



# MEMBERSHIP HANDBOOK

HAMPSHIRE REGIONAL YMCA

The mission of the Hampshire Regional YMCA is to strengthen our community by fostering healthy living, the development of young people, social connection and responsibility, in a welcoming environment for all.

286 Prospect Street, Northampton, MA 01060 | 413 584 7086 | [hrymca.org](http://hrymca.org)

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## WHO WE ARE

### AT THE CORE



**CARING**

Caring. Honesty. Respect. Responsibility. At the Y, they're more than words, they're words to live by. Character development has been at the heart of the YMCA movement since the beginning. We proudly incorporate our four core values into all of our programs, activities, and interactions.

The Hampshire Regional YMCA has a long-established tradition of improving lives in our community.

Since 1880, thousands of people have walked through the doors of our YMCA. Our members and participants are impacted by our core values of Caring, Honesty, Respect, and Responsibility. Every day we are reminded that the work we do is not just a luxury, it is a necessity. Our dedicated team of staff, members, and volunteers consider it an honor and privilege to be part of this vital social movement.



**HONESTY**

### WE WELCOME ALL!

The Hampshire Regional YMCA is open to all. The Y believes that, in a diverse world, we are stronger when our doors are open to all and when everyone has the opportunity to learn, grow and thrive. We work proactively and collaboratively to build organization and individual capacity. We welcome all individuals with diverse abilities and if reasonable accommodations or modifications are needed, please contact our CEO, Julie Bianco at [Julie.Bianco@hrymca.org](mailto:Julie.Bianco@hrymca.org)

**\*Individuals may utilize the locker room in alignment with their gender identity\*.**



**RESPECT**

### HRYMCA COMMUNITY IMPACT FUND

The HRYMCA Community Impact Fund is focused on supporting individuals and programs by enabling equitable access to quality services and programming for everyone. Gifts to the Impact Fund remain local and support families and children right here in Hampshire County. The fund provides preventative health programming, healthy living programs, community partnership and financial assistance. By focusing on eliminating barriers this fund increases access and opportunity for everyone. Make a gift today at the Welcome Center or online at [hrymca.org/give](http://hrymca.org/give).



**RESPONSIBILITY**

### FINANCIAL ASSISTANCE

We offer financial assistance to provide equitable access to YMCA memberships and programs. Financial assistance is made possible through donations to our YMCA Community Impact Fund.

We offer financial assistance based on household income and size, and review special circumstances like medical expenses and unemployment. Assistance can make it more affordable for you to benefit from everything we offer, from membership to swim lessons, summer camps, and sports programs. Scholarships are made possibly through the generous contribution of YMCA donors. Complete a Financial Assistance application at the Welcome Center or at the [hrymca.org](http://hrymca.org).

In order to evaluate Financial Assistance eligibility, we require [last year's 1040 tax form](#), and [two consecutive paystubs](#) along with a Financial Assistance application.

**\*\*Please review the Financial Assistance ranges in the Appendix at the end of the Membership Handbook\*\***

## FACILITIES

### HOLIDAY SCHEDULE

The YMCA is currently scheduled to close at least seven days out of every calendar year for holidays along with additional days as determined by YMCA leadership.

The YMCA is closed on the following days:

**New Year's Eve, New Year's Day, Easter, Memorial Day, Juneteenth, Independence Day, Labor Day, Thanksgiving Day, Christmas Eve, and Christmas Day.**

**\*Additional schedule changes may occur throughout the year and will be posted.**

There are situations that arise when hours are subject to change and areas of the facility are subject to close without advance notice due to maintenance, staffing and/or program needs. Membership fees are developed with this in mind and fees are not changed during these times.

### INCLEMENT WEATHER POLICY

There are times the Y will close due to inclement weather. Please watch or listen for cancellations and/or closings on our website ([hrymca.org](http://hrymca.org)) and social media platforms.

The safety of our members and staff is the most important factor in determining closings related to weather. If conditions warrant, the CEO may decide to close the YMCA early, delay opening, cancel programs and classes, or close the facility entirely on severe weather days.

### THUNDER/LIGHTNING POOL POLICY

The Hampshire Regional YMCA is dedicated to the safety and well-being of our members and program participants.

