pool, but must still be accompanied by an adult (if 8 years or younger).
- Running, fighting, dunking, flips, sitting on shoulders and horseplay are not permitted.
- Diving is permitted only in the deep water.
- Back dives and handstands from the side are not permitted.
- Starting blocks are for the swim team and lessons only.
- For a complete list of regulations, please see Pool Rules posted in the pool area.

Lap Swim

- Lap swim is open to adults and children 14 years and older.
- Choose a lane, marked by the YMCA, suitable to your swimming speed.
- When 4 or more swimmers are in a lane, please keep to the right side of the lane and circle swim.
- Slower swimmers must yield to faster swimmers at turns.

Family Swim

- Children under the age of 18 must be accompanied by an adult in the water. Maximum of four children with one adult.

Health and Wellness

Fitness Appraisal

Find your starting point with a fitness evaluation. Annual evaluations are encouraged for all members for a nominal fee. A fitness evaluation tests your overall physical fitness by measuring body fat percentage and testing cardiovascular endurance, upper body strength, abdominal strength, and flexibility. It helps members identify and begin to address their health and fitness goals. Inquire about scheduling your evaluation at the Welcome Center.

Equipment Orientations

We want you to be successful at the YMCA. We provide a variety of FREE orientations to help you and your family become familiar with our fitness equipment.

■ **Nautilus Circuit Orientation:** Members, 13 and older, are required to complete a Nautilus orientation prior to using the Nautilus Strength Training Circuit.

■ **Adult Strength Orientation:** Adults are introduced to the training equipment in the Multi-Purpose Room. This is not required, but available to you.

■ **Youth Strength Orientation:** This is designed for youth ages 9-15 who want to learn strength training. Emphasis is on teaching proper form, technique and weight room etiquette. **Parents must be present at orientation for youth ages 9-12.** Please make an appointment at the Welcome Center. Open to YMCA members only at no charge.

Group Exercise

A wide variety of land aerobics and water aerobics classes are offered at the YMCA to adult members (ages 16 and over) at no charge. Please see a complete list of classes in the Program Guide. YMCA instructors hold a wide variety of health and fitness credentials including YMCA and other nationally recognized certifications.

Personal Training

Personal Training offers a one-on-one session with a YMCA certified personal trainer. Your trainer can provide an individualized program including strength training, cardiovascular conditioning and weight management while providing motivation, encouragement, guidance and hands-on assistance to help you reach your goals. The YMCA only allows YMCA staff trained and employed by the YMCA to operate as personal trainers in our facility. Personal training sessions may be scheduled in advance. For more information, and to schedule an appointment, please contact our Welcome Center.

For Our Younger Members

Nursery care is available for children ages 6 weeks through 8 years at no charge to members with a Household membership. (Reduced rate for adult members with children). Nursery care is available for up to four hours per day. The purpose of the YMCA Nursery is to offer our members and guests a safe and convenient place for their children. This service is provided for children while parents are on-site. While caring for your child, our program will provide a fun, positive atmosphere.

For Nursery hours and fees, please check the Program Guide, or contact the YMCA Welcome Center.