

WELCOME!



MISSION STATEMENT:

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

Decatur Shelby County YMCA

YOU BELONG HERE

MEMBERSHIP HANDBOOK

Decatur Shelby County YMCA

Decatur County Family YMCA
1 YMCA Way
Greensburg, IN 47240
(812) 663-9622
www.decaturcountyyfamilyymca.org

Shelby County YMCA
2120 Intelliplex Dr.
Shelbyville, IN 47176
(317) 398-5230
www.shelbycountyyymca.org

Decatur Shelby County YMCA

X. EXTERNAL ORGANIZED TRAINING/PROGRAMS

To preserve the integrity, safety, and alignment of all programs with YMCA mission and standards, any formalized training, coaching, or instructional services conducted by outside individuals or organizations must be reviewed and approved by the Executive Director.

XI. EMERGENCY PROCEDURES

****Please note the fire exits nearest the area you are using so that if there is an emergency, you will know where to go.**

Should you require first aid, stop at the Front Desk and ask for help. The YMCA conducts monthly fire drills as required by state regulations. In case of a tornado warning, please go to the locker room immediately. We will follow our detailed written emergency procedures. If you would like to review a detailed copy, please contact one of the YMCA Management Staff.

XII. PROCEDURES FOR BUILDING LOCK-DOWN AND UNAUTHORIZED PERSON IN THE BUILDING

1. Call police immediately (911) from a YMCA phone or cell phone
2. Contact YMCA staff immediately.
3. CEO, or other person in charge, will assist police, and if necessary, establish a command post.

I. MISSION STATEMENT

The Decatur Shelby County YMCA is committed to putting Christian Principles into practice through programs that build healthy spirit, mind and body for all.

II. PURPOSE

The purpose of this association is to develop the Christian character of its members and to improve the lives of the residents of Decatur and Shelby Counties and surrounding areas.

III. GENERAL INFORMATION

- A. Membership fees may be paid by monthly automatic bank draft or one annual payment in full in advance by check, cash, Visa or MasterCard. All annual memberships are valid one full year from the date of purchase and are non-refundable. Financial assistance is available to those who qualify. Written requests must be submitted to the CEO. It is the intent of the Decatur Shelby County YMCA that no individual be denied participation at the YMCA due to financial limitations. The YMCA *Open Door* provides confidential scholarships to individuals and families based on need.
- B. Memberships must be terminated in person at the YMCA. A membership paid by bank draft is considered continuous. No renewal notices will be sent, and drafts will continue until the member requests and signs a termination of membership. **Termination must occur 7 business days in advance of your draft date in order to not get drafted for that month. No refunds will be made.**
- C. Your YMCA membership card is your admission into the YMCA. Always bring it with you. However, if you forget your membership card, please check with the Front Desk. Members must scan in with their Y-Tag, each time they use our Y.
- D. Membership cards and privileges are not transferable to other persons. Any member lending his/her membership card to another individual will lose all membership privileges. NO refund will be given.
- E. Please inform the YMCA of any changes in address and/or phone number.
- F. There is to be no alcohol or smoking/vaping/tobacco products on YMCA property. No firearms and/or weapons of any kind are allowed on YMCA property.
- G. Youth under the age of 10 must be accompanied at all times by a parent, guardian, or responsible adult 18 years of age or older, unless involved in a YMCA class or supervised activity. Only children 5 years and younger may be in opposite sex locker rooms. Parents are encouraged to use the Family Dressing Room area.
- H. For your child's safety, the YMCA recommends utilization of child watch, unless your child is involved in a supervised YMCA activity.
- I. Anyone responsible for the damage of facility property will be held responsible for all necessary repairs and/or replacement.
- J. The YMCA is NOT responsible for lost or stolen items.

