

# WELCOME

## to the Findlay Family YMCA

Dear YMCA Member:

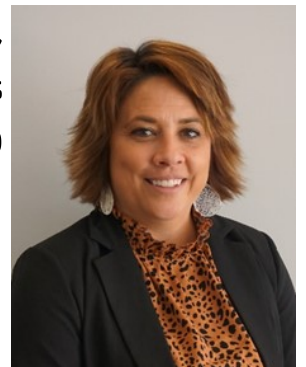
I'd like to welcome you as a member. We are thrilled to have you with us.

As a member, you have joined a supportive family of members, participants, volunteers, and staff working together to improve the quality of life for all. We are for youth development, healthy living and social responsibility, and we're here to help you reach your goals. At the Findlay Family YMCA, we pride ourselves on offering our members responsive, competent and excellent service. Our members are the most important part of our business and we work tirelessly to ensure your complete satisfaction.

The Y has been a pillar in our community for more than 130 years by addressing community needs head on. We are incredibly grateful that you have entrusted us to help you lead a healthier lifestyle through our programs and facilities.

Please feel free to contact me anytime with any comments, concerns or compliments.

With warmest regards,  
Stephanie Parsons  
CEO



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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# ABOUT US

## WHO WE ARE

### Our Mission

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

### Our Values

Caring    Honesty    Respect    Responsibility    Faith

## WHAT WE STAND FOR

The Y is the nation's leading nonprofit committed to strengthening community through the following areas of focus:

### YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. Through the Y, thousands of youth cultivate the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

### HEALTHY LIVING

Improving the nation's health and well-being.

The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, hundreds of youth, adults and families receive support, guidance and resources needed to achieve greater health and well-being.

### SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

The Findlay Family YMCA has been listening and responding to our communities' most critical social needs for more than 130 years. (Thanks to community partners and thousands of volunteers who devote their time, talent and financial support, The Y is able to provide access to life-changing programs and give thousands in our community the chance to learn, grow, and thrive.)



JOIN A COMMUNITY  
NOT JUST A GYM



# ABOUT US

## HOURS OF OPERATION\* – Fall, Winter, Spring

<b>Monday–Thursday</b>	<b>5 am</b>	<b>-</b>	<b>10 pm</b>
<b>Friday</b>	<b>5 am</b>	<b>-</b>	<b>9 pm</b>
<b>Saturday</b>	<b>7 am</b>	<b>-</b>	<b>6 pm</b>
<b>Sunday</b>	<b>12 pm</b>	<b>-</b>	<b>5 pm</b>

\*Hours Subject to change.

## HOURS OF OPERATION\* – Summer

*Memorial Day–Labor Day*

<b>Monday–Thursday</b>	<b>5 am</b>	<b>-</b>	<b>9 pm</b>
<b>Friday</b>	<b>5 am</b>	<b>-</b>	<b>8 pm</b>
<b>Saturday</b>	<b>7 am</b>	<b>-</b>	<b>6 pm</b>
<b>Sunday</b>	<b>12 pm</b>	<b>-</b>	<b>5 pm</b>

\*Hours Subject to change.

## HOLIDAY HOURS

The YMCA will be CLOSED or have reduced hours in observance of the following holidays: New Year’s Day (East Branch and CDC only), Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving (Downtown Branch and CDC only), and Christmas Day. The YMCA will CLOSE from 12–3 pm on Good Friday. The YMCA will CLOSE at 3 pm on Christmas Eve and New Year’s Eve.

**Our East Branch location is a 24/7 facility. 24 Hour Access is limited to Findlay adult members, ages 18 and older. This must be activated in person at either the Downtown Branch or the East Branch front desk during normal operating hours.**

## BRANCHES

### Downtown Branch

300 E Lincoln Street | Findlay, OH 45840 | P 419-422-4424 | F 419-422-8249

### East Branch

1400 Manor Hill Road | Findlay, OH 45840 | P 419-422-9922 | F 419-422-9923

### Child Development Center

231 E Lincoln Street | Findlay, OH 45840 | P 419-422-3174 | F 419-422-9707

### YMCA Early Learning Center At Cory Rawson

3930 County Road 26 | Rawson, OH 45881 | 419-963-3415

# MEMBERSHIP

## MEMBERSHIP

Simply put, the Y is for everyone. All people are invited to join and enjoy our life-enhancing programs and services, regardless of age, faith, race, background, ability or socioeconomic circumstance.

With a YMCA membership, you have full access to our centers, as well as priority registrations and member only rates for programs and services.

