



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHTABULA COUNTY YMCA



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AshtabulaYMCA.org

Mission Statement

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

Core Values

The YMCA embraces four core values:

caring
honesty
respect
responsibility

In our daily work, we will:

- Stay in close touch with members (caring)
- Listen carefully and communicate forthrightly (honesty)
- Treat everyone with dignity (respect)
- Involve stakeholders in decision-making process and act decisively (responsibility)

Volunteers

Volunteers are a vital part of the YMCA. Without dedicated volunteers who donate valuable time and talent, many of the YMCA's services and activities could not take place. Our volunteers serve on the Board of Directors, and its committees, and work in program, supervision, and clerical areas.

The YMCA is a membership organization. Thus, each member has a vested interest in our organization. We are always in need of more volunteers. Contact a member of our professional staff for information on how you may become a YMCA volunteer.

The YMCA building and grounds are smoke free.

Your membership card is to be shown at the front desk when using the facilities.

All personal apparel and belongings are to be placed in lockers in the appropriate locker room areas, not in the exercise areas. As a member, you are required to furnish your own lock. The lock is to be removed after you exercise.

The YMCA is not responsible for lost or stolen items.

Only adult or college members are permitted in the Adult Locker Rooms.

Baskets in which to keep articles may be rented. Please inquire at the front desk.

Lock boxes located in the lobby may be rented for \$.25 to store small items.

No running or horseplay is permitted in the locker areas.

Proper exercise attire is required (shorts, shirts, and exercise shoes) in exercise areas. .

A parent or guardian must accompany children in any area of the building during scheduled family activities.

Please report any maintenance needs to the front desk.



Registration and Child Watch 3

SWIM LESSONS:

Lessons run for four weeks Members can sign up February 1 for march, April , and May classes; May 1 for June, July, and August classes; August 1 for September, October, and November classes; November 1 for December, January, and February classes. Non-members may sign up on the 15th of the month prior to the class. Payment is required at the time of registration

SPECIAL CONSIDERATIONS:

When classes fill, a waiting list will be used in case of cancellations or to form another class.

The YMCA reserves the right to cancel classes if enrollment minimums are not met.

CHILD WATCH GUIDELINES

Children are accepted 3 months old to 10 years old.

2 hours a day time limit for use of Child Watch.

You may bring a nutritious snack and drink. Please no gum or candy.

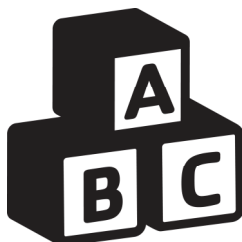
Bring tennis shoes daily for gym time.

Weather permitting, we go may outside to play. Bring a jacket if needed and apply sunscreen before you leaving your children.

Children will be checked in/out. Parents will inform staff where they will be in the building. Parents will update information at the front desk for children on in out system.

Participants attending Child Watch are required to pay a \$2 fee per child at the front desk and present receipt to Child Watch staff.

Please bring your child with a clean diaper, as we are unable to change them.



Day Pass Policy

A day pass may be purchased at the front desk by adult individuals, graduated from high school, and visiting from out of town or who live locally and are interested in joining the Ashtabula County YMCA. Day passes may also be purchased for children with the purchase of a day pass by an adult who will remain with the children and assume responsibility for them while they are at the Y.

A Day Pass fee must be paid.

Day passes will be available from April through November. There will be no day passes sold from December through March to ensure that the high volume of members utilizing the facility are afforded the access their membership provides.

Individuals who live locally will be permitted one day pass in any given 12-month period. (Example: If a pass is purchased in April, another may not be purchased until April of the following year.)

Anyone purchasing a day pass will be required to show photo identification. A copy of this identification will be kept on file for emergency and record keeping purposes.

Anyone purchasing a day pass will be required to fill out and sign a release form.

Guest Pass Policy

Active adult members, graduated from high school, may bring guests. The member who brings in the guest will be held responsible for their guest's behavior and must remain with their guest while at the Y.

There will be a guest pass fee per guest.

Each guest may use the Y only one time in any 12-month period before deciding to join. (Example: If a pass is purchased in April, they may not attend as a guest again, with any Y member, until April of the following year.)

Guests must be visiting from out of town or interested in join-

Reciprocity with Other YMCAs

The spirit behind the reciprocity program is founded in the belief that the Y is one movement and that we want to encourage members to utilize the Y as often as they can in order to meet their health and wellness goals. Sometimes, it is more convenient for a Y member to utilize a Y in a different location when traveling, near a workplace, or in another region. This program allows active, full facility/full privilege members this flexibility to use other Y facilities and also increases the value of Y membership.

