



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

ALWAYS HERE FOR YOU

YMCA MEMBERSHIP GUIDE

Henderson Family YMCA
380 Ruin Creek Road
Henderson NC 27536
252-438-2144
www.hendersonymca.org

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Welcome To The Henderson Family YMCA

Welcome to the Henderson Family YMCA!

For the first time in 43 years, the Y is unveiling a new brand strategy to increase understanding of the impact our organization makes in the community, so that more people take advantage of the YMCA's unique capacity to foster lasting personal and social change.

The Y is about changing lives for the better. We view participation in our programs and services as a means to a greater end. Therefore, through our rebranding effort, we want to help our communities learn more about our work so we can help our communities learn and grow.

By simplifying how we describe our programs, we hope it will be apparent that everything we do is designed to nurture the potential of children and teens—**Youth Development**, improve health and well-being—**Healthy Living** and motivate people to support their neighbors and the larger community—**Social Responsibility**.

By becoming a member of the Henderson Family YMCA, you join thousands of others in our community who have made commitments to changing their lives for the better. Again, we welcome you and will be happy to assist you in any way to assure you get the most from your YMCA!



Henderson Family YMCA

Code of Conduct

The YMCA is committed to providing a Christian atmosphere that ensures the highest level of caring, honesty, respect, responsibility and faith—YMCA values—toward members and staff, promoting a healthy environment, and assuring the proper use, maintenance and care of YMCA property and equipment.

To help ensure this environment, every member and guest can expect the following:

- an environment that is tobacco and drug free.
- an environment free from verbal abuse, swearing and fighting.
- an environment that shows respect for the property of other members, staff and the YMCA.
- an environment that respects staff, members, and guests and is free from verbal or physical harassment for any reason.
- an environment that is free from inappropriate conduct regarding sex, race, or national origin .
- an environment that protects the privacy of all members and guests by prohibiting the use of any recording device unless prior permission is granted.

Membership and use of YMCA facilities are privileges. Individuals violating this environment and or code will lose their privileges.

The YMCA thanks each member for doing their part in making this a great place to be for everyone.

YMCA PROFESSIONAL STAFF

Paul Ross	Executive Director
Bonny Strange	Senior Dir of Business Services
Cynthia Ratliff	Dir of Membership & Marketing
Kim Davis	Director of Camps
Laura DellaFave	Membership Services
Maria Hardesty	Director of Health & Wellness
Melvin Thompson	Senior Director of Operations
Rebecca Stanley	Kids Zone/Nursery & GOTR/STRIDE Coordinator
Sandra Layne	Membership Services
Tina Cleaton	Director of Support Services
Tremanisha Taylor	Director of Youth & Adult Sports

Dedicated to serving our members

OUR PURPOSE

The Young Men's Christian Association we regard as being, in his essential genius, a world-wide fellowship united by a common loyalty to Jesus Christ for the purpose of developing Christian personality and building a Christian society.

Facility Hours

Mon-Fri 5am-9pm

Saturday 7a-7p

Sunday 1p-6p

Pool Hours

Mon-Fri 6am-8:45pm

Saturday 8am -6:45p

Sunday 1pm-5:45pm

HOLIDAYS

New Year's Day
Easter Sunday
July 4th
Labor Day
Thanksgiving Day
Christmas Eve
Christmas Day

About Your Membership

From the very beginning, the basis of the Young Men's Christian Association has been membership. There were 12 charter members when the YMCA was founded in London, England in 1844. The Henderson Family YMCA welcomes all who want to become members.

Memberships are continuous from date of joining until the member resigns. Members are encouraged to use the Automatic Bank Draft System, in which monthly payments can be drawn from your checking account or credit card account automatically. **Membership dues are not refundable and are not transferable to another person.**

Spring Soccer

Program begins in mid April each year and runs for 8 weeks. All practice and games are played weeknights at the YMCA ball fields. Every boy and girl will develop positive attitudes about fair play. Registration starts one month prior to beginning of program. Children are grouped according to ages grouped with 4-5 years, 6-7 years, 8-9 years and 10-12 years.



Tee Ball

Program begins mid June, and runs for 8 weeks. Each week boys and girls will have fun learning the fundamentals of the game in a relaxed atmosphere where everyone plays, and everyone is a winner. Registration starts one month prior to beginning of program. Games and practices are on Tuesday and Thursday nights. Ages for Tee Ball range from children 4-7 years and are grouped with 4-5 year olds and 6-7 year olds.

