

# Findlay Family YMCA

## New Member Handbook



### Our Mission

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

# FINDLAY YMCA – MEMBER HANDBOOK

## WELCOME TO THE FINDLAY FAMILY YMCA

Please keep in mind the character values of the YMCA  
Caring, Honesty, Respect, and Responsibility

### MEMBER'S CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines prohibited actions. The actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA-sponsored programs
- Smoking on YMCA property - the YMCA and its property is a smoke-free environment
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff member.

YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Chief Executive Officer (CEO) of the YMCA will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the CEO if in his/her discretion a violation of the YMCA Member's Code of Conduct has occurred.

### **GENERAL GUIDELINES WHILE USING THE YMCA**

1. Please remember to bring your membership card each time you visit the YMCA.
2. If you are using a locker please bring a lock. The YMCA is not responsible for lost or stolen articles.
3. Food, candy or drinks in designated areas only (downstairs lobby and youth/teen center).
4. Please discard of your used YMCA towel in a bin in the wellness center, a bin in one of the adult locker rooms, or at the front desk so it can be laundered for the next person.
5. Please use appropriate language at all times. Violators will lose membership privileges.
6. We have 5 locker rooms for your use. Please use the one designated for your membership type.
7. Children under the age of 8 must be accompanied by an adult at all times while in the facility.
8. Facility hours may change during summer months, please check website for updates.
9. All programs are run in sessions. Program information can be found on our website [www.findlayymca.org](http://www.findlayymca.org) or by stopping at or contacting the Welcome Center.
10. Don't forget to use the comment box or contact us with any questions or concerns.
11. Do have a good time at the Y and let us know if we can be of any help!

### **Youth/Teen Center**

(Downtown Branch)

1. The youth center is for ages 8 – 17.
2. To check out/in youth center equipment, please see the Welcome Center.
3. Please show respect by using appropriate language.
4. Please keep MP3 players, handheld game consoles, electronics, skateboards, balls, etc. at home (not responsible for lost items).
5. For the safety of others no rollerblades, skateboards, or skates are allowed in the buildings.
6. Please be respectful, horse-play (yelling, running, wrestling) is not allowed.
7. To keep all equipment in working order, please use with care. No sitting on game tables.
8. You must be a YMCA member or purchase a guest pass to utilize the youth center.

9. Please report any suspicious or inappropriate behavior to the staff at the Welcome Center.

### **Wellness Area**

1. Ages 13-15 years may use the free weight room, track, and weight machines after completing the Teen Strength Training course (See the Welcome Center for course dates, times or to register.)
2. You must be at least 12 years or older to use the track.
3. Athletic type shoes are required at all times. Please keep shoes clean and dry.
4. Clothing with exposed metal (jeans or work boots, etc.) are not allowed when working out.
5. Personal bags and clothing must be kept in a locked locker in the locker rooms.
6. For the comfort of all please DO NOT increase the TV volume – staff can assist if needed.
7. If the area is crowded, please limit your time on each piece of cardio equipment to 30 minutes, unless otherwise posted.
8. Please wipe off machines with the towels provided after each use. Please spray the towel and then wipe the machines off to help keep equipment clean and in good condition.
9. If the floor around your machine has become wet, please wipe up the floor as well.
10. Please rack your weights after you use them.
11. Please do not drop the weights in the free weight rooms or lean plates on walls.
12. A free member orientation can be scheduled by stopping by or calling the Welcome Center.
13. Family Wellness Center Hours: Friday 7 pm-close; Saturday 5 pm-close and Sunday 2-4 pm. Children 11-15 years, not certified in strength training, may use the wellness center (Cardio Selectorized Equipment only) with parents, in arms reach away.

### **East & West Gyms**

(Downtown Branch)

1. Please show respect by having food, candy and drinks in designated areas only (downstairs lobby and youth center).
2. Water is the only beverage allowed in gym areas.
3. Only athletic shoes that do not leave marks on floors are permitted.
4. Personal bags and clothing must be kept in a locked locker in the locker rooms.
5. Only designated equipment is allowed in the gyms.
6. For the safety of yourself and others please no hanging on the rims.
7. Please do not disturb programs that are running in the gyms.