“Home YMCA” means the YMCA association that the member utilizes at least 50% of the time. “Visiting member” means a member eligible for reciprocity who is using a YMCA other than their home YMCA. Reciprocal Membership Program is valid for YMCA full facility members only, not program members. Silver Sneakers members are not considered full facility members.

The program is intended for the use of standard facilities, including the swimming pool, gymnasium, racquetball courts, basketball court, wellness center, and group fitness classes.

The Ashtabula County YMCA reserves the right to restrict facility/program access.

Program discounts and advanced registration are for home YMCA members only. Visiting members may sign up for classes at the program member or non-member rate.

A visiting member must present a valid YMCA membership card and photo identification upon the first visit to the Ashtabula County YMCA.

Visitors must fill out a visiting member waiver or a standard membership application form with liability waiver upon their first visit.

The Ashtabula County YMCA does not charge a guest fee for visiting members.

The Ashtabula County YMCA reserves the right to restrict access to reciprocal members for behavior reasons. All inappropriate behavior will be reported to the visiting member’s home YMCA.

In the event of blatant price shopping or other abuse, the Ashtabula County YMCA Membership Director is to contact the home YMCA Membership Director and create a plan of action for that member. If the member is not visiting his/her home YMCA, it is the responsibility of the Ashtabula County YMCA to request the member to switch YMCAs. If the member simply uses multiple YMCAs (home and others) frequently, he/she should be welcomed everywhere!

Visiting members may purchase a Member Plus membership to the Ashtabula County YMCA if they would like full, home member benefits

Refund Policy for CLASSES:

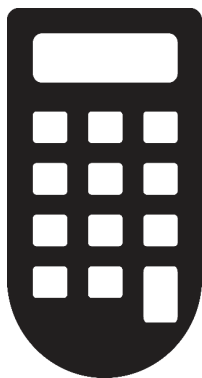
There are no refunds for any class or program. In the event the Y must cancel a class or program, we reserve the right to offer a make up class or a system credit that can be used for future classes or programs.

Credit for missed classes may be given for medical reasons.

Refund policy for MEMBERSHIPS:

In the event of an illness, a doctor's excuse may be required to extend your annual membership.

Membership joiner fees are not refundable.



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Pool Procedures 7

General Pool Rules and Regulations

The lifeguard is the person of authority in the pool area.

No one may enter the water without a lifeguard present.

Appropriate attire for adults and children is a swim suit.

No cut offs are permitted.

No street shoes may be worn in the pool area.

No glass objects are allowed in the pool area, locker rooms, or shower rooms.

Un-potty-trained children must wear a swim diaper.

Safety is imperative in the pool area. For everyone's welfare, the following must be observed:

No running, pushing, dunking, or horseplay.

No games on the deck. Games must be played in the water.

No throwing of objects.

Starting blocks are only to be used by Swim Team and during instructional time.

Kids must pass the deep water test to be allowed to swim in the deep end.

When the lifeguard blows the whistle, swimmers must stop and pay attention to direction.

Swimmers must ask permission to use equipment.

Floatation devices are not allowed in the pool.

One parent/guardian **MUST** accompany child in the pool at all times during Family Swim. No exceptions. You cannot just sit on the deck, you must be in the water with your child/children.

The use of fins and masks are generally discouraged for safety reasons. This rule will be enforced at the discretion of the lifeguard.

In order to participate unaccompanied in Open Swim, a person must be at least six years old and have a membership.

All other circumstances will be reviewed by the lifeguard.

Rental:

The pool can be rented out on Saturdays and Sundays for one hour at a time. Please see our rental brochure for pricing and options.

The pool is rented with the limit of 25 people for one guard. If your party will be larger than 25, an additional guard will be required for an additional cost. The total amount of people in the pool area cannot exceed 40.

All pool rules must be observed.

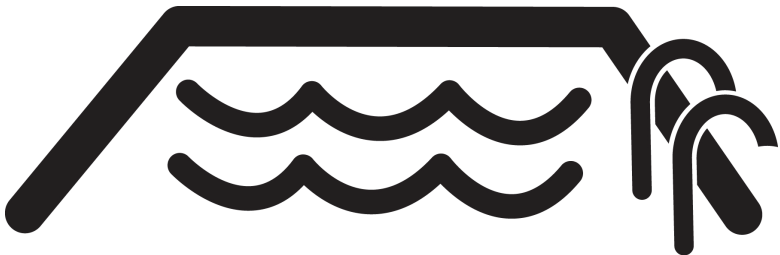
The party renting the pool is responsible for adult supervision in the locker rooms.

