

WATERTOWN FAMILY YMCA

Membership Guide



**THERE'S A
Y IN EVERY
FAMILY**



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	\$45.50
Single Parent Family	1 Adult & dependent children under the age of 21 in the same household	\$50.00	\$552.00	\$46.00
Family Couple	2 Adults in the same household	\$50.00	\$672.00	\$56.00
Family	2 Adults & dependent children under the age of 21 in the same household	\$75.00	\$718.80	\$59.90

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	\$32.00
Single Parent Family	1 Adult & dependent children under the age of 21 in the same household	\$30.00	\$360.00	\$30.00
Family Couple	2 Adults in the same household	\$30.00	\$450.00	\$37.50
Family	2 Adults & dependent children under the age of 21 in the same household	\$50.00	\$480.00	\$40.00

CAPITAL JOINER FEE

A one-time 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 / Kids Adventure

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.

Orientation

Specialized staff will demonstrate how to use cardio and weight equipment and explain branch guidelines. Book a reservation at one of the branch Welcome Centers.

InBody Analysis - 2 FREE per year

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

Group Exercise

A variety of live and virtual Group Ex classes in three studios are offered daily from Zumba to yoga.

Health & Wellness

Access to personalized fitness and health programs.

Racquetball

Available at Fairgrounds branch. Court reservation required for play.

Spin Classes

Group rides. Instructor-led classes.

Parent & Tot PlayGroup / Big Kid Open Gym

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

Water Aerobic / Fitness Classes

Lap Swimming

Open Swim & Splash Pad

Available at the Downtown Aquatic Center.

Basketball Court Access

Available at Fairgrounds and Carthage branches. Times based on program schedules. Membership required for access.

Racquet Sports: Tennis/Pickleball/POP Tennis

Available at Downtown Racquet Sports Center. Variety of programs and court reservations available.

Indoor Turf Field Access

Availability based on program schedules. Check in at the Fairgrounds Welcome Center for access.

Sports Programming Discounts

Members enjoy reduced pricing on a variety of programming.

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 can be created for you. The military non-member account includes discounted programming fees for active or retired military and their family.

GATEWAY FINANCIAL SCHOLARSHIP

If you need help covering your membership or program fees, ask about the Gateway Financial Scholarship at one of the Y Welcome Centers or email customerservice@nnyymca.org.

With support from our community, Watertown Family YMCA provides financial assistance to individuals and families who cannot afford membership or program fees. Assistance is based on the applicant's income and expenses. The YMCA is committed to protecting members' privacy and keeping their personal information confidential."

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

Watertown Family YMCA, through quality programming, 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

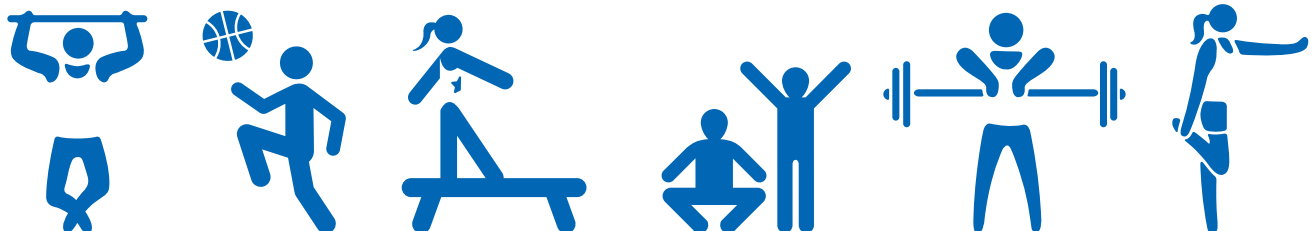
We strive to ensure that everyone — regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, sexual orientation, national origin, race, or income — has the opportunity to reach their full potential with dignity.

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

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:

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. Any person identified on the national registry will not be eligible for YMCA membership.

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



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

Safety is a priority at 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 Welcome Center 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 also allows you to create a virtual member scan 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 POOLS?

The Downtown YMCA Aquatic Center offers swim lessons, lap swimming, open swim, and aquatic group fitness classes for Y members. Proper swim attire is required. Life jackets are provided for children who cannot swim to ensure their safety. Children under 12 must be accompanied by an adult while using the pool. Schedules are available at 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 at the Welcome Center 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 can advise you on the different fitness classes.

DOES THE Y OFFER CHILD CARE?

Yes! Each Y offers Child Watch Centers allowing 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 60-90 minutes depending on capacity.

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.

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 / ascheg@nnyymca.org / 315.755.9622

HOW DO I RESERVE A TENNIS OR PICKLEBALL COURT TIME?

Please see our brochure for all things tennis and pickleball.

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.

ARE THERE OTHER WAYS TO SUPPORT MY YMCA AND COMMUNITY?

Watertown Family YMCA offers various sponsorship and fundraising opportunities. Funds raised through these efforts support sponsorships that help provide resources, programs, and experiences that empower individuals of all ages and backgrounds to reach their full 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 (September – June)

Monday – Friday	5:00 AM – 9:00 PM
Saturday	6:00 AM – 5:00 PM
Sunday	8:00 AM – 5:00 PM

FAIRGROUNDS YMCA (September – June)

Monday – Friday	5:00 AM – 10:00 PM
Saturday & Sunday	7:00 AM – 8:00 PM

CARTHAGE YMCA

Monday – Friday	7:00 AM – 12:00 PM 4:00 PM – 8:00 PM
Saturday	8:00 AM – 12:00 PM
Sunday	Closed

HOLIDAY HOURS OF OPERATION

Christmas Eve	8:00 am to 1:00 pm – Downtown / Fairgrounds Fitness Centers Only
Christmas Day	Closed
New Year's Eve	8:00 am to 1:00 pm – Downtown / Fairgrounds Fitness Centers Only
New Year's Day	Closed
Easter Sunday	Closed
Memorial Day	8:00 am to 1:00 pm – Downtown / Fairgrounds Fitness Centers Only
Independence Day	Closed
Labor Day	8:00 am to 1:00 pm – Downtown / Fairgrounds Fitness Centers Only
Thanksgiving Day	Closed

SUMMER HOURS

Summer hours (July – August) for each branch may differ from this schedule. Visit watertownymca.org or your branch Welcome Center for more information.

CONTACT INFORMATION

Downtown YMCA
146 Arsenal 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
www.watertownymca.org

Social Media

 Facebook: FamilyYMCA

 Instagram: 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