## MEMBERSHIP CATEGORIES

We offer an array of flexible membership categories to ensure you find a fit for your unique household. Choose the membership category that's right for you from the list below:

**Youth:** Ages 10 through High School

**Young Adult:** Out of High School through 26 years of age

**Adult:** Ages 27 years and up

**Forever Active Adult:** Ages 60+

## RECIPROCITY MEMBERSHIP

Bring your membership card or photo ID and enjoy free access to almost every Y. Some restrictions apply.

Participants must use their home Y at least 50% of the time. Members from other Y's wishing to take programs are welcome to – and can sign up during nonmember registration and will pay nonmember price.

**Forever Active Adult & Family Membership:** Age 60 & older–includes all wellness and water classes at no cost.

**Single Parent Household:** One adult and all children living in the household, providing they are 26 years of age or younger.

**Family Household:** Two adults and all children living in the household, providing they are 26 years of age or younger.

**24/7 Access:** Ages 18 and up. This is an additional charge to your membership.

All children under the age of 10 years of age must be accompanied by a parent or guardian while in the building.

## OPEN DOORS MEMBERSHIP

The YMCA is committed to providing services to all regardless of ability to pay. Financial assistance is available through the OPEN DOORS Program. The OPEN DOORS Program is funded by your support of the 'Y' Annual Campaign. Contact Member Services for more information.

# MEMBERSHIP

## MEMBERSHIP CHANGES

Change is inevitable, even when it comes to your YMCA membership. Thankfully we offer a simple form (available at either of our locations) for you to complete any time you need to alter something related to your membership. Whether adding or removing a family member or updating your address or bank account information, you can submit updates any time with ease.

- **UPGRADES**- Do you need to add someone to your membership? Simply complete the change form to let us know of the upgrade. Of course, adding participants to a membership may push you to a different membership category with added fees. If that's the case, please note that you will be responsible for paying additional membership dues at the time you submit your change form.
- **DOWNGRADES**- If you need to remove members from your membership, you can complete a change form and return the membership barcodes of those no longer participating. We'll adjust your membership category and dues. Please allow 30 days to adjust the bank draft amount. We cannot refund or provide a credit for the original joining fee.
- **MOVING**- Memberships to the Findlay Family YMCA are not transferable to other Ys. If you're moving out of our area but would like to maintain a Y membership elsewhere, you must cancel your membership here and join again in your new city. At your request, we will be happy to provide a letter stating the cancellation date of your membership here at the Findlay Family YMCA and the amount of joining fees you paid. Contact the Y in your new area to find out their policies, joining fees and dues, as details will vary.

## CANCELLING YOUR MEMBERSHIP

To end your membership, please complete and sign the YMCA cancellation form and submit it with your membership barcode to your local center. We ask that you provide 30 days notice prior to cancellation to avoid additional fees.

We cannot accept cancellations by phone.

Annual Memberships and 24/7 Access: There are no refunds for Annual Memberships other than for relocation. A written notice must be given when canceling. \*

Draft Monthly Memberships and 24/7 Access: Members paying by automatic deduction require a 30 day written notice prior to draft date to avoid additional fees/drafts.\*

\*Can cancel 24/7 Access only.

## REJOINING THE YMCA

You are welcome to rejoin the Y anytime after cancelling your membership. If more than 30 days has elapsed since your cancellation, we will assess an additional joining fee. No matter when you choose to rejoin, you will be responsible for paying current membership dues and any outstanding fees.

## MEMBERSHIP HOLDS

Members can put their membership on hold for medical reasons for up to 3 months. Any other reason would need to be approved by the Membership Director.

# MEMBERSHIP

## 24/7 Access—East Branch

### HONOR CODE

The Findlay Family YMCA has a strict honor code based on our shared values of caring, honesty, respect and responsibility. If a Y member fails to abide by the established guidelines or to follow our member code of conduct, their 24-Hour Access, and potentially their membership, will be revoked without refund, with or without notice. I may also be subject to prosecution if deemed appropriate. These guidelines are in place for the safety and security of all.

### ELIGIBILITY

- 24 Hour Access is limited to Findlay adult members, ages 18 and older.
- 24-hour access is NOT available for anyone under the age of 18, Nationwide Members, guests or AWAY members.
- SilverSneakers®, Prime, Silver and Fit, Renew Active and One Pass members may add 24-Hour Access to their membership at their own expense of \$10.00 per month, per member, paid at \$120 annually and due at activation. Fees are non-refundable.
- Granting access to others, even if they are a member of the Findlay Family YMCA and known to you, is a violation of this policy and will result in immediate termination of ALL membership privileges and facility access, for you and all those that enter with you, for a period of no less than one year.