**One way the YMCA practices a safe environment is by closing swimming pools during severe weather such as thunder and lightning.**

The YMCA of the USA, FEMA, the American Red Cross, NOAA, and the National Lightning Safety Institute advise to not use plumbing of any kind during thunder and lightning and to stay clear of windows.

Thunder is the sound of lightning, which is a warning that lightning is either present or will soon be visibly present.

**Our YMCA aquatic facilities will close during thunder and lightning, pool will close until 30 minutes after the last thunder or lightning.**



**CARING**



**HONESTY**



**RESPECT**



**RESPONSIBILITY**

## LOCKER ROOM POLICIES

At the HRYMCA, we strive to provide a welcoming and respectful environment for all members and guests. Please review and follow our locker room policies to ensure a positive experience for everyone.



### CARING

#### GENERAL GUIDELINES

- Please be respectful of all individuals in these spaces.
- Locker rooms may be used in alignment with an individual's gender identity, in accordance with [Massachusetts State Law](#).
- Behavior not in accordance with our core values will be addressed.
- No cell phone use is permitted in any locker room.

#### LOCKER ROOM OPTIONS



### HONESTY

#### Second Floor Locker Rooms (Men's & Women's) – Adults Only (18+)

- These locker rooms are designated for adults 18 and older.
- As these are traditional locker room spaces, individuals may be in various stages of dress.

#### First Floor Locker Rooms (Men's & Women's) – Open to All Ages

- These locker rooms are open to individuals of all ages.
- As these are traditional locker room spaces, individuals may be in various stages of dress.

#### Universal Locker Room – Open to All Ages

- This locker room is available for individuals and families of all ages.
- Private showers are available for those who prefer additional privacy.
- Please be mindful of your time, especially during peak program hours, as space is limited.



### RESPECT

#### LOCKER ROOM USE FOR YOUNG CHILDREN

- Children under the age of 5 may accompany their parent or guardian into the locker room that aligns with the guardian's gender, regardless of the child's gender identity.
- If the accompanying person is a sibling rather than a parent or guardian, the sibling must be at least [minimum age] to bring them into the locker room.
- Reminder – children under age 10 must be accompanied by an adult. We recommend children under age 10 utilize the universal locker room.



### RESPONSIBILITY

#### CLOSURES AND LIMITATIONS

During certain periods throughout the year and during summer camp, locker room usage guidelines may change. Please watch for postings.

#### ACCOMMODATIONS

- If an exception is needed due to a diverse ability, please contact our ADA Compliance Staff, Julie Bianco at [Julie.Bianco@hrymca.org](mailto:Julie.Bianco@hrymca.org), for further assistance.

**Thank you for helping us maintain a respectful and inclusive environment for all. If you have any questions or concerns, please reach out to our staff.**

## MEMBERSHIP

### MEMBERSHIP CATEGORIES



**CARING**

**Y-Team** - (For Swim Team Participants – Limited membership for children age 6–9)

This membership is required for children ages 6–9 who participate on our swim team and who are not part of a family with a Household Membership. Y-Team members pay member rates for all programs.

**Youth** - For children ages 10 to 17 years old.

**Young Adult** - For young adults between the ages of 18 and 22.

**Adult** - For adults between the ages of 23 to 64.

**Adult Couple** - Two adults living in the same household.

**Senior** - Must be 65 years old or older.

**Senior Couple** - Primary payee must be at least 65 years old, second person must be at least 60, both must be living in the same household.

**One Adult Family** - A family with only one adult or when only one adult in the household joins the Y. Includes all dependent children (22 years and younger) also living in the same household.

**Two Adult Family** - A family membership with two adults (23 years and older) and all dependent children (22 years and younger) also living in the same household.

**Three Adult Family** - If a third adult in a household qualifies as a dependent and are claimed on either of the primary adults' tax return. Dependents include full-time college students, elderly parents, disabled adult children, or live-in nanny. Verification of household status will be required prior to joining.

**Military Veterans** - (For Military Veterans and their families, who do not otherwise qualify for Financial Assistance) We proudly offer all Military Veterans and their families a 10% discount on membership, and waive the Joiner's Fee.

