



## YMCA of Abilene Facility Use Policies

### MEMBERSHIP POLICY

Adult members are encouraged to bring guest. Each guest is allowed one free visit, with a member, before having to pay a daily membership fee. Youth members are not allowed guests without paying a fee. All guests pay the following daily membership fees: YOUTH and SENIORS:

\$15.00/day      ADULTS: \$20.00

#### Membership refunds and cancellations:

Members who have paid their annual membership fee in full and cancel their membership will receive a pro-rated refund on the unused portion of his/her membership, less joining fee if applicable. Members who select the automatic bank draft or credit card system of payment must notify the Business office (5) full business days prior to the draft date in order not to be drafter the next month. Any member who cancels their membership must come to either facility and sign a cancellation form. **NO REFUNDS ON BANK DRAFT.**

#### Return Check Policy:

Failure to notify the YMCA of a closed bank account, change of bank, credit union or savings and loan association or insufficient funds to cover the monthly draft payment does not absolve the member from reimbursing the YMCA for the return item, nor from paying a returned check charge of \$25.00.

### FACILITY USE GUIDELINES

1. All YMCA members are asked to scan their membership card at the front desk when entering the facility. A membership card is non-transferable. Loan of a membership card subjects the owner to loss of membership.
2. The YMCA is not responsible for lost or stolen articles.
3. Use of tobacco of any kind are allowed in the Gymnasiums, Pool area, Weight Room, or and Racquetball court.
4. Profanity and abusive language are not appropriate in the YMCA.
5. No food or drinks of any kind are allowed in the Gymnasiums, Pool area, Weight room, or any Racquetball court.
6. Proper gym attire should be worn for workouts. This includes proper footwear, shorts, shoes, and shirts, warm up suit or leotards.
7. Show respect for the facility, equipment and staff. Failure to do so is cause to be asked to leave the building and/or forfeit your membership.
8. For their own safety, youth, who are not yet 13 years of age, must be supervised by and older youth at least 16 years of age, or an adult at all times while in the facility, unless enrolled in an organized YMCA program or KidzFit. Parents are asked to put their children 4 years and younger in the nursery at Redbud while working out.
9. Towel service is included with all Adult Memberships. **TOWELS ARE NOT FURNISHED FOR CHILDREN.**
10. Members and their guest must exit the building at the appointed closing time. Please be dressed and prepared to leave **PRIOR** to the closing time.

### LOCKER ROOM GUIDELINES:

1. Adult members and their guest are allowed to use the Adult Locker facilities.
2. All youth members much use the Youth Locker facilities.
3. Family groups may use the Youth Locker facilities.
4. Members using the Redbud Facility should provide your own locks. All lockers are for daily use only. Yearly rental lockers are available at the State Street YMCA.
5. Parents, the whirlpool and sauna located in the Adult Locker rooms are intended for **ADULT USE ONLY**, keep children away from these areas.
6. Towel service is for Adults only. Please leave towels in the locker rooms.

### RUNNING TRACK GUIDELINES:

1. Walk or jog in the directed indicated by the arrows.
2. Slower runners stay to the inside, pass only on the outside.
3. In order to avoid crowding and maintain order, minimize conversation while any classes are in progress.
4. 19 ½ laps equal one mile at Redbud, 18 laps equal one mile at State Street.
5. When using the track, walk/run in a single file.
6. Do not stand on the track as a spectator.
7. Do not sit on the track walls.
8. Parents, please keep children off the track unless you are walking/running with them.

### RACQUETBALL/HANDBALL COURT GUIDELINES:

1. Only YMCA members can reserve the courts.
2. All reservations are for a one-hour period, and may be made up to one day in advance of the reservation date.
3. Court reservations are made by calling the Front Desk during regular operating hours.
4. Only one court reservation may be made at a time. An individual's name may not appear twice on any day prior to the completion of the first time they play each day. Future reservations may be made upon the completion of a match.
5. In order to give more players an opportunity to play, two names must appear on the RB/HB reservation board during prime time hours; 5:00 pm to 8:00pm, Monday through Friday. One player may reserve a court at any other time.
6. Only non-marking shoes may be worn in the courts, check your shoes.
7. For your safety, eye guards are recommended to be worn at all times.
8. Reservations are void if players are more than 10 minutes late. Cancel your reservation before your court time if you cannot play.

### WEIGHT ROOM AND CARDIOVASCULAR GUIDELINES:

1. YOUTH ORIENTATION
2. For their safety, members under the age of 16 are not permitted to use the Free Weight Room.
3. A free Fit Start Orientation is available and is recommended for all the new members
4. Only YMCA Staff is permitted to give instructions on the equipment use.
5. Only YMCA staff conduct all personal training
6. All members are encouraged to ask the staff for proper instruction if they are not familiar with the use of the equipment.

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7. All members are advised to check the equipment before using to make sure that it is in working order and if it is not working to report it immediately to staff.
8. Proper workout attire should be worn in these areas at all times, this includes shirts and shoes.
9. For those who perspire heavily, use a towel to wipe the machines after use.

#### **SWIMMING POOL GUIDELINES**

1. A lifeguard will be duty at all times when the pool is open for swimming.
2. Take a shower prior to using both the swimming pool and the whirlpool.
3. Lap lanes are for lap swimmers only, keep out of this area during open swim hours.
4. Wear proper swimwear. Cut-off shorts or jeans are not allowed.
5. For your safety, no flips from the pool edge.
6. Keep any glass or metal objects out of the pool.
7. Hanging on the float lines and bulkhead causes undue stress, rest on the pool walls only.
8. The guard towers are for the lifeguard use only.
9. Food of any kind is not allowed in the pool area.
10. Running or pushing is not allowed on the swim deck.
11. Non-swimmers are limited to the shallow end of the pool. Youth, who are under 8 years of age, must be supervised by an adult. Swimmers may be asked to pass a test before being allowed to enter the deep water. Please cooperate when asked to do so.
12. Diving Area Rules: (a) Only one person at a time is allowed on the diving board. (b) Use the steps when mounting the diving board. (c) Diving from the side of the board is not permitted. (d) This area is for diving only, no swimming. (e) Before diving, wait until the diver ahead of you clears the area. (f) Do not hang from the diving board. (g) No "double" or "seat" bouncing on the board.
13. Respect lifeguard's decision as final.

#### **GYMNASIUM GUIDELINES:**

1. Only non-marking shoes are allowed on the gym floor.
2. Keep all food, drink and any type of tobacco out of the gym.
3. Do not spot on the walls or gym floor.
4. Return checked out equipment to the courtesy counter.
5. Ask staff to raise and lower baskets when necessary.
6. Do not hang from the basketball rims.
7. Basketballs must be signed out and returned to the front desk with time noted in log book.

Please familiarize yourself with the YMCA Policies. They are designed to make your time and other members time spent here safer, more enjoyable and rewarding.