



# **WATERTOWN FAMILY YMCA**

**Membership Guide**

[watertownymca.org](http://watertownymca.org)

**Find Your  
Community.  
Find Your Y.**



# MEMBERSHIP RATES

## DOWNTOWN YMCA AND FAIRGROUNDS YMCA

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

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
Single Parent Family	1 Adult & dependent children under the age of 21 in the same household	\$50.00	\$552.00
Family Couple	2 Adults in the same household	\$50.00	\$672.00
Family	2 Adults & dependent children under the age of 21 in the same household	\$75.00	\$718.80

## CARTHAGE YMCA

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

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
Single Parent Family	1 Adult & dependent children under the age of 21 in the same household	\$30.00	\$360.00
Family Couple	2 Adults in the same household	\$30.00	\$450.00
Family	2 Adults & dependent children under the age of 21 in the same household	\$50.00	\$480.00

### CAPITAL JOINER FEE

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.

# MEMBERSHIP BENEFITS

## Child Watch

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

## Fitness Centers

Hours vary by branch. See schedules

## InBody Analysis - 2 FREE per year

Measure body composition, including muscle mass, body fat, and total body water.

## Group Exercise

A variety of Group Ex classes are offered weekly from zumba to yoga.

## Racquetball

Available at Fairgrounds branch. Court reservation required for play.

## Spin Classes

Group rides. Instructor-led classes.

## Water Aerobic Classes

### Lap Swimming

### Open Swims

Available at the Downtown branch.

## PlayGroup / Big Kid Open Gym

Introduce your children to new activities through unstructured play in our gymnastics room.

## Basketball / Pickleball / POP Tennis Court Access

Availability based on program schedules. Membership required for access.

## Indoor Turf Field Access

Availability based on program schedules. Membership required for access.

## Sports Programming Discounts

Enjoy reduced pricing on a variety of programming.

## Health & Wellness / Ready to be Fit

Access to personalized fitness and health programs.

## Fully Equipped Locker Rooms

Lockers available for rent or day use.

## Early Program Registration & Discounts

Early registration for swim lessons. Discount pricing for programs and events.

## Nationwide Membership

Visit any participating Y in the United States.

# NON-MEMBER ACCOUNT

If you or a family member wishes to participate in a YMCA program and do not want a membership at this time, a non-member account will be created for you at the time of registration. The military non-member account includes discounted programming fees for the active or retired military and their family.

# GATEWAY FINANCIAL SCHOLARSHIP

If you are struggling to cover your membership or program fees, ask about the Gateway Financial Scholarship at the Welcome Center or email [customerservice@nnyymca.org](mailto:customerservice@nnyymca.org)

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.



In partnership with



Northern New York  
Community Foundation



# OUR CORE VALUES



**CARING**



**HONESTY**



**RESPECT**



**RESPONSIBILITY**

Character Development gives us the ability to meet our mission. By holding ourselves accountable and building character around our core values—Caring, Honesty, Respect, and Responsibility—we build healthy spirit, mind, and body for all.

- CARING:** Show a sincere concern for others.
- HONESTY:** Be truthful in what we say and do.
- RESPECT:** Value the worth of every person.
- RESPONSIBILITY:** Be accountable for our promises and actions.

## Our Cause

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors.

## YMCA Statement of Purpose STATEMENT OF PURPOSE

The Watertown Family YMCA through quality program provides for the strengthening of families, the healthy development of children, positive individual behaviors, and a healthier safer community for all.

## Our Commitment to Diversity and Inclusion

We strive to ensure that everyone — regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, sexual orientation, national origin, race, or income — has the opportunity to reach their full potential with dignity.

## 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:** We are with you in your journey to develop your full potential.
- GENUINE:** We value who you are and encourage you to be true to yourself and others.
- HOPEFUL:** We believe in you and your ability to be a catalyst for good in the world.
- DETERMINED:** Above all else, we are on a relentless quest to make our community stronger beginning with YOU.
- WELCOMING:** Open to ALL. We are a place where you can be, belong and become.



# 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 YMCA Core Values

Anyone who feels that this YMCA 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.

A member, program participant, or guest who is in violation of the YMCA Code of Conduct could be subject to consequences including removal from a program and/or termination of membership or program privileges. 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.

- 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.
- 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\*.  
\* Does not apply to Law Enforcement Officials carrying weapons within the bounds of their public duty.
- Use or possession of illegal drugs or alcohol on YMCA property or at YMCA programs is prohibited.
- 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.
- 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.