### **Racquetball / Handball Courts**

(Downtown Branch)

1. Please be respectful by having food, candy and drinks in designated areas only (downstairs lobby and youth center).
2. Water is the only beverage allowed in the court areas.
3. Racquetball and handball, plus related equipment, are the only sporting activities allowed on the courts.

4. Court 4 may be used for sport activities, if not reserved. Activities include: controlled skill development – catching baseball/softball, soccer, volleyball, football.
5. Only athletic shoes that do not leave marks on the floors are permitted.
6. Personal bags and clothing must be kept in a locked locker in the locker rooms.
7. Eye protection is strongly recommended while playing handball and racquetball.
8. Please see Welcome Center to check out/in any racquetball equipment.
9. You may reserve a court, for an hour, in advance. Payment is required at time of reservation.
10. Reservations can be made by stopping at or calling the Welcome Center at the Downtown Branch.
11. Walk-ons are allowed at any time, when courts are available, with reservations having priority over walk-ons.

**Aquatic Centers**  
(Downtown Branch)

1. Please shower before entering the pool to remove all lotions, oils, etc.
2. For your safety, the pools are only open when a certified lifeguard is on duty.
3. Please be respectful by having foods, candy and drinks in designated areas only (downstairs lobby and youth center).
4. Pool Guidelines: Family Open: Children 7 and under must have a parent in the water. Child must take swim test to swim in the deep end. Family Open: Children 8-10 years old must have a parent in the pool area. Child must take swim test to swim in the deep end. Youth Open: Ages 11-18. Children 11-13 years must take a swim test to swim in the deep end.
5. Swim Tests: Swim tests are conducted during Family/Youth Open Swims or by appointment with the Aquatic Coordinators or Aquatic Director. Children who pass a swim test will be given a green band. You must bring to every Family/Youth Open Swim. If you forget your green band you may purchase one from the front desk for \$1.
6. Please use appropriate language at all times.
7. Lifeguards make the decisions about equipment and toys in the pool, based on member safety and crowdedness of the pool. Please ask the lifeguard if personal equipment is acceptable.
8. The whirlpool is open ages 16 years and up, according to specified times on the schedule.
9. Family Whirlpool: Available to parents and children 11-15 years of age. Family Whirlpool Hours: Friday 7 pm-close; Saturday 5 pm-close and Sunday 2-4 pm. A parent must be in the whirlpool next to the children.
10. Lap swimming is permitted via Pool Guidelines as long as continuous laps are being swum.
11. In compliance with current health and safety laws, anyone with open sores, lesions or communicable diseases may not be in the pools.
12. Swimsuits must be worn in the pools.
13. The lifeguard is here for your safety.
14. Starting blocks are not for use.
15. All non-potty trained children must wear swim diapers.
16. A copy of the pool schedule for both pools can found at the Welcome Center, on the website and on our App.

## **Tennis Courts**

(East Branch)

1. Please be respectful by having food, candy and drinks in designated areas only (lobby).
2. Water is the only beverage allowed in court areas.
3. Only athletic shoes that do not leave marks on the floors are permitted.
4. Only tennis equipment allowed on the courts (unless otherwise approved by a director prior).
5. Pickle ball is played.
6. You may reserve a court, one week in advance. Payment is required at time of reservation. To reserve tennis courts contact the East Branch.
7. Walk-ons are allowed at any time, with reservations having priority over walk-ons.
8. Private lessons can only be done by a certified YMCA staff. Private lessons can be purchased at the Welcome Center. See Tennis Coordinator for scheduling.
9. Please see Welcome Center to check out/in any tennis equipment.

## **Locker Rooms**

(Downtown and East Branch)

### **Family Locker Rooms (Downtown only)**

1. The Family Locker Rooms may be used by a parent or caregiver with children or individuals with special needs.
2. The Family Locker Rooms are first come, first serve. Please be considerate of those who are waiting to use the locker rooms, especially when swim lessons are changing over.
3. Please no nudity outside of the changing rooms.
4. If the Family Locker Rooms are busy, you may still bring your same gender child through the youth locker rooms.