- K. Food and beverages are permitted in designated lounge areas only.
- L. Proper attire, including shirts and shoes, must be worn in all areas other than locker rooms and the pool area.
- M. Prices, fees, schedules, and hours of operation are subject to change through each session, if necessary.
- N. Please show respect and courtesy for others while using the facilities by refraining from the use of foul language and by exemplifying good sportsmanlike conduct.
- O. The Decatur Shelby County YMCA is an equal opportunity employer and membership agency.
- P. The Decatur Shelby County YMCA will charge \$20.00 on all returned payments (checks, bank drafts, etc.).
- Q. The annual YMCA fundraising event, Annual Campaign, provides the resources for those who cannot afford to pay full fees for participation in YMCA programs and membership. Inquire at the front desk to find out how you can help.
- R. Your company can be added to the list of businesses that provide wellness benefits for their employees. See the Membership Director about a corporate membership for your company.
- S. Items turned into "Lost and Found" will be held for 30 days. After that items will be disposed of or given to charity.
- T. The YMCA recommends the use of locks on lockers. While we make every effort to insure the security of the facility, the YMCA cannot be held responsible for lost or stolen items.
- U. It is also the intent to have a diverse membership representing the general membership of the community -people of all ages, races, genders, religions, incomes, and abilities are welcomed at the Decatur Shelby County YMCA.

IV. MEMBERSHIP INFORMATION AND BENEFITS

A. Membership Types

- 1. **Household:** 1 OR 2 adults with up to 5 dependent children through the age of 23 and enrolled in school full time.
- 2. **Adult:** Any person 18 yrs. of age or older.
- 3. **Senior:** Any person 62 yrs. of age or holder.
- 4. **Student/Youth:** Under 18 or high school student.

B. Membership Benefits

- 1. Free weight orientation
- 2. Free annual fitness evaluation
- 3. Free Group Exercise classes *varies*
- 4. Free Aquatics Classes *varies*
- 5. Free open swim
- 6. Co-Ed Dry Sauna
- 9. Walking/Running on the indoor track
- 10. Two free guest passes per calendar year per membership type

S. Dry Sauna (co-ed)

- 1. Members and guests 18 years of age and older may use the sauna.
- 2. Limit continuous exposure to 10 minutes or less. Do not exceed 30 minutes total exposure time in a 24-hour time period.
- 3. Rest and drink fluids during breaks.
- 4. Excessive exposure can be harmful to health.
- 5. Persons with health concerns should consult a physician before using the sauna.
- 6. Shorts or swimsuit are required. No shoes are permitted.

T. Lobby

- 1. Shirts and shoes are required at all times.
- 2. Wet swimsuits and clothing are not permitted in the lobby.

U. Y-Zone Activity Center (Decatur County Family YMCA ONLY)

- 1. Various games are available.
- 2. Please check out equipment for games at the Front Desk.

VI. ACCIDENT, INJURY AND INCIDENT

- A. Please report all accidents, injuries, and incidents to a staff person.
- B. The YMCA assumes NO RESPONSIBILITY for injuries incurred while you are participating in YMCA activities.

VII. MEMBERSHIP TRANSFER POLICY

The Decatur Shelby County YMCA will welcome newcomers to the community that are presently members of another YMCA.

VIII. DISCIPLINARY ACTION

- A. Any persons willfully disturbing YMCA programs, members or guests, will be asked to leave the YMCA premises. Failure to comply could result in termination of membership and access to the YMCA programs or facility.
- B. Any repeated disciplinary problems will result in permanent termination of membership and access to the YMCA programs or facility. Repeated problems could result in legal action being taken.
- C. Any person or persons willfully destructing YMCA property will also be asked to leave the YMCA premises. Permanent termination of membership and/or access to the YMCA facility will result. Legal action will be taken as deemed necessary.

IX. VOLUNTEER OPPORTUNITIES

- A. Volunteers are an integral part of the YMCA Mission. As a member, you have a unique opportunity to help your YMCA while helping others.
- B. The YMCA is always seeking volunteers to help in many ways. Whether it is in the swimming program, the sports leagues, office work, day camp, child-watch, preschool, special

N. General Gym Rules

- a. Gym shoes are required at all times.
- b. No food or drink is permitted in the gym except water.
- c. Children under 10 years old must have a parent/guardian present during open gym.