Youth Volleyball

The programs begin in early fall. If you are interested in adult volleyball, please contact Kim Davis, Youth Programs Director

Youth Sports

Girl's Basketball

The season begins in February and runs for 8 weeks. All practices and games are played on Saturday mornings at the YMCA gyms. The program includes development of basic skills of dribbling, shooting, and passing in a team environment. Registration starts 1 month prior to the program. Children are grouped according to ages grouped with 4-5 years, 6-7 years, 8-9 years and 10-12 years. Participants are encouraged to register 1 month prior to beginning of program.



Boys Basketball

The season begins in November for 8 weeks. Players will participate in development of basic skills, such as dribbling, passing, team play, and sportsmanship. Practice and games will be some week-nights and Saturday mornings at the YMCA gyms. Children are grouped according to ages grouped with 4-5 years, 6-7 years, 8-9 years and 10-12 years. Participants are encouraged to register 1 month prior to beginning of program.

Family Memberships include spouse and all dependent children—children under 25 years of age may be included if they are full-time students. Once a child has reached the age of 25 years, they may not be listed on a family membership unless they are physically or mentally disabled.

Individual Memberships allow only the person named on the membership application to use the facility and participate in classes. Individual members must pay a guest fee to bring their child to the Y to either use the facility or visit the nursery or Kid's Zone. A family membership is required for children to participate in programs at the discounted rate, including youth sports and camps.

Membership Benefits

Your membership allows use of our entire facility including the 6 lane indoor pool, gymnasiums, Wellness Center, free weight room, locker room facilities, sauna, steam room, whirlpool, racquetball and squash courts and outside 1/4 mile running track and reduced rates for YMCA programs. All fitness classes are offered free to members. There may be times when special events or programs prohibit the use of our gymnasiums and pool.

Membership Dues

There are several methods available to you to pay for your annual membership. You can choose to **pay once a year in advance or you may pay monthly by allowing us to draft either your checking account or your credit card account. Payroll deduction is also offered by various local employers.** These memberships are available through those employers who have made an arrangement with the YMCA to provide payroll deduction for their employees.

Membership dues, joining fees and program fees are subject to change. **You are considered a member of this organization and responsible for all dues until you sign a cancellation form at the Member Services desk.** Initial payment can be made by cash, check, money order, credit or debit card. You will be charged a service charge for any charge denied by your bank. Payment must then be made in cash or by money order in addition to the service charge. Membership privileges may be suspended until all bad debts are paid. A new joining fee will be required on all cancelled accounts after sixty days.

IMPORTANT NOTE—Any changes to your banking/credit card information, including expiration dates, may affect your monthly draft and could result in a decline. Please notify us immediately if any changes occur.

Financial Assistance: The Henderson Family YMCA will not deny participation in any activity because of an individual's lack of funds. Financial assistance is available to those who complete an application and present required income verification. To those who qualify, rates will be adjusted according to income.

Who May Join: Any person regardless of race, religion, or creed may become an active member by completing a written application and paying dues.

Guest Policy: All guests must be accompanied by a member and have an approved guest pass to enter the YMCA. The guest fee is \$10 (\$5.00 for guests 12 and under) and in most cases, arrangements must be made at least 24 hours in advance at the Member Services desk. Payment must be made before guests enter the facility and may be paid by credit card, cash or check. Members may not bring local guests Monday-Thursday after 3 p.m. and at other times depending on facility usage. The same guest may only come one time every 3 months.

CHILDREN AND PARENTS: Children under age 12 must be accompanied by a parent or adult over age 18 when not participating in a scheduled, supervised program. Youth under age 15 are not allowed in the wellness center unless they have completed the class Wellness, Weights, and Fitness (W.W.F.) offered for a small fee to YMCA members in middle and high school. The whirlpool should not be used by children or pregnant women.

Membership Refunds: There are no refunds for membership.

Program Refunds: The Y occasionally cancels a class due to insufficient registration. In the event the Y cancels a class, full refund or program credit will be issued. No refund is given unless the class was canceled by the YMCA.

Orientations: Please call one of our fitness staff for an appointment to become familiar with our programs and equipment and to create your own personalized fitness program. This is the key to your success. We are here for you.

