



WATERTOWN FAMILY YMCA

MEMBERSHIP GUIDE

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA VALUES

Caring – Respect – Honesty – Responsibility

YMCA MISSION STATEMENT

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

OUR FOCUS

Youth Development

Nurturing the potential of every child and teen.

Healthy Living

Improving our community's health and well-being.

Social Responsibility

Giving back and providing support to our neighbors.

OUR VOICE

Nurturing

To care for, support, and help develop through encouragement.

Genuine

To be honest and open in relationships with others.

Hopeful

To take an optimistic position or view of future outcomes.

Determined

To devote full strength and concentrated attention to the cause.

Welcome

To accept neighbors eagerly, warmly, hospitably, and as equal participants.



Membership Rates

Downtown YMCA and Fairgrounds YMCA

Membership Type	Capital Fund	Yearly Rate	Monthly Bankdraft
Children (Up to 12 Years)	N/A	\$ 102.00	\$ 8.50
Youth (Ages 13 - 17)	N/A	\$138.00	\$11.50
Young Adult (Ages 18-24)	\$20.00	\$276.00	\$23.00
Adult (Ages 25-59)	\$50.00	\$450.00	\$37.50
Senior (60+)	\$30.00	\$354.00	\$29.50
Senior Couple (2 Seniors in same household)	\$50.00	\$546.00	\$45.50
Single Parent Family <small>(1 Adult & dependent children under the age of 21 in the same household)</small>	\$50.00	\$552.00	\$46.00
Family Couple (2 Adults in the same household)	\$50.00	\$672.00	\$56.00
Family <small>(2 Adults & dependent children under the age of 21 in the same household)</small>	\$75.00	\$718.00	\$59.90

Memberships at either the Downtown YMCA or the Fairgrounds YMCA are interchangeable and may also be used at the Carthage YMCA and Sackets Harbor YMCA. Membership entitles you to the use of the facility and programs as outlined in this membership brochure.

Membership Benefits

Fitness Centers

Open from 12-17 hrs daily. Hours vary by branch.

Group Exercise

Over 80 classes per week from zumba to yoga.

Water Aerobic Classes

Lap Swimming

Recreational Swims

Available at Downtown branch .

Racquetball

Available at Fairgrounds branch.

Spinning Studio

Group rides. Keiser M3 bikes.

Pick Up Basketball

Times available at all branches

Lacrosse & Soccer

Practice and leagues at Fairgrounds branch.

Health & Wellness / Ready to be Fit

Personalized fitness programs.

Pickleball

Practice and leagues at Fairgrounds branch.

Fully Equipped Locker Rooms

Lockers available for rent.

Nationwide Membership

Visit any participating Y in the United States.

Membership Rates

Carthage YMCA and Sackets Harbor YMCA

Membership Type	Capital Fund	Yearly Rate	Monthly Bankdraft
Children (Up to 12 Years)	N/A	\$63.60	\$5.30
Youth (Ages 13 - 17)	N/A	\$104.40	\$ 8.70
Young Adult (Ages 18-24)	N/A	\$225.00	\$18.75
Adult (Ages 25-59)	\$30.00	\$342.00	\$28.50
Senior (60+)	\$20.00	\$234.00	\$19.50
Senior Couple (2 Seniors in same household)	\$30.00	\$384.00	\$32.00
Single Parent Family <small>(1 Adult & dependent children under the age of 21 in the same household)</small>	\$30.00	\$360.00	\$30.00
Family Couple (2 Adults in the same household)	\$30.00	\$450.00	\$37.50
Family <small>(2 Adults & dependent children under the age of 21 in the same household)</small>	\$50.00	\$480.00	\$40.00

Memberships at the Carthage YMCA or Sackets Harbor YMCA are exclusive to that facility only.

Capital Fund – Joiner Fee

This fund is a onetime startup fee on new memberships or, those that have lapsed for more than 30 days and, is used to cover administration costs and support equipment upgrades in YMCA program areas.

Gateway Financial Assistance Program

To successfully achieve our goal of providing service for youth and families, the Watertown Family YMCA, with the support from our community, provides financial assistance to those who cannot afford the memberships or programs fees.

