

# FACILITY GUIDELINES



## GENERAL GUIDELINES

To ensure the safety and enjoyment of all members, we kindly ask you to obey our policies and guidelines while inside the YMCA facility. Please respect all rules and regulations. Failure to do so will result in a termination of membership.

### Accidents and Injuries

The majority of YMCA staff members are CPR and First Aid certified. Any accidents or injuries should be reported immediately to a Y staff person.

### Alcohol

Anyone suspected of using alcohol or drugs will not be permitted in the facility and will be asked to leave.

### Attire

Workout clothes (athletic shorts, t-shirts, sweats or leotards) and appropriate footwear are recommended in most facility areas. Street shoes are not allowed on wood floors or in pool areas. Proper swimming suits are required. Open-toe sandals and belts with buckles are forbidden on fitness equipment.

### Child Supervision & Safety

- Children 12 years and younger must be under direct adult supervision when using the facility, or participating in a supervised program activity. For their safety, children are not permitted in certain areas of the facility.
- Members under 16 years of age must leave the building by 8:00 PM unless enrolled in a YMCA Program.

### Class Registration

Registration is in person or by phone for members. Registration is in-person only for non-members. Registration is based on availability of class space. Registration takes place on posted dates for each session. Fee must be paid in full at the time of registration.

### Code of Conduct

Everyone in the facility needs to understand that the YMCA is dedicated to the welfare of all participants. We strive to promote the YMCAs core values of honesty, caring, respect and responsibility in all programs. In order to maintain a consistent and cooperative environment, the management of the YMCA asks members to:

- Refrain from the use of foul language.
- Avoid inappropriate actions and behaviors.
- Recognize sportsman-like conduct, fair play, and mutual cooperation.

Failure to observe these codes may result in a termination of privileges.

### Facility Hours

Monday - Thursday, 6:00 a.m. to 9:30 p.m.

Friday, 6:00 a.m. to 8:30 p.m.

Saturday, 8:00 a.m. to 3:00 p.m.

Sunday, 12:00 p.m. to 3:00 p.m.

Pool closes 30 minutes before facility closes.

### G Street Entrance Hours

Monday - Friday, 6:00 a.m. to 9:00 a.m.

### Front Entrance Hours

Monday - Thursday, 9:00 a.m. to 9:15 p.m.

Friday, 9:00 a.m. to 8:15 p.m.

Saturday, 8:00 a.m. to 2:45 p.m.

Sunday, 12:00 p.m. to 2:45 p.m.

### Facility Usage Restrictions

Use of select areas of our facility may be restricted to certain age groups and supervisory requirements. Some hours of operation and areas of the building may be closed to members during YMCA special events.

### Food and Beverage

Food and beverages, with the exception of water bottles, are not permitted in workout areas. Vending machines are located on the second floor and on lower level.

## Gymnasium Guidelines

Apply the rules of good sportsmanship at all times. Anyone who abuses the YMCA court or property, or plays in a reckless and dangerous manner will be asked to leave and may lose membership privileges. Always follow specific open gym hours.

## Health & Fitness Center

- Children under 16 years of age are not permitted in the Fitness Center.
- We strongly recommend that new members take advantage of free fitness orientations in order to get the most out of workouts without risking injury. Please see the Health & Wellness Director to schedule appointments.
- Please wipe perspiration off equipment after each use. Paper towels and cleansers are available for use.
- All equipment should be treated with care. Please do not drop or slam weights during use. Always use control to raise and lower the equipment.
- Please follow proper protocol when using strength training circuit. This calls for members to perform one set, then let the next member take a turn on the equipment.
- If there is a problem with any equipment, please do not try to fix it yourself. Bring any problems to our staff's attention.
- Personal Trainers are available for a fee. Obtain information from the Training Solutions staff located in the Fitness Center.

## Holidays and Days Closed

The YMCA of Salem County will be closed on the following holidays:

- Good Friday
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Eve
- Christmas Day
- New Years Eve (closing at 2:00 PM)
- New Years Day

## Locker Rooms and Showers

We provide separate male and female locker rooms. Members and their guests must provide their own padlocks for lockers and must remove them when leaving the facility. Locks left on overnight will be removed by Member Services.

## Lost and Found

The YMCA is not responsible for lost or stolen property. However, the Member Services staff keeps items turned in for a period of time. Please use a locker and lock at all times. Please leave your valuables at home; the YMCA is not responsible for lost or stolen items.

## Medical Check-ups

A pre-participation medical check-up is highly recommended before starting any exercise program. A new member health & fitness evaluation and health history inventory are reviewed with a fitness staff member before the start of any health & fitness program.

## Member Communications

This is your YMCA. Make your concerns, questions or comments known!

## Refund & Credit Policy

Programs cancelled by the YMCA are refunded 100%. Refunds will not be given to members or non-members due to their lack of participation in a program; however a credit request can be made. A credit request must be made within one week after the session ends.

## Smoking Policy

The YMCA facility is a smoke-free environment.

## SPECIAL AMENITIES

### A.W.A.Y. Program (Always Welcome at YMCA's)

Wherever you travel, there's sure to be a YMCA nearby. The AWAY program is your key to more than 2,200 YMCAs nationwide. Guest fees and privileges may vary. See Member Services for details.

### Babysitting Service

Babysitting is available to full Family, Single Parent Family & Adult members while using the facility. The cost is \$50 per child for the year or \$3.00 per child/per hour. Please see the KidZone staff for more information.

### Gift Certificates

Gift certificates are available for programs and membership at the Member Services Desk.