Day Camp

After School Camp is held at the YMCA for elementary and middle school children. Children who participate in our after school camp are picked up at their various elementary and middle schools on our Y buses. We offer a safe environment and involvement with activities such as homework and recreation. We also offer snacks during this time. The hours for this program are after school until 6:00 p.m. We are also available on Teacher Workdays and some holidays from 7:30 a.m. until 6:00 p.m. and as road conditions permit when school is closed for severe weather. Call the Y regarding availability during bad weather or sign up notifications from RainedOut.com.



Summer Day Camp is a wonderful way for children ages Pre-K through rising 8th grade to spend the summer. We provide creative, recreational and educational opportunities. Our summer campers participate in swimming, swim lessons, daily devotions, arts and crafts, field trips and more. Trained staff contribute to the physical, mental, social, and spiritual well-being of campers. Pre-registration is required. Hours of operation are Monday through Friday from 7:30 a.m. to 6:00 p.m.

ACCIDENTS

Members are asked to report all accidents, injuries, or other unusual incidents to the staff person on duty or the Member Services desk. The YMCA does not provide personal medical insurance for members. Thus, participation insurance is the responsibility of the member.

LOST AND FOUND

Lost items may be claimed at the Member Services desk. Valuables lost, e.g., wallets, rings, will be securely kept at desk and may be claimed there. After 30 days, items will be distributed to a charitable organization.

LOCKS

Locks may be checked out at the Member Services desk and returned when you leave the building. There is a \$9.00 charge for locks not returned or keys that are lost.

PARKING

Our parking lot is "one way" - please stay right when entering and exiting. Please drive carefully and watch for people crossing the parking lot and Ruin Creek Road. Please do not park in the handicap parking spaces without the required permit.

PRIDE IN THE YMCA

The pleasant and clean appearance of your YMCA can only be maintained by each YMCA member taking pride in your organization by helping take care of the facilities through elimination of vandalism and careless use of equipment. Please help to keep the YMCA thriving and contributing to the community.

MEMBER SERVICES DESK

Located in the main lobby, the Member Services desk handles all incoming calls, membership transactions, class registrations, and dissemination of information. We ask your patience during peak hours.

GIFTS TO THE YMCA

What better way to help your community and stretch your taxable income than to make a tax deductible donation to the YMCA. Please contact our executive director to answer questions regarding your gift.

STAY INFORMED!

DOWNLOAD THE HENDERSON FAMILY YMCA MOBILE APP



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Family YMCA

Schedules
Facility Status
Programs & Events



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Lockers

Lockers can be used daily by members with a lock and key checked out at the Member Services desk, or a locker can be rented by the year. **If the member chooses to rent a locker for the year the member should provide a lock for the rented locker. The member may select their personal locker to be used for the duration of the year.** The member will be invoiced for the locker rental in January for the upcoming year. The YMCA is not responsible for lost or stolen articles. Locks left on daily-use lockers will be removed and articles taken to the lost and found area.

Towel Service

Each member will be given a towel upon request. A fee of 50¢ is charged for second towel. Please leave your towel in the bins provided throughout our facility.

Merchandise Sales

YMCA T-shirts, sweatshirts, swim goggles and swim caps can be purchased at the front desk when available.

Building Attire

Appropriate shirts and non-marking shoes are to be worn in the building at all times. Swimming apparel is restricted to the pool area. Fitness apparel and appropriate gymnasium attire is expected in the wellness center and gym.

Schedule Changes

The YMCA reserves the right to change prices and alter schedules without prior publication or notice. We will try to keep these changes to a minimum.



General Policies

Tobacco-Free Environment

Use of tobacco products is prohibited on all facility property. We appreciate your cooperation!



Eating and Drinking

Food, gum, or drinks are not allowed in any physical program area at any time. Those areas include gyms, pool, weight room, exercise areas, and locker rooms.

Conduct

Each member is expected to conduct him or herself in a socially acceptable manner while in the building. Fighting, destroying equipment, abusive language, illegal use of drugs, alcohol, or other controlled substances can result in suspension of membership privileges or other disciplinary action.

Lending your membership to another person is prohibited. Your membership can be cancelled for allowing anyone to use your card.

Emergency Procedures

In an emergency, such as fire, dangerous weather, mechanical failure, or civil disorder, the staff will implement emergency procedures. Members are asked to follow the directions of the staff for their own safety.

When directed by the staff to leave the building please stop your workout and leave the building immediately.