**Military Membership** - YMCA of the USA, the Armed Services YMCA and the Department of Defense have launched the YMCA Military Outreach Initiative to address the needs of families of deployed military personnel who live far from a military installation and require access to child development, family strengthening, and health and well-being programming. For enrollment steps, guidelines, and more information, please email Senior Program Director of Member Services, Scott Woodaman at [Scott.Woodaman@hrymca.org](mailto:Scott.Woodaman@hrymca.org)



**HONESTY**



**RESPECT**



**RESPONSIBILITY**

### NATIONWIDE MEMBERSHIP

Most YMCAs across the United States participate in Nationwide Membership. Please check with the YMCA you plan to visit for any restrictions or details. Please bring your membership card and a photo ID with you when you visit. In keeping with the spirit of Nationwide Membership you can visit our Y a maximum of 8 times a month.

## FACILITY USAGE GUIDELINES FOR YMCA MEMBERS



**CARING**



**HONESTY**



**RESPECT**



**RESPONSIBILITY**

- YMCA members are required to scan their membership card at the Welcome Center when they arrive at the facility.
- Some activities in the Y are limited by space or equipment such as our Cycle or Aqua Aerobic offerings. For these classes, we ask that you make a reservation in our [MotionVibe](#) system and check in to class when you attend. We always encourage Members to use MotionVibe for our most up-to-date schedules and any daily changes. Please see the Front Desk for assistance with this system.
- Only household members may access our child watch services.
- Members ages 18+ have full use of the facility, including the upstairs adult locker rooms. Facility usage is as follows for those members under 18:
  - Youth members ages 14 – 17 may use the wellness center, weight room, functional training room, racquetball courts, gymnasium, and pools and attend group exercise classes. Reservations may be required.
  - Youth ages 12-13 may use the wellness center, gymnasium, pool, and youth center solo. Youths of these ages are allowed to attend group exercise classes accompanied by a parent or guardian.
  - Youth members ages 10-11 may use the gymnasium, pool and youth center, and may participate in yoga and dance formats with a parent/caregiver participating next to them.
  - Youth members under age 10, must be accompanied by an adult 18 years or older and may use the gymnasium, pools and may participate in family classes only.

## GUEST PASS POLICY

The purpose behind our guest policy is to enhance service to current members who are encouraging a friend to join and to make reasonable accommodations for out-of-town family and visitors.

Guests of a member may visit the HRYMCA for a reduced fee. The guest must be with the member to secure this reduced fee.

**\*\*Please review the Guests Fees in the Appendix at the end of the Membership Handbook\*\***

## FACILITY USAGE GUIDELINES FOR ALL YMCA GUESTS

All YMCA Guests must:

- Register at the Welcome Center and provide valid photo identification upon their first visit. Guests will have their photo taken and should be prepared to provide their birthdates, address, phone number and emergency contact. Guests under 18 years will also provide parent/guardian information.
- Sign a waiver of liability upon each visit.
- Reservations may be needed for parts of the building – guest may reserve slots a maximum of 2 hours prior to use (pools, group exercise classes, etc.) please call the Welcome Center for more information.
- Adhere to all YMCA policies, procedures, and usage guidelines.
  - Youth guests ages 14 – 17, may use the wellness center, weight room, functional training room, racquetball courts, gymnasium, pools and attend group exercise classes. Reservations may be required.
  - Youth ages 12-13 may use the wellness center, gymnasium, pool, and youth center solo. Youths of these ages are allowed to attend group exercise classes accompanied by a parent or guardian.

- Youth guests ages 10-11, may use the gymnasium, pool and youth center, and may participate in yoga and dance formats with a parent/caregiver participating next to them.
- Youth guests under age 10, must be accompanied by an adult 18 years or older and may use the gymnasium, pools and may participate in family classes only.

**\*Guests of the Hampshire Regional YMCA are not permitted to use our child watch services. We reserve the right to limit guest passes at any time.**



**CARING**

## GUEST & NATIONWIDE MEMBERSHIP RESERVATIONS

Members of the HRYMCA will get priority reservation for the group exercise class, racquetball, and functional training space.

Guest pass & Nationwide Membership (NWM) users can call up to 2 hours prior to their arrival to reserve a spot in the functional training room or a group exercise class.

If a guest pass/NWM user visits the Y and wants to participate in any of the listed areas above and has not made a reservation, they would need to check with Welcome Center to ensure there is space available for them to attend.