### ACCESS

- 24-Hour Access must be activated in person at the front desk during normal operating hours. Each member requesting access must:
  - ◇ present a valid photo ID
  - ◇ pass a sex-offender registry check
  - ◇ sign the 24-Hour Access Agreement and General Liability Waiver
  - ◇ have a new picture taken
- Every member must use their own key fob when entering the Y outside of staffed hours.
- 24-Hour Access provides access to our Wellness Center and restroom facilities ONLY for fitness training purposes ONLY.
- Locker rooms, racquet courts, and upstairs will be unavailable outside of staffed hours.
- If the Y loses power outside of staffed hours, 24-Hour Access will not be available.
- There may be other times when 24-Hour Access may be limited or unavailable such as water issues in the building, weather, special events or renovations. The Y will provide notice of such instances through our Facebook pages, app push notifications, email and/or text alerts.



# MEMBERSHIP

## 24/7 Access—East Branch

### SAFETY AND SECURITY

The Y has installed a 24-hour video recording system for surveillance purposes. Footage is reviewed daily to address security concerns and monitor member use of the facility. Please note that this system will not protect you from harm while in or on building premises and will not alert anyone if help is needed.

Members are highly encouraged to bring their own cell phone, exercise with a partner when using the facility outside of staffed hours and use caution when entering and exiting the building.

Emergency phone, first aid kit and AED are available in the Wellness Center marked by signage near the office; we encourage members to identify the location of these items prior to exercising. In the event of an emergency dial 911 immediately. Local fire, police and EMS will be able to access the facility. The Y's address and other local non-emergency numbers are posted for easy access. Wellness Center phones are intended for EMERGENCY USE ONLY. Please note that The YMCA does not provide private security and does not ensure your health or safety.

Should members observe anything suspicious, illegal or unsafe, proper authorities should be contacted immediately using the emergency phone located in the Wellness Center or a personal cell phone. Any violation of our member code of conduct should be reported to staff during staffed hours.

There will be NO additional snow removal for 24-Hour Access. Members with access may come at their own discretion and risk.

### MEMBER COMMUNICATION

Should you need to communicate with Y staff regarding maintenance issues, broken equipment, low cleaning materials, observations, comments, etc. please utilize the QR Code posted in the Wellness Center to access and complete our Staff Notification Form or contact the front desk during staffed hours. This form should NOT be used in the case of an emergency.

### STAFFED HOURS (SUBJECT TO CHANGE)

Current staffed hours are posted on or near the front doors, at [www.findlayymca.org](http://www.findlayymca.org), Facebook page, the Findlay YMCA app, and other online business site listings. Staffed hours are as follows:

#### Labor Day through Memorial Day

Monday – Thursday 5:00 am – 10:00 pm  
Friday 5:00 am – 9:00 pm  
Saturday 7:00 am – 6:00 pm  
Sunday 12:00pm – 5:00pm

#### Memorial Day through Labor Day

Monday – Thursday 5:00 am – 9:00 pm  
Friday 5:00 am – 8:00 pm  
Saturday 7:00 am – 6:00 pm  
Sunday 12:00 pm – 5:00 pm

# PAYMENT INFORMATION

## FEES AND PAYMENTS

Our prompt, consistent payment of membership fees help us continue to offer our community-focused programs and services. The best way to ensure your payments are always on time is to set up a monthly bank, debit or credit card draft through the bank or card issuer of your choice. With an automatic draft, we deduct your monthly membership fees directly from your bank or credit card account with no hassle. We do not take payments over the phone.

To set up your automatic draft, simply visit Member Services at the Y and they'll be happy to help you. Here are a few things to remember when you do:

- To set up a draft through your bank account, please remember to provide a voided check.
- If you must change your account information, we will gladly make those changes for you upon receiving written notice. Just visit the Y to complete and sign a Change Form.
- Please monitor your monthly bank or credit card statement for discrepancies. You must report errors within 90 days of occurrence to enable us to correct mistakes and refund the appropriate amount to you.

## RETURNED PAYMENT POLICY

All returned payments (checks, electronic funds transfers and most credit card payments) will result in a \$30 charge. If after a month the balance is not paid, the membership will become inactive. Outstanding balances resulting from uncollected returned payments must be paid before the participant can reactivate membership or enroll/attend any YMCA programs.