O. General Pool Regulations

- a. Swimsuits or dri-fit material are allowed in the swimming pool. Cut-offs are not acceptable.
- b. For everyone's safety, no running, pushing, dunking or diving allowed in the pool area.
- c. Pool schedules are available at the Front Desk.
- d. Open swim is for anyone 10 years of age and older.
- e. Parents must accompany children younger than 7 years. A participating adult must accompany children under 6.
- f. Infants must wear a swim diaper in the pool
- g. Floaties or PFDs may not be used in lap swim.
- h. Lap lane is for lap swimmers only.
- i. Only children 5 years and younger may be in opposite sex locker rooms. Parents are encouraged to use the Family Dressing Room area.
- j. Soap showers are required before entering the pool.

P. Locker Room

To ensure the privacy and comfort of all members and guests, the following guidelines must be adhered to in the locker room area:

- a. Only children 5 years and younger may be in opposite sex locker rooms. Parents are encouraged to use the Family Dressing Room area.
- b. **No FaceTime or Video Recording:** Guests and all participants are strictly prohibited from using FaceTime, video recording, or any form of video communication in the locker rooms. This policy is in place to protect the privacy of all individuals in the facility.
- c. **Report Violations:** If you witness any violations of these guidelines, please report them immediately to a staff member. We take these matters seriously and will address them promptly.

Q. Indoor Track

1. The indoor track may be used by all members and guests 14 years of age and older.
2. Youth 8-13 years of age are permitted on the track with a parent present. Youth under 8 are not permitted on the track at any time.

R. Outdoor Track (Decatur County Family YMCA ONLY)

1. With the exceptions of properly documented service animals and animals brought to the YMCA for educational purposes, which both require the approval of management, the YMCA does not permit dogs or other animals on its' premises or walking paths. Any animal brought onto the premises will be the sole responsibility of the owner and the YMCA will assume no liability for that animal.

B. Membership Benefits (continued)

11. Free weight area
12. Use of strength-training equipment
13. Use of cardio vascular equipment
14. Lap Swimming
15. All-purpose gym
16. 24-7 Wellness Center Key Fob *certain restrictions apply*
17. Participation in the NATIONWIDE program while traveling.
18. Membership Mobile App available

C. Membership Amenities

Decatur County Branch:

1. Indoor Playground
2. Racquetball Court
3. Outdoor Pickleball Courts
4. Outdoor Walking Track w/ equipment
5. Y-Zone Activity Center
6. Additional All-Purpose Gym
7. Whirlpool Area

Shelby County Branch:

1. Indoor Pool Splash Pad
2. Café/Smoothie Bar

V. GENERAL BUILDING POLICIES

A. Child Watch

For our members' convenience, we try to schedule the times for childcare to coincide with most of our classes. For a current list of available hours and fees, please check the current Program Guide. Other staff members are not babysitters, so please do not expect them to watch your children while they are attending to their other duties. The YMCA encourages parents to use Y facilities to spend quality time with their children. Child care is available for those times when you need a respite and wish to work out without your children. Supervision is not provided outside of the building.

B. Guests

This is your YMCA, and you are always welcome to bring guests. Guests must purchase a daily pass. Fees vary for individuals and families. All membership types receive two free guest passes per calendar year to introduce friends to the YMCA. The YMCA reserves the right to limit guest passes at times of heavy use or upon abuse of the privilege. Check with the Front Desk for more information.

C. Program Registration

The YMCA produces a new Program Guide several times a year. Refer to the most recent Guide for program dates, times and fees. Full payment is due upon registration.