Track and Field

We offer our members a three lane, composite rubber covered running track which is well lighted for your safety. No motorized vehicles, cleats, roller skates/blades are allowed on this surface. The track is one quarter mile long with four laps to the mile. We encourage members to bring guests to the track. The inside lane is the designated running lane. Walkers please use the two outside lanes. The Y also has four acres of playing fields which, when not being used for programs, may be used for your recreation. No vehicles are allowed on the fields.

Nursery

Our nursery is available to YMCA family members at no additional charge for children from birth – 5 years old. The nursery is open **Mon-Sat mornings 8:30-11:30 a.m.** and **Mon-Thurs evenings 5:30-8:30 p.m.** (Additional fee applies if children are not members).

Kids Zone

A program for our members ages 6-12 years. Come and workout and leave your children with us. We use the children's gym, multipurpose room, pool, and when the weather is nice we will be outside. We will provide your children with a safe, fun, and structured environment. There is no charge to our members for this service open Monday through Thursday from 5:30-8:30 p.m.



FITNESS CLASSES

The Henderson Family YMCA offers a wide range of aerobic exercise programs for members at no additional cost. Our nursery is available for the children of members taking classes.

WATER AEROBICS (POOL)

An outstanding program for those that find floor exercise to be too stressful for the bones and joints. Emphasis is on total fitness, including heart-lung endurance, muscle flexibility, strength and endurance.

GROUP CLASSES (AEROBICS ROOM & CHILDREN'S GYM)

Class schedule subject to change—see Fitness Schedule at Member Services Desk

Other classes may be offered for limited times—please look for information posted in the YMCA or ask the Member Services staff.



Gym Facts

Our gym is a full-sized school regulation gym. We have two cross court basketball floors. Seventeen laps around the gym equals one mile.

Gym Policy

1. Appropriate gym attire is required at all times.
2. Children are not permitted in the gym during times scheduled for adult classes.
3. At all times, please follow the schedule posted at the Member Services desk. Schedule changes will be made during school vacation times.
4. All members and guests will be expected to conduct themselves in a proper manner at all times.
4. Only non-marking rubber soled gym shoes are allowed on the gym floor.
5. Violators of the rules and regulations will forfeit their privileges.
6. No eating or drinking in gym.

Please see fitness schedule for gym availability.

Children's Gym

The children's gymnasium was built for children ages 12 and under for their games and activities when the gym is not in use by child care, summer camp, youth basketball or other planned children's activities. All adults must be accompanied by a child in the age group.

****The children's gym is reserved 2:30-6:00pm on school days or from 7:30-6:00 pm on holidays, teacher workdays and during Summer Day Camp****

Wellness Center

Our Certified Personal Trainers and fitness staff are available to help you meet your fitness goals. Personal Training is offered for a fee.

The Wellness Center offers a variety of cardiovascular equipment including ellipticals, treadmills, recumbent bikes and more. In addition, we offer the Cybex Weight Training System which provides a series of workout stations that allows a total body workout of every major muscle group. To familiarize you with our equipment and to get you started, please feel free to make an appointment with one of our fitness staff to provide a more personal training session.

Racquetball/Squash Policies

The YMCA is proud to offer racquetball and squash courts to its members. A member may bring a guest with them to play either game by paying a guest fee. Non-members may not reserve courts without a member. Courts may be reserved up to 48 hours in advance and play time is limited to 45 minute slots. If there are no other reservations after your slot has expired you may continue to playing. The Y mandates the use of non-marking sport shoes and safety eye wear for all participants. You must reserve you time slot at the Member Services desk and check-in before playing.



Adult Sports

A variety of adult sports are offered each year as interest dictates. We have offered soccer, volleyball and racquetball. Please make us aware of your interest in specific sports!

THE POOL RULES

1. No running or pushing
2. No street shoes allowed on pool deck or any wet areas..
3. Do not jump backwards, perform back dives or somersaults from the side
4. No boisterous or rough play.
5. No food, drink, gum, or tobacco will be allowed in the area.
6. Glass, soap, lotion, or other material which might create hazardous conditions or interfere with efficient operation of the swimming pool shall not be permitted in or around the pool area.
7. Spitting, spouting of water, blowing the nose, or otherwise introducing contaminants into the pool, is not permitted.
8. Persons with open sores or rashes are not permitted in the pool without authorization of Aquatics Director who will verify physician's letter of reassurance regarding contagiousness. No band-aids allowed in pool.
9. All apparel worn in the pool shall be clean and sanitary. ONLY appropriate swimsuits will be permitted.
10. Swimsuits are not permitted outside of the pool and locker room areas.
11. Kickboards may be used only during lap swim or lessons or at the lifeguard's discretion.
12. No hanging on the lane lines.
13. No diving.
14. Non-swimmers are asked to stay in shallow area. Guards may ask swimmers to swim 25 yards to decide if one is safe to swim in deep water.
15. For safety reasons, please inform lifeguards and instructors of medical problems such as diabetes, heart problems, epilepsy or any other physical or emotional problems.
16. Children 12 years of age and under must be accompanied by an adult over 18 years.
17. Always read and follow rules posted in pool area.
18. BE COURTEOUS— if you enter the pool when a class is in progress, enter on the other end of the pool away from the class and do not interact with members while they are in class.
19. If there are questions regarding pool rules, please contact the Aquatics Director.