Returned checks and declined drafts due to NSF's, as well as declined credit cards, will be collected by an agency licensed by the Collection Service Board.

For returned checks or electronic fund transfers (EFT) that have been returned for Non-Sufficient Funds (NSF):

- The bank account associated with the return will be redrafted for the amount of the check or EFT and the returned payment fee.
- This redraft can occur up to two times if the initial attempt is unsuccessful.
- If your check or EFT has been declined for reasons other than NSF, you can pay at the YMCA location.
- The collection agency has 21 days to collect your payment.



**Downtown Branch**



**East Branch**



**Child Development Center**

# GUESTS

## GUEST POLICY

The YMCA is a private nonprofit membership organization. The following policies and procedures apply:

### Member Guest Passes for 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 3 visits would require joining the YMCA.
- For guests who live 50 miles or more outside of Northwest Ohio, there is a limit of 3 free passes (when with a member). After the 3<sup>rd</sup> free visit, guests may purchase unlimited day passes.
- A member can be accompanied by either two 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 an adult/guardian.
- Guests under the age of 16 must be signed in by an adult/guardian. All children under the age of 10 must be accompanied by a parent or guardian while in the building.
- Inappropriate behavior may result in a loss of membership privileges for the sponsoring member and guest.
- Guests must sign in, agreeing to uphold the YMCA's core values of caring, honesty, respect, responsibility, and faith. Guest information and ID 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 staff are not permitted to hold or watch your valuables for you.

## NONMEMBER GUEST PASS

- Nonmember guest pass must be purchased at Member Services at either location. (Limited to 3 visits per calendar year if living within Northwest Ohio).
- Nonmembers who live 50 miles or more outside of Northwest Ohio can utilize unlimited paid day passes.
- Guest pass fees are as follows:
  - ⇒ Youth (18 yrs. or younger) - \$5.00
  - ⇒ Young Adult (19 yrs. - 26 yrs.) - \$7.00
  - ⇒ Adult (27 yrs. and older) - \$10.00
  - ⇒ Family - \$20.00
- Guest ages 16 and over must present a photo ID if not accompanied by an adult/guardian.
- Nonmembers under the age of 16 must be signed in by an adult/guardian.
- All children under the age of 10 must be accompanied by a parent or guardian while in the building.
- 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 new membership within 30 days of joining the YMCA.

## OUT-OF-TOWN MEMBER GUESTS

A current Findlay Family YMCA member can bring an out-of-town guest (50 miles or more away) to the YMCA an unlimited number of times. The first 3 visits are free, after that, the guest must pay for each pass. An out-of-town guest will be required to provide proof of residence outside the Findlay YMCA service area.

# CODE OF CONDUCT

## MEMBERSHIP POLICIES

As a member of the Y, you're part of an organization committed to helping everyone in our community have the opportunities they need to learn, grow and thrive. Our membership policies are designed to ensure we can continue to provide a safe, positive, and nurturing environment where individuals and families feel welcome at the YMCA.

To promote safety and comfort for all, individuals are asked to act and dress appropriately at all times while in our facility or participating in our programs.

We expect persons using the YMCA to act in accordance with the core values of the YMCA. 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, using e-cigarettes, or vaping on YMCA property - the YMCA and its property is a smoke-free and tobacco-free environment
- Carrying or concealing a firearm 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
- Taking photos or videos in locker rooms, restrooms, or steam rooms.

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.

# YMCA USAGE

## SEX OFFENDER POLICY

To help enhance the safety of the members, guests and staff in our facilities, 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

## MEMBERSHIP BARCODES

- Safety is a cornerstone of our center operations, and membership barcodes (and photo IDs) are essential tools to maintaining safety at all Y locations.
- All members age 10 and older receive membership cards. Members under the age of 10 must be accompanied by a parent or legal guardian who possess a membership card.
- We require that all members, adults and children, have a current photo on file in our system. Having pictures of all members in our software system ensures those entering into the YMCA are who they say they are and that children are with the adults identified on their membership unit.
- Your membership card is very important. Please keep track of it and present it at the every time you enter a Y location. If you happen to arrive without your card, you may show another form of photo ID, such as your driver's license, to secure entry.
- If your card does not scan, we will verify your membership by other means, such as an additional form of identification, while you wait. If we find your membership is not current, you may not enter the Y.
- Never loan your card or transfer your membership to someone else; these actions are grounds for termination.
- Download the Daxko App to use as your membership card.

## CAREGIVER PASS

The YMCA offers caregiver passes for families who rely on the support of outside-the-family caregivers. Caregivers must be with the dependents they are supervising at all times. Please note that the caregiver pass does not constitute a membership and holders are not entitled to the benefits of membership.