D. Sexual Behavior Policy

In order for each adult and child in the YMCA to feel comfortable and have positive feelings about their participation as members and guests, sexual activity, behavior and harassment at YMCA facilities are prohibited. Any member engaging in such behavior will have his or her membership privileges terminated. Any guest engaging in such behavior will be prohibited from using any YMCA facility again and from becoming a member of the YMCA. Any inappropriate behavior should be reported to the manager on duty.

- a. Due to the YMCA's stated purpose of building strong kids, strong families, and strong communities, and the large number of children participating in YMCA programs, it is the policy of the Decatur Shelby County YMCA to deny membership and program participation to any individual included on the Sex and Violent Offender Registry (Indiana Code section 5-2-12 and related statutes). All current members, new member applicants, and program participants will be cross-referenced with the Indiana Sex and Violent Offender Registry. The YMCA will cross-reference new membership applicants with the Registry.
- b. Any individual, including current members and participants, listed in the registry will be denied membership and program participation at the Decatur Shelby County YMCA while listed on the registry. Any current members, program participants, or membership applicants denied membership due to their name appearing in Indiana's Sex and Violent Offender Registry shall have the right to appeal the denial of membership and/or participation based upon cases of mistaken identity or an erroneous listing in the Registry.
- c. Any current members, program participants, or membership applicants denied membership or program participation due to the enactment of the policy will receive a prorated refund of advance-paid membership dues or program fee.

E. Credits, Refunds and Class Cancellations

No refunds unless the YMCA cancels the class. Any member who must drop out of a class due to medical reasons may receive credit for another class. Participant must produce a doctor's recommendation in writing to receive a credit.

F. Facility Hours

M-F: 6am-9pm	Sat: 9am-5pm	Sun: 1pm-5pm
Aquatic Center Hours*		
M-F: 6am-8:30 pm	Sat: 9am-4:30pm	Sun: 1pm-4:30pm
Hours may vary.		

G. Holiday Closings

The YMCA will be closed on the following holidays:

New Year's Day	Thanksgiving Day
Easter Sunday	Christmas Eve
Memorial Day	Christmas Day
Fourth of July	New Year's Eve
Labor Day	

H. Emergency Facility Closing

Normally, the YMCA will remain open as scheduled, if at all possible, and all activities will continue. Any cancellation that must be made will be announced on the local radio stations and posted on ALL social media sites as well as our website.

I. Workout Attire

1. Shirts, shorts, and joggers/yoga pants are appropriate.
2. Shoes must be worn in all program areas except the pool. No shoes with cleats are permitted in the building. Only non-marking soled shoes are permitted on the hardwood floors. No dark-soled shoes are permitted on the hardwood floors.
3. Clothing with inappropriate language, sayings or advertising tobacco or alcohol will not be permitted on the premises.
4. Shirts must be worn at all times in the facility.

J. Elevator Use

The elevator is restricted to use by the handicapped and those members with a disability (permanent or temporary). Please use the stairs if you are physically able. Please instruct children to use the stairway.

K. Wellness Center

1. The Wellness Center is available to any member 10 years of age and older.
2. Youth 10 to 17 must complete a fitness orientation with a staff member. Youth 10-13 years old must be accompanied at all times with a parent or guardian.
3. For the consideration of others Bluetooth/open speakers, are not allowed in the wellness center. At your discretion, headphones and ear buds are allowed.

L. Wellness Center Hours

- a. Available for use when building is open.
- b. 24/7 access available with purchase of a key-fob.
- c. Due to possible damage of equipment, proper gym attire, as noted previously, must be worn. No jeans, belts or excessive jewelry may be worn.

M. Free Weight Room

1. Free Weight Room is open to all YMCA members and guests 15-17 years of age and older, which whom must have an orientation and signed waiver prior.
2. Proper training attire must be worn at all times. (Sweats, shorts, gym shoes, and T-shirts). No jeans, belts, or excessive jewelry may be worn.
3. Members 15-17 years old must have an orientation prior to use.
4. Anyone abusing equipment could lose the privilege to use the area.