



FACILITY POLICIES

GENERAL POLICIES



YMCA CHECK-IN: YMCA members and community participants are required to check in at the Member Services Desk upon each visit for security purposes. All members and community participants must also sign a liability waiver before utilizing the facility.



MEMBER DRESS CODE

Please embrace the family friendly environment of your Y and wear appropriate attire. Our dress code is as follows:

Shorts: Should be basic athletic shorts without skin overexposure.

Pants/Shorts: Should not expose undergarments or midriffs.

Shoes: Wellness Center shoes must be closed toe, clean, athletic shoes. Black soled shoes should be non-marking. Bare feet are allowed in Aquatics Area and Locker Rooms only.

Aquatics Areas: Please wear appropriate swim attire. Mermaid tails are not permitted for any age group.

Shirts: T-shirts or tank tops must be worn at all times in the facility except in aquatic areas, restrooms and locker rooms. Shirts must cover your midriff completely. Shirts displaying inappropriate design, logos or offensive messaging are strictly prohibited.



LOST & FOUND

The Grand Traverse Bay YMCA is not responsible for lost, stolen or damaged items. Please see the Member Services Desk if you've lost an item. We will keep items for 7 days. If not claimed, they will be given to a local charity.



CELL PHONES

USE OF ELECTRONIC DEVICES, CAMERAS OR VIDEO RECORDING DEVICES IS PROHIBITED IN ALL LOCKER ROOMS, RESTROOMS AND POOL AREAS.



PHOTO NOTICE

The YMCA reserves the right to take pictures or videos in or on their property for promotional purposes. Please let us know if you do not wish to be included in these medias. No pictures or videos are permitted to be taken on or in any YMCA property without prior authorization from YMCA management.



FACILITY CANCELLATIONS & CLOSURES

All cancellation and facility closures are communicated via our app, as well as posted to our website and/or Facebook.



SEX OFFENDERS

The YMCA prohibits access to any of its facilities or programs to any individual known to be on the list of Registered Sex Offenders.

MEMBERSHIP



MEMBERSHIP GUEST PRIVILEGES

Each membership includes 5 guest passes per 12-month period.



DAY PASSES

Community members and guests may utilize the GT Bay YMCA by purchasing a day pass. Anyone under the age of 18 must have a legal guardian sign a liability waiver. Day passes are limited to (5) per person in a 12-month period.

FINANCIAL



REFUNDS AND CREDITS

Joiner fees are non-refundable. Annual memberships are also non-refundable unless a lifechanging event has occurred. We offer refund request forms for programs at the Member Services Desk. The refund request form is simply a request, at the discretion of the program director, and is not guaranteed.



BANK DRAFT CANCELLATION

To cancel your membership, a cancellation form must be completed and returned to the Member Services Desk. The cancellation form must be submitted at least 30 days prior to intended termination date. This means you will be drafted once more, and will have full access to the Y facilities for those 30 days.



BANK CHANGES

Please allow 30 days for all bank changes to go through. The Grand Traverse Bay YMCA is not responsible for any service or overdraft charges.

LOCKER ROOMS



LOCKER ROOM POLICY

- Men's and Women's Locker Rooms at the West Y are available for members and guests ages 15+. Children ages 9 and under are not permitted to use these locker rooms.
- Boys and Girls Locker Rooms are available at the West Y for children ages 10-14. Children ages 9 and under are not permitted to use these locker rooms.
- Family Locker Rooms are available at the West Y for those needing assistance and are required to be used by children under the age of 9. Additionally, children are to be accompanied by a guardian age 16+.
- Any valuables brought into the YMCA should be secured in a locker.
- All tall lockers are for day use only. Small lockers at the West Y are available for rental. Contact the Member Services Desk for details.
- Only swimsuits are to be placed in the water extractors located in each locker room.
- THE USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING A CELL PHONE CAMERA, IS PROHIBITED IN CHANGING AREAS, REST ROOMS OR LOCKER ROOMS.**



SAUNA POLICIES

- Members and guests must be 15 years or older to use the sauna.
- Please do not pour water or any other liquids on the rocks, in the tray, dry your clothing, or put anything on the heating element.
- Members or guests with certain health conditions should consult with a physician before using the sauna.
- Please use a towel while in sauna.
- For safety, limit sessions to 10 minutes.
- Food or drink is not permitted in the sauna.
- Shaving is not permitted in the sauna.