Guest pass & NWM users cannot utilize Child Watch. Child Watch is an HRYMCA member benefit. NWM are welcomed to use the HRY 8 times per month.



**HONESTY**

## MEMBERSHIP HOLDS

We hope you won't need a medical hold, but if you do, we'll be here to help.

- Membership can be held for the following reasons:
  - Medical Hold - With written notification from your physician, your membership may be inactive during your recovery period for up to 12 months. Your membership may be reactivated without the rejoining fee upon your ability to return.
  - No reason necessary - For up to 1-3 months. Your membership may be reactivated without the rejoining fee upon your ability to return.
- A hold may be extended beyond 3 months for medical reasons. In this case, we require written notification from your physician. Your membership may be reactivated without the rejoining fee upon your ability to return.
- Medical holds must be requested in writing, either in-person or via email to the Membership Services Director. A medical hold requested via email will go into effect when it has been approved by the Membership Services Director.
- While the membership is on hold, any program registration will be charged at a non-member rate during non-member registration.
- Members that actively enrolled in camp or youth programs cannot go on hold or will pay the difference of the non-member rate.
- Anyone on the membership who desires to use the YMCA facility while on hold, must pay the day pass fee.
- All visiting privileges using Reciprocity, A.W.A.Y, and Nationwide Membership are suspended while on hold.
- Only members in good standing (no outstanding invoices) can be put on hold.
- A hold does not constitute a cancellation of membership. After the specified amount of time listed on the hold form, the draft will resume OR the membership will reactivate.
- If the member has a locker and wishes to keep it during the hold, they must pay the monthly locker dues during their hold.
- Members are allowed ONE hold of 1-3 months per calendar year, unless a medical note is provided to either extend a current hold or start a new hold within the same year.



**RESPECT**



**RESPONSIBILITY**

## WELLNESS INSURANCE REIMBURSEMENT

Many health insurance carriers provide a health and wellness reimbursement plan. We can provide a letter of verification and receipts of payments for your membership. Check with your health insurance carrier on the specifics of their program.



**CARING**

## CANCELLATION POLICY

EFT member dues are paid on the 1st of each month, and pay for the month they are in (Example: May 1st draft covers membership for the month of May). Therefore, we do require written notification before the 15th of each month, to avoid being billed for the following month. Your membership privileges will expire on the last day of the month after your final draft.

Annual memberships require 30 days written notice to cancel. Upon approval, a refund will be given for any unused portion of the membership after the 30 day written notice period.



**HONESTY**

## ATTIRE

Athletic shoes and clothing must be worn during exercise in all workout areas of the facility. Clothing should not depict offensive language or symbols. If a staff member deems attire does not align with the core values you may be asked to change.

## CHILDREN IN THE Y!

### YOUTH AGE POLICIES

Members and non-members ages 18+ have full use of the facility, including the upstairs adult locker rooms. Facility usage is as follows for members and non-members under 18:

- Youth under age 10 must be accompanied by an adult 18 years or older and may use the gymnasium, pools and may participate in family classes only.
- Youth ages 10-11 may use the gymnasium, pool, and youth center, and may participate in yoga and dance formats with a parent/caregiver participating next to them.
- Youth ages 12-13 may use the wellness center, gymnasium, pool, and youth center solo. Youths of these ages are allowed to attend group exercise classes accompanied by a parent or guardian.
- Youth ages 14-17 may use the wellness center, weight room, functional training room, racquetball court, gymnasium, and pools and attend group exercise classes. \*Reservations may be required.



**RESPECT**

## CHILD WATCH

Our child watch program is included for HRYMCA members who have either a 1 Adult Family or 2 Adult Family membership. It includes two supervised age-appropriate rooms for children 6 weeks to 9 years of age. Our staff entertains and engages children with fun, hands-on activities in a safe, nurturing environment while you work out or unwind. Each parent receives five 90-minute visits per week; no consecutive time blocks (two hours in between each visit); a maximum of one-time block per day/per adult. Parents/guardians must remain at the Hampshire Regional YMCA facility while children are being cared for.