Assistance is based upon the applicant's income and expenses. The YMCA is committed to protecting the privacy of its members and maintaining their personal information in confidence.

For more information on how you can support the Watertown Family YMCA:

April Anne Young
Resource Development and Marketing
ayoung@nnyymca.org
315.755.9622

BRANCH HOURS

DOWNTOWN YMCA

Monday – Friday
Saturday
Sunday

September – June

5:00 AM – 8:00 PM
7:00 AM – 2:00 PM
Closed

Summer Hours

Monday – Friday
Saturday
Sunday

5:00 AM – 8:00 PM
6:00 AM – 2:00 PM
Closed

FAIRGROUNDS YMCA

Monday – Friday
Saturday & Sunday

7:00 AM – 9:00 PM
8:00 AM – 5:00 PM

CARTHAGE YMCA

Monday – Friday
Saturday
Sunday

7:00 AM – 12:00 PM / 4:00 PM – 8:00 PM
8:00 AM – 12:00 PM
Closed

SACKETS HARBOR YMCA

Monday, Wednesday, Friday
Tuesday, Thursday
Saturday & Sunday

7:00 AM – 11:00 AM
4:00 PM – 7:00 PM
Closed

HOLIDAY HOURS OF OPERATION

Schedules subject to change. Check the Watertown YMCA website and Facebook for updates to schedules or weather related closures.

Christmas Eve
Christmas Day
New Year’s Eve
New Year’s Day
Easter Sunday
Memorial Day
Independence Day
Labor Day
Thanksgiving Day

Closed
Closed
8:00 am to 1:00 pm
Closed
Closed
Closed
Closed
Closed
Closed

THIS IS YOUR Y AND YOU BELONG HERE. LET US HELP YOU FEEL AT HOME.

Frequently asked questions

HOW DO I GET STARTED?

As a member of the Y, we invite you to meet with a Y fitness professional to assess your current fitness level, discuss your goals, answer your questions and develop an appropriate exercise program for you. They will show you the various types of equipment and programs we offer to help you attain your fitness goals. Before you use the free weights or the Nautilus machines, we recommend that you participate in a demonstration with our fitness staff. An appointment may be made in our Ready to be Fit area or at the Front Desk.

HERE DO I LEAVE MY BELONGINGS WHEN I COME TO THE Y?

If you would like to use a locker while you are at the Y, feel free to use those in the locker rooms specified for day use only. We recommend that you bring a lock with you and ask that you remove it when you are finished working out. If you are interested in renting a locker on a yearly basis, please see the front desk staff for our fees.

HOW DO I CHECK IN?

As you enter the Y, please scan in with your membership card. This allows us to usage of the facility and make changes in staffing levels when appropriate. It also safeguards your membership by establishing that all are current members. If you lose your scan card, let the front desk know and they can assign you a new one.

HOW SHOULD I DRESS?

We welcome you to wear your most comfortable workout clothes. We do ask that you wear shirts and shoes in all areas of the Y, with the exception of the locker rooms and the pool.

WHAT ABOUT USING THE POOL?

The Downtown YMCA has two pools; one is a lap pool (4 lanes, 20 yards long), and the other is a warm water teaching and recreation pool. Lap swim, open swim, and group fitness water classes are available for Y members. Look at the pool schedule and our group fitness schedule for times. We ask that you wear proper swimming attire in the pool. We provide children, who cannot swim, with life jackets to help keep them safe. Children under the age of 6 must be accompanied by an adult when using the pool.

TOWELS

If you forget your towel, we can provide one for you for 50 cents. Please return the towel to the bin, located at the Front Desk, on your way out.

PROGRAM OVERVIEW

Programs and Quick Description

CHILDWATCH/POWER ZONE

Available for children 6 weeks to 5 years old and 6 to 12 years old. We welcome you and your child to our safe and happy environment. Available to those with a Single Family or Family Membership only.

GYMNASTICS AND DANCE

Available for children 18 months and older. Recreational classes include strength, condition, flexibility, and dance moves appropriate for skill level to ensure safety.

Y ARTS PROGRAM

All ages will have a chance to reveal their inner creativity through different styles and mediums.