## CHILDREN IN THE YMCA

At the Y, we're committed to giving children and teens the opportunity to learn, grow and thrive. Each day, thousands of kids come to the Y to learn, play, dream and achieve in a safe, fun and welcoming environment. Kids' experiences at the Y are made even better when parents and guardians are aware of the policies regarding the supervision of children at our facilities and programs. These important policies are designed to ensure the Y is a secure, caring place for all children.

## SUPERVISION REQUIREMENTS

- All children under the age of 10 must be directly supervised by their parents or guardians while on YMCA property or at a YMCA program location. The only exceptions to this policy are occasions when children are participating in an organized YMCA program or activity, such as our YPAC (Youth Physical Activity Center, swim lessons, etc.)
- Parents or guardians of children under the age of 10 must remain on YMCA property while their children are at the Y. The only exceptions to this policy are if children are enrolled in a fee based supervised YMCA program.
- Only children age 10 and older are allowed to be at the Y in an unsupervised environment (without their parents or guardians present).
- All youth ages 10-18 are eligible for a YMCA Youth membership.

# FACILITY GUIDELINES

## ATTIRE

The Y is a family-oriented organization, and your attire must always be appropriate throughout all areas of our facilities. Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate in a family environment allowed. Non-marking, closed toe, solid back athletic shoes must be worn in fitness areas and gymnasiums. Please be courteous to others by observing regular hygiene and limiting use of perfumed sprays.

## SECURITY

We do everything we can to ensure your security and safety while on any Y premises. That's why we place so much emphasis on the use of membership IDs for check-ins. However, we cannot be responsible for any theft or damage to your personal property, either in our buildings or parking lots. Please remember, you are responsible for securing any items you bring on site.

If you do have one of your possessions stolen or damaged, please complete an incident report at the Member Services Desk and speak with a supervisor. Please notify supervisor if you would like to file a police report. Be assured that we do track such incidents and take any steps we can to prevent them from happening again. Leave valuables at home, and protect the property you do choose to bring by securing it in a locker in a locker room (you must provide your own lock). YMCA staff are not permitted to hold or watch your valuables for you. Also note that we do not recommend leaving valuables in a locked car.

## WEAPONS POLICY

In short, our policy is this: no weapons of any kind, at any time on YMCA property. Regardless of any valid license to possess, YMCA members are prohibited from carrying onto YMCA property any firearms, Tasers, large knives or other objects YMCA staff determine to be dangerous to the safety of their members.

## LOST AND FOUND

If you lose something on site, promptly check at the Member Services Desk to see if the item has been retrieved. We hold items found within the facility in Lost and Found for just one week, and any unclaimed items are donated to charity. Remember, the YMCA is not responsible for lost or stolen items.

## HEALTH ISSUES

Please get a medical exam prior to beginning any exercise program. This is a wise first step to engaging in any wellness-related activity. Some programs may require a written and signed physician's approval prior to participation.

Also, be sure to keep your contact information up to date with the YMCA offices. It's essential that we have your current address, phone number and emergency contact information in case of an emergency.

## PHOTO / VIDEO NOTICE

The YMCA photographs and/or video tapes our members and program participants in various activities. Some of this material is used for marketing and/or fundraising. When signing up for a membership, you agree that photos/videos can be taken of you. If you do not want to be photographed, please tell the photographer or step out of the shot. Cameras are never allowed in the locker rooms.

## SMOKING AND ALCOHOL USE

YMCA facilities and grounds are smoke-free, drug-free, tobacco free, and alcohol-free environments.

# FACILITY GUIDELINES

## PERSONAL BELONGINGS

When it comes to bringing personal belongings into the Y locker rooms, remember it's up to you to watch them and lock them. You are solely responsible for all personal belongings you bring, and you must provide your own secure lock for protection of your items. Lockers are for daily use only. Locks will be cut off periodically and items left overnight will be removed and stored in the Lost and Found and then donated to charity.

Please be advised that after three consecutive instances of your lock being cut, items left behind will be put in the lost and found to be donated.

Kit Lockers are available for members for a \$24 annual fee. Please contact Member Services for more information.

## LOCKER ROOMS

We provide locker rooms for adults, families with youth, and individuals who would want more privacy. Children age 9 and younger should be accompanied by a parent.