WELLNESS CENTER



FITNESS FACILITY POLICIES

- Please limit your time on cardio equipment to 30 minutes when others are waiting.
- Please wipe down equipment for next user.
- Please refer to our Dress Code for proper attire.
- Please keep cell phone conversations to a minimum. Lengthy conversations should be moved outside the fitness area.
- When weather requires boots, please change into dry shoes before entering the fitness floor.



PERSONAL TRAINING:

All personal training is conducted by authorized YMCA staff only, no exceptions.



WEIGHT ROOM POLICIES

- Please return and rack weights when finished.
- Allow others to "work in" between sets.
- Please refrain from swearing, grunting and loud noises that may be distracting or offensive to others.
- Please refrain from dropping or slamming weights.

AGE POLICIES

The YMCA is not responsible or liable for your child's safety should they be left alone on the property, unless they are enrolled and participating in an organized YMCA program.

AGES <7

Children age 7 and under must be accompanied by a guardian (age 16+) at all times and are to use the Family Locker Room with guardian supervision.

AGES 8-9

GENERAL FACILITY: Children ages 8-9 must be accompanied by a guardian (age 16+) in the facility, unless the child is in an organized program, and are required to use the Family Locker Room with guardian supervision.

YOUTH AND FAMILY CENTER: Children ages 8-9 are permitted to use the Youth and Family Center if a guardian (age 16+) is on the premises.

WELLNESS CENTER: Children ages 8-9 are **not** permitted in the Wellness Center.

AQUATICS CENTER: Children age 8-9 must be accompanied by a guardian (age 16+) at all times when using a YMCA swimming pool, unless in an organized, supervised program such as swim lessons. The ratio of children under the age of 6 to adults should not exceed 3:1 in non-program activities.

AGES 10-11

GENERAL FACILITY: Children age 10-11 may use the YMCA facility without a guardian and may use their gender appropriate locker room.

YOUTH AND FAMILY CENTER: Children 10-11 are permitted to use the Youth and Family Center without a guardian.

WELLNESS CENTER: Children ages 10-11 are **not** permitted in the Wellness Center.

AQUATICS CENTER: Children ages 10-11 are permitted to use the pool without a guardian, but if water depths exceed chest heights of the individual will need to take a swim test.

AGES 12-14

GENERAL FACILITY: Youth age 12-14 may use the YMCA facility without a guardian and may use their gender appropriate locker room.

YOUTH AND FAMILY CENTER: Youth 12-14 are permitted to use the Youth and Family Center without a guardian.

WELLNESS CENTER: Youth ages 12-14 may use the Wellness Center, excluding the free weights, and take Group Exercise Classes after fitness floor orientation. Youth must be within arm's length of guardian and engaged in exercise. Adults are to accompany 2 kids maximum at one time.

AQUATICS CENTER: Youth ages 12-14 are permitted to use the pool without a guardian, but if water depths exceed chest heights of the individual will need to take a swim test.



YOUTH AGES 10-14 MAY NOT BE IN THE YMCA FOR LONGER THAN 3 CONSECUTIVE HOURS WITHOUT SUPERVISION.

YOUTH UNDER THE AGE OF 15 ARE NOT PERMITTED IN THE SAUNA.

AGES 15+

GENERAL FACILITY: Members and guests age 15+ may use the YMCA facility without a guardian and may use the sauna and their gender appropriate locker room.

YOUTH AND FAMILY CENTER: Members and guests ages 15+ are permitted to use the Youth and Family Center without a guardian.

WELLNESS CENTER: Members and guests age 15+ may have full access to the Wellness Center and may take group exercise classes after reviewing the fitness floor rules.

AQUATICS CENTER: Members and guests age 15+ are permitted to use the pool without a guardian, but if water depths exceed chest heights of the individual will need to take a swim test.