SWIM LESSONS

Individuals of all ages are taught the fundamentals of swimming from water acclimation to specific stroke technique.

BLUE SHARKS SWIM TEAM

The 18 years old and under competitive swim team focuses on stroke development, teamwork and individual goal setting.

AQUATIC GROUP EXERCISE CLASS

Water exercise promotes excellent muscle balance and cardiovascular conditioning by using the resistance and buoyancy properties of the water.

DIABETES PREVENTION PROGRAM

This program helps those at high risk for developing type 2 diabetes.

Y RUNS / KIDS TRYATHLON

St. Patrick's Day, Thanksgiving, Kids Tryathlon and Family Fun Runs offered throughout the year.

LIFEGUARD COURSES

Offering American Red Cross entry level certifications. Valid for 2 years.

GROUP EXERCISE CLASSES

Motivating, enthusiastic, and energy-packed instructors will lead you in classes that consist of a variety of cardiovascular activities as well as strengthening, flexibility, and relaxation exercises designed to meet the needs of all fitness levels.

HEALTH SEEKERS / READY TO BE FIT

During our 12-week program, our staff will help you develop the lifestyle changes necessary for maintaining your fitness regimen for years to come.

ENHANCE FITNESS

This is an evidenced-based program geared toward older adults and those with chronic conditions.

INDOOR & OUTDOOR SPORTS

Provides opportunities for individuals to develop leadership and team building skills. In addition, our sports experience allows participants to set goals, develop friendships, participate in physical activity, and enrich their lives.

LIVESTRONG AT THE YMCA

This is a FREE 12-week, small-group fitness program for adult cancer survivors, 18 years and older.

CHRONIC DISEASE SELF-MANAGEMENT

A six-week workshop program designed for those who have or care for someone that has a chronic disease. Provides you the tools you need to help improve your quality of life.

HEALTHY WEIGHT AND YOUR CHILD

A family-based weight management program focuses on nutrition, education, and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight.

BLOOD PRESSURE SELF-MONITORING

An evidence-based program that features personalized support as you develop the habit routinely self-monitoring your blood pressure, tips for maintaining your cardiovascular health and nutrition education.

CAN I USE THE BASKETBALL COURT?

All Y MEMBERS have use of the basketball court. No outdoor shoes or black-soled sneakers are allowed. Please check the basketball court schedule for open times.

HOW DO I JOIN AN EXERCISE CLASS?

We have a range of Group Fitness classes and you are welcome to join any of them. Check the Group Exercise schedule for the time, place and class suits your needs. Our group fitness instructors are available to advise you on the different fitness classes. It is best to show up a few minutes early introduce yourself to the instructor. Please remember, our friendly Y staff is always anxious to meet new members and lend a helping hand.

DOES THE Y OFFER CHILD CARE?

Yes! The Y offers a great Child Watch Center. It allows parents to work out in the building and leave their children in a safe, fun-filled environment. Please check schedule for the times and ages of child care. We have Power Zone for youth 6-12 years of age and Child Watch for children ages 6 weeks to five years. The maximum stay is 1 ½ hours.

CAN I BRING A GUEST TO THE Y?

We'd love you to bring a friend to the Y. You will receive 3 year and we will track these guest passes in our computer system. Your guest must come in with you and needs to provide a government ID. We are always happy to welcome prospective members. If your friend joins the Y, you'll receive an additional paper guest pass. The more friends you refer the more passes you can earn. If you have used your guest passes, you may still bring a guest to the Y for a small fee.

CAN MY CHILDREN USE THE FITNESS CENTER?

Youth ages 9-12 may use the fitness center when they have received training staff and when they are closely supervised by a responsible adult. Youth ages 13-15 may use the fitness center after being trained by a Y staff member. For safety reasons, children are not allowed in the fitness center when under the age of 9.

DOES THE Y OFFER KARATE?

Yes, the American Kang Duk Won Association, under the direction of Master Robert Lawlor, is the longest running program at the Y. Karate classes are available to Y members for an additional fee. You can obtain information or a class schedule at the Front Desk. You may also visit any class by stopping in the karate dojang, located on the top floor of the Y.