When using any of our locker room, steam room or Whirlpool facilities, we encourage you to wear a towel or clothing at all times. **No shaving in the steam rooms.** Also, do not use cameras or video recording devices in any Y locker room. These practices will ensure all Y members' standards of privacy are respected and safety is prioritized.

### Changing Rooms (Downtown only)

- The Changing Rooms may be used by a parent or caregiver with children or individuals with special needs.
- The Changing 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.
- Please no nudity outside of the changing rooms.

### Adult Locker Rooms (Downtown only)

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.

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

Lockers are for daily use only. Locks will be cut off periodically and items left overnight will be removed and stored in the Lost and Found and then donated to charity.

### Breast Feeding

The Findlay YMCA does not have a designated lactation area. In the case that a private space is needed for nursing, we recommend using our Changing Rooms at the Downtown Branch and the women's locker room at our East Branch.

## TOWEL SERVICE

Towels are provided for use by members and guests and may be obtained at Member Services. Please assist staff by depositing soiled towels in the bins located outside of the locker rooms or at Member Services.



# FACILITY GUIDELINES

## WELLNESS CENTER

### Conduct and Etiquette

Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed. Please follow the Y values of Caring, Honesty, Respect, Faith and Responsibility to govern behavior.

### Age Guidelines

Ages 13-15 years may use the free weight room, cardio equipment, and weight machines after completing the Teen Strength Training course (See Member Services for course dates, times and to register).

### Wellness Center Cardio Time Limit

During busy times or when people are waiting please limit use of the cardio equipment to 30 minutes.

### TV Monitors

For the comfort of all please DO NOT increase the TV volume – staff can assist if needed.

### Rack your Weights

As a courtesy, when using free weights (or other moveable equipment) please return them to their proper place at the end of your workout, making sure to strip bars and return plates to racks.

### Proper Attire and Hygiene

Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate in a family environment allowed. Non-marking, closed toe, solid back athletic shoes must be worn in fitness areas and gymnasiums. Please be courteous to others by observing regular hygiene and limiting use of perfumed sprays.

### Gym Bags

For your safety, store personal items including gym bags, purses, extra clothing, etc. in the locker rooms. Be sure to bring your own lock for locker. The YMCA is not responsible for lost items.

### Wipe Down Equipment

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.

### Lingering on Equipment

If you intend to perform more than one set of repetitions on a machine, please allow others to work in between your sets. Be careful not to interfere with another's workout by lingering too long on any one piece of equipment.

### Personal Trainers

The YMCA offers Personal Training for our members and guests. USE OF NON-YMCA PERSONAL TRAINERS IS PROHIBITED WITHIN OUR FACILITY.

### Fitness Center Orientations

It is highly recommended that all members participate in an equipment orientation. This is a free benefit included in your membership.

### Report Equipment Malfunctions & Injuries

Participants should report all equipment malfunctions, personal injuries and concerns immediately to the staff.

### Medical Clearance

The YMCA strongly recommends that you consult your physician before beginning a new exercise program.

### Family Wellness Center Hours

Family Wellness hours will be the last two hours of the business day on Fridays, Saturdays, and Sundays. Children 11-15 years old, not certified in strength training, may use the wellness center (Cardio Selectorized Equipment only) with parents, in arms reach away.



# FACILITY GUIDELINES

## **RACQUETBALL / HANDBALL COURTS (Downtown Branch)**

Please be respectful by having food, candy and drinks in designated areas only (downstairs lobby).

Water is the only beverage allowed in the court areas.

Only athletic shoes that do not leave marks on the floors are permitted.

Personal bags and clothing are recommended to be kept in a locked locker in the locker rooms.

Eye protection is strongly recommended while playing handball and racquetball.

Please see Wellness Center staff to check out/ in any racquetball equipment.

You may reserve a court for an hour in advance for a fee.

Reservations can be made by stopping at or calling Member Services at the Downtown Branch.

Walk-ons are allowed at any time, when courts are available, with reservations having priority over walk-ons.

## **TENNIS COURTS (East Branch)**

Please be respectful by having food, candy and drinks in designated areas only (lobby).

Water is the only beverage allowed in court areas.

Only athletic shoes that do not leave marks on the floors are permitted.

Only tennis and pickleball equipment allowed on the courts (unless otherwise approved by a director prior).

Pickle ball is also played on our tennis courts.

Walk-ons are allowed at any time and made up to 15 minutes before your play time, with reservations having priority over walk-ons.

You may reserve a court up to 2 days in advance for a fee. Reservations can be made online, by phone or in person. Online Payments for the day will be processed every morning.

In person reservations will be processed at the time of reservation. Members must have a credit card on file to reserve courts.

