

# WELCOME TO THE PIKE COUNTY YMCA



We want our new members to have a great experience at the Y. We have compiled some helpful tips and information to help you get the most out of your YMCA membership:

## USE YOUR MEMBERSHIP OFTEN

**1st**

We encourage you to use the facility as often as you can. Set a personal goal to come "x" amount of times per week. And if you miss a day, start again! No need to try again on Monday. Do it the next day!

**2nd**

Our front desk staff are here to help. Ask them for our pool, fitness, and gym schedules. You can also check on our website at [www.pikecountyyymca.org](http://www.pikecountyyymca.org)

**3rd**

Check out our FREE fitness and aquatic group exercise classes. Look into all the programs we have to offer. Members' price is 50 percent less than non-member on most programs!

## A FEW IMPORTANT NOTES ABOUT YOUR YMCA:

### THE WELLNESS CENTER

- Members 16 years old and up have access. Age 13-15 must be under the strict supervision of an adult age 18 or older. Children under the age of 13 are not permitted to use the wellness center.
- A shirt and covered shoes must be worn at all times in the Wellness Center.
- Please respect other members by wiping off equipment after use.
- Personal belongings and gym bags must be stored in lockers or in the storage cubbies. Valuables should be securely locked in the free lockers.

### THE SWIMMING POOL

- Lifeguards are always present for your safety.
- Appropriate swim attire must be worn in the pool.
- Children 10 and under must have adult supervision at all times.
- Other aquatic safety rules and procedures are posted in the swim area.

### CHILD WATCH

- Child watch is free to those who have a family membership.
- Children as young as six weeks old may be placed in child watch.
- You may use the child watch room from 2-8pm. Children must be under the supervision of a responsible adult age 18+.

**CONTINUE ON BACK**

## **GENERAL INFORMATION ABOUT YOUR YMCA MEMBERSHIP:**

- Your membership includes many FREE fitness and aquatic group exercise classes.
- Facility membership cards must be scanned to enter the YMCA.
- Children age 11 years and under must be supervised by someone age 18 years or older.
- Use of tobacco, non-prescription drugs or alcoholic beverages is prohibited on YMCA property, as are firearms and/or weapons.
- The YMCA refrains from assuming responsibility for damages to or theft of articles and valuables left in lockers, vehicles, or elsewhere in the building.
- Bullying or threatening another person verbally or physically is prohibited on YMCA property.
- Swim and workout attire must be appropriate for a family environment.
- In case of an accident, a YMCA staff member must be informed, and an incident/accident report should be filed by the staff member.
- Shirt and shoes must be worn at all times, unless a specific program designates otherwise.

## **PROGRAM REGISTRATION AND PAYMENT INFORMATION:**

- Members will receive priority registration privileges.
- Program pricing for facility members is provided at a reduced rate; approximately one half of that charged to program members for most programs.
- Programs may require a non-refundable deposit.
- Credits/refunds will be given for the following reasons:
  - Participant is unable to attend class for a medical reason. A pro-rated credit/refund will be issued upon receipt of a doctor's note.
  - If the Y cancels a program or class.
- Credits are valid for six months, unless otherwise indicated.
- All memberships must be set up for auto pay.
- Program payments must be made in full before participating in the program.

**PLEASE LET US KNOW IF YOU HAVE ANY QUESTIONS. ENJOY YOUR YMCA!**