### **Adult Locker Rooms (Downtown only)**

1. No one under the age of 18 is permitted in the Adult Locker Rooms. Children are not permitted in the adult locker rooms for any reason. Please use the youth or family locker rooms.

### **Adult / Family Locker Rooms (East Branch Only)**

1. Children age 5 and under may accompany a parent of the opposite sex into the locker room. If a parent needs to bring a child of the opposite sex in the locker room, please announce yourself so the other members may cover themselves for modesty.

### **All Locker Room Rules (Downtown and East)**

1. Lockers are for daily use only. Locks will be cut off nightly and items left overnight will be removed and stored in the Lost and Found.

## **Guest Policy**

The YMCA is a private nonprofit membership organization. Adult members may invite an unlimited non-member as their guests to the YMCA. The following policies and procedures apply:

## **Member Guest Passes for Sr Youth Membership holders & Up**

- Guest pass usage is recorded and each guest within Northwest Ohio is limited to a total of 3 visits per calendar year. Continued use after the three visits would require joining the YMCA.
- For those guests of members outside of Northwest Ohio there is a limit of 3 free passes. After the 3<sup>rd</sup> visit guests may purchase unlimited day passes.
- A member can be accompanied by either 2 individual guests or one family during a single visit. Member must be present with their guest, to use free guest pass.
- Guest ages 16 and over must present a photo ID if not accompanied by a adult/guardian.
- Guest under the age of 16 must be signed in by an adult/guardian if does not have ID.
- Inappropriate guest behavior may result in a loss of membership privileges for the sponsoring member.
- Guests must sign in, agreeing to uphold the YMCA's core values of caring, honesty, respect and responsibility. Guest information and photo will be kept on file by the YMCA.
- The definition of a family guest pass is at least one 'guest' parent or guardian with dependent children.

### **YMCA Members from Ohio YMCA's**

Bring your membership card and photo ID and enjoy free access to almost every Y in Ohio. Some restrictions apply. Participants must use at least 50% of the time at their home Y. Members from other Y's wishing to take programs are welcome to –and can sign up during nonmember registration.

### **AWAY (ALWAYS WELCOME AT THE Y)**

The A.W.A.Y. Program is a national program with the philosophy that when you enroll in a YMCA, you become a member of a nationwide association of people. Whenever you are away from home, on business or vacation, members are warmly welcomed by other participating YMCA's throughout the United States. *\*AWAY members are allowed 12 free visits during the calendar year and ½ price guest fee after 12 visits.*

### **Nonmember Day Pass**

- Nonmember pass must be purchased at the Welcome Center of either location. (Limited to 3 visits per calendar year if living within Northwest Ohio)
- Nonmember outside of Northwest can utilize unlimited paid day passes.
- Nonmember fee are as followed:
  - Youth (under the age of 18) - \$5.00
  - College (full time and under the age of 25) - \$7.00
  - Adult - \$10.00
  - Family - \$20.00
- Nonmember ages 16 and over must present a photo ID.
- Nonmembers under the age of 16 must present photo ID or be signed in by an adult/guardian.

- Nonmembers must sign in, agreeing to uphold the YMCA’s core values of caring, honesty, respect and responsibility. Day pass user’s information and photo will be kept on file by the YMCA.
- Failing to uphold the YMCA’s core values will result in immediate necessary action.
- Up to 3 Nonmember day pass fees may be applied to a membership within 30 days of joining the YMCA.

**Other Information**

**Association Office/  
Downtown Branch**  
300 E Lincoln Street  
Findlay, OH 45840  
(419) 422-4424

**East Branch**  
1400 Manor Hill Road  
Findlay, OH 45840  
(419) 422-9922

**Child Development Center**  
231 E Lincoln Street  
Findlay, OH 45840  
(410) 422-3174

Visit our website at [www.findlayymca.org](http://www.findlayymca.org)

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