## **GYMNASIUMS (Downtown Branch)**

Please show respect by having food, candy and drinks in designated areas only (downstairs lobby and YPAC).

Water is the only beverage allowed in gym areas.

Only athletic shoes that do not leave marks on floors are permitted.

Personal bags and clothing are recommended to be kept in a locked locker in the locker rooms.

Only designated equipment is allowed in the gyms.

For the safety of yourself and others please no hanging on the rims.

Please do not disturb programs that are running in the gyms.

Music must be personal and not a disturbance to other members. Bluetooth speakers are prohibited.

### **Other**

#### **Food**

Closed water bottles are allowed. No food or gum permitted in any fitness area including gyms.

#### **Accidents/Injuries**

All cases of accidents, injury or unusual incidents should be reported to a staff person on duty or to Member Services. The Y assumes no responsibility for injuries incurred while participating in YMCA activities.

#### **Rentals**

We offer a variety of birthday parties for members and nonmembers. Party package information can be received by contacting the Youth Enrichment Coordinator.

# FACILITY GUIDELINES

## AQUATICS

With indoor pools available across our organization, it's clear we prioritize aquatic activities and exercise. We also prioritize your family's safety in the water.

### Lifeguards and Water Safety

All Findlay Family YMCA lifeguards are trained to prevent aquatic emergencies and conduct emergency and rescue care whenever necessary. During your visit to one of our pools you may observe ongoing exercises, including water safety and rescue drills. Such training allows the Y's lifeguards to stay prepared as the guardians of your family's safety and well-being.

### Age Requirements/Swim Tests

All swimmers under age 14 must pass a swim test before they can be in a YMCA pool area without direct adult supervision. The swim test consists of a 25-yard swim during which the swimmer will be asked to achieve the following:

- Jump into the pool, submerge fully, return to the surface.
- Swim in a horizontal position on top of the water using a forward swimming stroke. Pausing is only allowed when the swimmer is rotating or turning to breathe.
- Tread water for 1 minute.
- Exit the pool without assistance using either the wall or pool ladder.

Parents/guardians of swimmers under age 14 who pass the test must remain on-site at the pool. All swimmers age 14 and older who have passed the test may use the pool on their own. Swimmers who do not pass the swim test must remain within arm's reach of an adult in water that is armpit level or lower. Alternatively, a parent may be in another part of the pool if the child is wearing a Coast Guard-approved personal flotation device. Youth who have not passed the swim test may not go down slides or use pool diving boards regardless of the presence of a parent or the use of a personal flotation device.

### Pool Rules

- Lifeguards are the final authority on all pool safety rules.
- Showers are required before swimming.
- No running on pool deck.
- No wild or dangerous play allowed.
- No diving in shallow areas of the pool.
- No food or beverages allowed in the pool area. Only plastic or metal closed water bottles.
- Starting blocks are for swim lesson use only.
- Swimmers with open sores, rashes or infectious disease are asked to refrain from using pool.
- East Pool Guidelines: Open Swim: Children 10 and under must have a parent in the water. Children 11-13 years old must have a parent in the pool area. No parent is needed in the pool area for Children 14 years and over. All children under 14 years must take a swim test to swim in the deep end.
- The whirlpool is open to ages 18 years and up, according to specified times on the schedule.
- Lap swimming is permitted in West Pool as long as continuous laps are being swam. Children must follow the pool guidelines of the West Pool.
- All non-potty trained children must wear swim diapers.

# SAFE POOLS HAVE RULES

# FACILITY GUIDELINES – CHILD CARE

## CHILD DEVELOPMENT CENTER LICENSED CHILDCARE

The YMCA provides a variety of childcare services for parents and guardians of the community.

The YMCA Child Development Center strives to be a leader of early childhood education in our community and conveys our qualities through programs that promote healthy mind, body, and spirit. The Child Development Center is a licensed childcare center through the Ohio Department of Job and Family Services and is currently 3-star rated with Step Up to Quality.

We provide full-time and part-time, year-round care for children 6 weeks through 5 years old. Before and After school care along with non-school day care is available for children in grades K-5. The Child Development Center hosts the Discovery Camps for school aged children during summer months.

It is our goal to make sure all children reach their full potential through assessments and monitoring achievement of developmental milestones. Your child will learn through play in a safe and healthy environment to build lasting relationships.