Rental agreement must be signed.

A deposit confirms a rental. Rentals will not be confirmed until deposit is made. Deposits are **NON REFUNDABLE**.

Final payment of pool rental must be paid in full before the day of rental.

All rentals must be first approved by the Aquatic Coordinator.



MEN'S LOCKER ROOM POLICY:

All general procedures apply (refer to page 12)

Only members who have an adult or college membership may use this locker room.

No food or drink is permitted in the locker room.

No children are allowed to use the men's locker room for any reason.

No high school students are allowed in the men's locker room.

No shaving in the steam room.

Anyone with high blood pressure or heart problems should not use the steam room. All others should limit their time to 10 to 15 minutes.

WOMEN'S LOCKER ROOM POLICY:

All general procedures apply (refer to page 12)

Only members who have an adult or college membership may use this locker room.

No food or drink is permitted in the locker room.

No children are allowed to use the women's locker room for any reason.

No high school students are allowed in the women's locker room.

No water is to be used in the sauna room.

Anyone with high blood pressure or heart problems should not use the sauna room. All others should limit their time to 10 to 15 minutes.

YOUTH LOCKER ROOM POLICY:

All general procedures apply (refer to page 12)

All youth memberships must use the appropriate girls/boys locker room.

No food or drink is permitted in the locker room.

Adults are not permitted in the youth locker rooms unless assisting a child of their same sex. (Women with girls, Men with boys)

YOUTH FITNESS CENTER POLICY:

The Youth Fitness Center is open to all members ages seven and older.

No food or drink is permitted in the Youth Fitness Center

Youth Fitness Center may only be used when supervised.

Only parents may request pins for the machines at the front desk.

DOWNSTAIRS ADULT FITNESS AREA(AGES 14 AND UP

Children 13 and under must complete Child/Parent Orientation with a Certified YMCA Trainer before they are allowed to use the Fitness Center downstairs. This will educate both parents and child on proper use of the equipment for the safety of the child.

Proper workout attire is **REQUIRED**. No street shoes on the equipment. Shirts must be worn at all times.

Each person is responsible for cleaning the equipment after they have used it. Spray bottles and paper towels are provided.

No food or drink is permitted in the downstairs area. Water and sports drinks are allowed.

Offensive language and behavior will not be tolerated. Please refer to the Disciplinary Policy.

Everyone is responsible for cleaning up after themselves by returning all equipment, free weights and any other equipment used to its designated area.

Chalk must be cleaned up after your work out.

No homemade equipment is permitted.

Direction of the walking track is determined by the first walker.

SHOWER ROOM POLICY:

Anyone preparing to swim MUST TAKE A SHOWER BEFORE entering the pool.

Shower must be turned off before leaving the shower area

GYMNASIUM POLICY (BASKETBALL COURTS):

No dark-soled or street shoes are to be worn while playing in the gym.

Gym bags should be kept in lockers, not gym floor.

GYM SCHEDULE

HANDBALL/RACQUETBALL COURT POLICY:

Court use is on a first come. Reservations are encouraged.

Reservations are FREE for Y members. Non-members can rent for a fee.

Only one 21 point game may be played while others are waiting.

Reservations may be made at the Front Desk, by phone, or in person one week in advance of play.

No player's name shall appear on the reserved court more than one period per day.

Playing periods will be one hour in length.

Protective eyewear is strongly recommended to minimize possible injury.

No black-soled shoes permitted.

To protect the walls, all wooden racquets must have a rawhide strip

STEPS TO BE TAKEN IN CASE OF AN ACCIDENT:

Notify a staff member of any accident or injury IMMEDIATELY.

If you can not locate a staff member on site, contact the front desk.

A staff person will administer First Aid/CPR and determine if a 911 call should be made.

An incident/accident report will be completed by the staff member and filed with the CEO.

DISCIPLINARY POLICY:

The YMCA discipline policy is based on accepted ideals, values, and behavior. One's conduct is subject to review by the professional staff. Suspension or revocation of your membership could result in any of the following actions, but not limited to:

Fighting or instigation of a fight

Theft

Swearing/abusive/foul language

Trading of membership cards

Vandalism

Drugs and/or alcohol possession/use

Using/attempting to use a lethal weapon facsimile

Sexual harassment

It is illegal to carry a firearm, deadly weapon or a dangerous weapon on our premises.



**Visit our website
AshtabulaYMCA.org
for the most up to date
information on
programs and facility schedules**

**To volunteer your time and
Talents, Please contact
Cheryl Johnson
(cjohnson@ashtabulaymca.org)**