Wellness Center Policy

1. Only adults and high school students, age 15 and above, may use the Wellness Center. The WWF Program (Weights, Wellness, and Fitness) is offered for an additional fee to members ages 11-14 who want to use the Wellness Center under parental supervision. To register, present a doctor's note authorizing participation or a current physical at the time of registration.
2. Thirty Minute Rule—in consideration of other members, please adhere to the thirty minute rule when using the cardiovascular equipment during peak hours of 4:30pm and 8:00 pm Monday through Thursday. (If additional machines are available when you complete your 30 minute workout, feel free to stay on the machine and increase your time.)
3. To maintain cleanliness and to prevent the spread of germs, please clean the machines after each use with the towels and cleaner provided in the Wellness Center.
4. We encourage you to progress through our resistance equipment so that others members may continue their workout.
5. Please limit and/or refrain from using your cell phone in the Wellness area in respect of other members.
6. Please insert the weight pin correctly and do not slam the weights down on the resistance equipment.
7. Do not, for any reason, place fingers between weight stacks.
8. Please be respectful and do not rest on equipment and if possible, allow others to work in between your sets.
9. If unfamiliar with the use of a machine, please consult a staff member for instructions.



Aquatics

**YMCA—America's Favorite Swimming Instructor
For Over 100 Years!**

As in all YMCA programs, the goal of the YMCA Aquatics program is to develop the whole person, physically, mentally, and spiritually. Teaching methods are designed to help develop each participant to his/her fullest potential, to encourage an awareness of safety, and to master skills to the best of their ability.

Swim lessons schedules are available at the front desk. Class registration is limited to 4-6 children per instructor for pre-school lessons and 6-8 participants per instructor for progressive lessons. All classes fill up quickly and have an enrollment limit, so register early. Full payment is required at the time of registration.

Parents are permitted to stay on the pool deck and observe lessons on the first and last day of each session. During the remainder of the session parents are asked to wait in the lobby so that children may give their full attention to the instructor. If a participant cannot finish a session due to prolonged illness, contact the Aquatics Director. In order to maintain our instructor/student ratio and ensure progress we do not offer make-up classes unless we cancel the class. Class schedules are set at time of registration. There will be a \$10 transfer fee to have your child transferred to another class. We also offer Private Swim Lessons if you are interested, please call the YMCA for additional information.

Pool Facts

- Our pool is 25 yards long and has six lanes
- 72 lengths or 36 laps = one mile
- 2 lengths (down and back) = 1 lap
- The water is 3.5' deep at each end and 5' deep in the center.
- The water temperature is maintained between 82-86 degrees F°

POOL HOURS

Monday-Friday—6:00am-8:45pm

Saturday—8:00 am—6:45 pm

Sunday—1:00pm-5:45pm

Lap swimming lanes are subject to multi-person use.

National YMCA Swim Program

AGES 6 MONTHS—3 YEARS

Parent / Child

The goals of the Under Three Program are to increase the level of trust between parent and child, to create a positive experience for the child in the water and to introduce basic aquatic safety. This program helps parents form reasonable and healthy expectations of their child's progress through songs, games, and fun activities.

AGES 3-5 YEARS

Pike—Beginner

Eel—Intermediate

Ray—Advanced

Ages 6-12 years old

Polliwog—Beginner

Guppy—Intermediate

Minnow—Advanced



Adult Swim Instruction

This class is for multi level swim instruction for high school and adult men and women. Patient instructors will teach you correct swim techniques, basic lifesaving skills, and safety. If you have never learned how to swim, we can get you off to a great start. Levels offered include beginner through advanced.

Lesson Make-up

There is no provision made for class make-up for children missing classes. This is so the students registered will have quality and consistency in their lessons.