### Hours:

Monday-Friday 6:15am-6:00pm

## DISCOVERY CENTER

The Findlay Family YMCA provides the Discovery Center which operates with well-trained, caring and enthusiastic staff for parents who need time to accomplish their fitness goals. Below are the rules and regulations of the Discovery Center that must be followed at all times:

- Children will not be fed, bottled or diapered; this goes against YMCA licensure. If a child needs changed or is hungry, the Discovery Center attendant will page parents
- The Discovery Center is always supervised by YMCA staff during posted hours
- Children may stay in the Discovery Center for up to 2 hours max a day
- Children between the ages of 6 weeks to 6 years may use the Discovery Center
- Children must always have socks or footed slippers on their feet

- Parents are required to sign their children in and out every day and must wear a wristband matching their child's
- Children may not take toys onto the jungle gym mats
- The YMCA is not responsible for outside toys or other belongings brought into the Discovery Center
- Parents must remain on the premises when their child(ren) are in the Discovery Center

## YPAC (Downtown Branch)

- The Y-PAC is for youth aged 7 – 13 years old.
- Children under the age of 10 MUST be signed in/out of the Y-PAC by a parent.
- Children aged 10-13 can sign themselves in/out of the Y-PAC.
- Please show respect by using appropriate language.
- Please keep sport equipment out of the Y-PAC
- Shoes must be worn at all times
- Please be respectful, horse-play (yelling, wrestling) is not allowed.
- Please keep food, candy, and drinks at the table in the Y-PAC or other designated areas
- You must be a YMCA member or purchase a guest pass to utilize the Y-PAC.
- The YMCA is not responsible for outside toys or other belongings brought into Y-PAC.

# INCLEMENT WEATHER POLICY

The YMCA makes every effort possible to keep the Y and it's programs running during periods of inclement weather. Closing decisions are based on weather alerts, road and school closings and the ability of YMCA staff to get to and from the Y and operate the facility safely.

## Level 1

- All YMCA classes will be held. Please use caution when traveling.

## Level 2

- All youth and adult classes are cancelled.
- In case of deteriorating conditions and possible delayed openings and building closings continue to check back frequently.

## Level 3 across all of Hancock County

- All YMCA events and classes will be cancelled and facilities will be closed.
- Buildings will be cleared of members as quickly as possible and parents will be notified to make arrangements to have their children picked up from the Child Development Center.

**Check out our Facebook page or go to our website – [www.findlayymca.org](http://www.findlayymca.org). Sign up for text alerts from our website for class cancellations and closings.**

# SUPPORT YOUR Y

## ANNUAL CAMPAIGN

One out of ten members at the YMCA receives financial assistance with their membership or programs.

Our promise: No one will EVER be turned away due to inability to pay. Donating to the Annual Campaign guarantees that the Y can provide important programs and services to all in the community that need it. Please help us keep our promises and give generously to the Annual Campaign in person or at [www.findlayymca.com/give](http://www.findlayymca.com/give).

## A YMCA ENDOWMENT GIFT IS FOREVER

An Endowment is a permanent investment that grows over time and continually generates resources that will be available forever, providing for the Y in perpetuity. Gifts can be outright, willed, charitable annuities, life insurance and other memorial types of gifts. The YMCA Board of Directors protect the principle of the fund; interest earnings help the YMCA live its inclusive mission. Those who give to the endowment are a part of the YMCA's Heritage Society which meets annually. For any questions, please see Member Services.

## VOLUNTEERING FOR THE Y

At the YMCA, your time and talent go a long way. Every hour you spend as a volunteer translates into healthier lives for people of all ages, backgrounds, abilities and income. Some of the areas in which volunteers assist include: clerical, child care, youth sports coach, day camp, fund raising and special events.

Contact Member Services to pick up a Volunteer Application.

## Employment at the Y

We have a wide variety of job opportunities available at the Findlay YMCA, so there's something for everyone.

If you are interested in applying to the Findlay YMCA, you can fill out the application online or stop by any Findlay YMCA branch and ask for an application. We look forward to speaking with you!

Applicants for employment or volunteering will be subjected to a background check before onboarding.

## Contact us if you have any questions, concerns or compliments:

### Downtown Branch

300 E Lincoln Street | Findlay, OH 45840 | P 419-422-4424 | F 419-422-8249

### East Branch

1400 Manor Hill Road | Findlay, OH 45840 | P 419-422-9922 | F 419-422-9923

### Child Development Center

231 E Lincoln Street | Findlay, OH 45840 | P 419-422-3174 | F 419-422-9707

### YMCA Early Learning Center At Cory Rawson

3930 County Road 26 | Rawson, OH 45881 | 419-963-3415