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





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

**Safety is a priority at the Watertown Family YMCA. Children 12 years old and under must be accompanied and supervised by a parent or guardian at all times unless they are participating in a supervised program.**

### 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. You will be shown the various types of equipment and programs offered to help you attain your fitness goals. An orientation may be scheduled at the Welcome Center.

### WHERE DO I LEAVE MY BELONGINGS WHEN I COME TO THE Y?

Feel free to use the lockers 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 track 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 Welcome Center know, and they can assign you a new one.

### 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 right to your phone for any closing, cancellations, or class changes. The app allows you to create a virtual card. Never lose your card again!

### 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 recreation pool is available for swim lessons, lap swim, open swim, and group fitness water classes for Y members. We ask that you wear proper swimming attire in the pool. We provide children, who cannot swim, life jackets to help keep them safe. Children under the age of 12 must be accompanied by an adult when using the pool. Schedules available at [watertownymca.org](http://watertownymca.org).

### CAN I USE THE BASKETBALL COURT?

All **Y MEMBERS** have use of the basketball court. Please check the basketball court schedule for open times. No Food or drink allowed in the gym. Members must check in before accessing the courts.

### HOW DO I JOIN AN EXERCISE CLASS?

The Watertown Family YMCA offers a variety of Group Fitness classes and you are welcome to join any of them. Check the Group Exercise schedule to find the time, place, and class that 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 branch hours schedule for the times at each Y facility. 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. Your membership includes **2 guest passes per year**. You must accompany your guest. They will need to provide a government ID to use the pass. We are always happy to welcome prospective members. If you have used your guest passes, you may still bring a guest to the Y for a fee.

### CAN MY CHILDREN USE THE FITNESS CENTER?

Youth ages 13-15 may use the fitness center after being trained by a Y staff member. Youth ages 9-12 may use the fitness center when they have received training staff and **MUST BE SUPERVISED BY AN ADULT PARENT OR GUARDIAN**. For safety reasons, children under the age of 9 are not allowed in the fitness center.

### ARE BASKETBALL COURTS OR SOCCER FIELDS AVAILABLE FOR RENT?

Soccer fields and basketball courts may be rented. Based on availability. For regulations, rates, and availability, please contact Paul Passino or Alexander Scheg [ppassino@nnyymca.org](mailto:ppassino@nnyymca.org) / [ascheg@nnyymca.org](mailto:ascheg@nnyymca.org) / 315.755.9622

### WHAT IS THE PROCESS FOR TERMINATING A Y MEMBERSHIP?

Termination of a membership must be completed in person at a Watertown Family YMCA Welcome Center or by emailing [customerservice@nnyymca.org](mailto:customerservice@nnyymca.org).

### ARE THERE OTHER WAYS TO SUPPORT MY YMCA AND COMMUNITY?

The Watertown Family YMCA offers multiple types of sponsorship and fundraising opportunities. Funds raised through sponsorships and events go where membership fees don't. You can help provide resources, programs and experiences designed to nurture every child's potential.

# BRANCH HOURS

**SCHEDULES SUBJECT TO CHANGE.** Check the Watertown YMCA website, Daxko app, and the Y Facebook page for updates to schedules or weather related closures.

## DOWNTOWN YMCA

Monday - Friday .....  
Saturday .....  
Sunday .....

### September - June

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

## FAIRGROUNDS YMCA

Monday - Friday .....  
Saturday & Sunday .....

### September - June

5:00 AM - 10:00 PM  
7:00 AM - 8:00 PM

## CARTHAGE YMCA

Monday - Friday .....  
.....  
Saturday .....  
Sunday .....

7:00 AM - 12:00 PM  
4:00 - 8:00 PM  
8:00 AM - 12:00 PM  
Closed

## HOLIDAY HOURS OF OPERATION

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

# CONTACT INFORMATION

Downtown YMCA  
119 Washington Street  
Watertown, NY 13601  
315.782.3100

Fairgrounds YMCA  
585 Rand Drive  
Watertown, NY 13601  
315.755.9622

Carthage YMCA  
250 State Street  
Carthage, NY 13619  
315.493.3286

YMCA Daycare  
514 Washington Street  
Watertown, NY 13601  
315.755.1208

YMCA S.A.C.C.  
585 Rand Drive  
Watertown, NY 13601  
315.755.2005

# DOWNLOAD THE YMCA APP



ANDROID



APPLE

For More Information:  
[customerservice@nnyymca.org](mailto:customerservice@nnyymca.org)  
[www.watertownymca.org](http://www.watertownymca.org)

## Social Media

 Facebook: FamilyYMCA

 Instagram: [watertownfamily.ymca](https://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