DOES THE Y HAVE AN APP?

YES. You can download the **Daxko Health & Fitness app** from the APP store on your Apple or Android device. Open the app and search for Watertown Family YMCA. Stay connected with our upcoming programs, schedules, and get notifications sent to right to your phone for any closing, cancellations, or class changes. App allows you to create a virtual card. Never lose your card again!





MEMBER CODE OF CONDUCT

The Watertown Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for everyone, all individuals are asked to act appropriately while exhibiting the character values of respect, responsibility, caring and honesty. A member, program participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges.

RESPECT: Value the worth of every person, serve as an example

- Verbally abusive or vulgar language, including swearing, name-calling, shouting, or threatening is not permitted.
- All members serve as examples for the children and young people in our Y; sexually explicit conversation, demonstration of sexual activity or sexual contact with another person is not permitted.
- Appropriate attire must be worn; please refrain from overly revealing attire.
- Loitering is not permitted in or outside YMCA facilities or programs.
- To protect the privacy of our members, cell phone use is not permitted in any locker room or restroom areas. Discreet and respectful use of cell phones is allowed in public/open areas only.

RESPONSIBILITY: Do what is right. Be accountable for your actions and behaviors.

- For your safety and the safety of others posted rules in program areas must be followed.
- You may not carry or conceal devices that may be used as weapons*.
- Use or possession of illegal drugs or alcohol on YMCA property or at YMCA programs is prohibited.

*Does not apply to Law Enforcement Officials carrying weapons within the bounds of their public duty.

CARING – Show sincere concern for others, be kind in words and actions

- Physical contact with another person in an angry or threatening way is not permitted.
- Harassment or intimidation by words, gestures, body language or menacing behavior is not permitted.
- Smoking, e-cigarette and tobacco use are not permitted. YMCA Grounds and facilities are smoke, e-cigarette and tobacco free environments.

HONESTY – Demonstrate reliability and trustworthiness through action

- For your safety and security, members and guest pass users must check-in with their membership card/photo ID at the Welcome Desk and identify themselves when asked by YMCA staff.
- Theft or behavior that results in the destruction of property, will not be tolerated.

Anyone who feels that this Code of Conduct is being violated should report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance. Please notify a staff member if assistance is needed.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

Our YMCA utilizes video technology to protect all persons. Cameras are installed in open/public areas only, and not in private areas such as locker rooms, restrooms, etc.

Sexual Offender Background Check Policy:

The Watertown Family YMCA considers it of great importance to provide a safe and threat free environment. The YMCA utilizes a nation-wide screening software to identify individuals listed on the National Sex Offender Registry. Person identified on the national registry will not be eligible for YMCA membership.

Code of Conduct adopted by action
of the Board of Directors, May 16, 2017.





TRANSFORMING OUR COMMUNITY. FOR GENERATIONS.

The Watertown Family YMCA has been committed to Downtown Watertown for more than 160 years, serving as a place where friends meet, children are nurtured, and people are strengthened in spirit, mind and body.

A new Watertown YMCA will ensure we can continue to build and strengthen our community. Thoughtfully designed and fully accessible spaces will connect families and neighbors, transform our community's health, and nurture the potential of all. **Envision what we can do together!**



CONTACT INFORMATION

Downtown YMCA
119 Washington Street
Watertown, NY 13601
315.782.3100

Sackets Harbor YMCA
119 Pike Road
Sackets Harbor, NY 13685
315.646.7053

Fairgrounds YMCA
585 Rand Drive
Watertown, NY 13601
315.755.9622

YMCA Daycare
514 Washington Street
Watertown, NY 13601
315.755.1208

Carthage YMCA
250 State Street
Carthage, NY 13619
315.493.3286

**Download the
YMCA app**

For More Information

Email: customerservice@nnyymca.org

Website: www.watertownymca.org



ANDROID



APPLE

www.facebook.com/FamilyYMCA



www.instagram.com/watertownfamily.ymca



Our YMCA is proud to have a long history of serving the soldiers and their families.

Designated an Armed Services YMCA, we currently serve an estimated 64% of Fort Drum active duty personnel and their family members.



ARMED SERVICES YMCA