**RESPONSIBILITY**

## HOURS:

Days	Hours	Rooms & Ages
Monday-Friday AM	8:30am-12:00pm	Infant/Toddler Room (ages 6 weeks-5 years) Preschool Room (ages 6-9 years)
Monday-Friday PM	4:00pm-7:00pm	Infant/Toddler Room (ages 6 weeks-5 years) Preschool Room (ages 6-9 years)
Saturday & Sunday	8:30am-12:00pm	A-Place (ages 6-9 years)

**\*Hours are subject to change. Please visit [hrymca.org](http://hrymca.org) for the up to date schedules.**



## CHILD WATCH RULES

- You must have an HRYMCA Household Membership to use Child Watch. Child watch is not available to any guests or nationwide members.
- Children can only be dropped off and picked up by the adult(s) on their household membership.
- Child Watch may be used up to 90 minutes per adult, per day. Child Watch may be used up to five times per week, per adult.
- Two adult household members may use Child Watch twice in one day. However, there must be a minimum of a two-hour break between visits, and on each visit, the child must be accompanied by a different adult.
- A visit begins when one child is signed in and ends when the child is signed out of Child Watch, even if the full 90 minutes have not been used.
- Adults must stay in the building while their child is in Child Watch.
- Adults may stay longer on the first visit to help their child acclimate to Child Watch. At other times, adults are asked not to stay in Child Watch to play with their children.
- For the safety and security of your belongings, please refrain from bringing toys/games from home into Child Watch.
- Adults dropping off and picking up children must be on the family membership to use Child Watch.



## TUMBLE AND PLAY (RUNS OCTOBER THROUGH MAY)

**Tuesday and Thursday: 10:30-11:30am in the Y gymnasium**

Meet other Y families while children ages crawling-5 years play their way through a series of tumbling mats and toys. FREE for Y household members! Tumble and Play is open to the community for a fee of \$5.00 per child, \$2.50 for each additional child.

## CHILD WATCH POLICIES AND PROCEDURES

**Snack:** Due to current health and safety regulations, children are not permitted to bring a snack to Child Watch. They may bring a water bottle.

## ADDITIONAL HEALTH POLICIES

We care about the health and safety of all the children in our programs, and our staff. Please adhere to the following policies. A child may not attend Child Watch if they have:

- Been absent from school that day due to illness
- Discolored discharge from the nose
- A persistent cough
- Had a temperature over 100°F within the last 24 hours
- Had diarrhea or vomiting within the last 24 hours
- Has active lice that have not been treated



**CARING**

If any of these symptoms are present, or any symptoms that cause our staff concern, we reserve the right to prevent you from using Child Watch.

## DIAPERING

YMCA staff is not allowed to change diapers, so please have your children freshly diapered before drop-off. If there is a need for a diaper change, we will come to get you.



**HONESTY**

## YOUTH CENTER

The HRYMCA Youth Center offers a welcoming space for youth ages 10 years and older to play, work out, do homework or hang out with friends. The Youth Center is staffed with energetic and engaging staff who are certified in First Aid and CPR. The Youth Center is intended to be a safe, fun, and inviting space where youth can socialize, learn new skills, and spend their free time in productive and healthy ways.



**RESPECT**

## HOURS AVAILABLE:

**Monday, Tuesday, Thursday & Friday: 2:30–4:30 pm**

**Wednesday: 2:30–4:00 pm**

**Saturdays & Sunday: Closed**

**\*Hours are subject to change. Please visit [hrymca.org](http://hrymca.org) for the up to date schedules.**

## YOUTH CENTER POLICIES

- The Youth Center is open to members and their guests. Guests may purchase a day pass to access the Youth Center.
- All youth must have a waiver signed by a guardian to visit the Youth Center.
- Youth 10 years old and up may sign themselves in and out of the Youth Center. Parents do not need to be present during this time. Parents should note that while in the Youth Center, there is adult supervision, but outside of the Youth Center, youth 9 years and up have full access to most areas of the Y. They may enter and exit the building at their own will.
- We do expect everyone to uphold the Y core values of Caring, Respect, Responsibility, and Honesty at all times while in the YMCA.
- Youth should refrain from visiting the Y if they have any of the following symptoms: cough, fever, sore throat, difficulty breathing, gastrointestinal symptoms, loss of taste or smell, fatigue, or headache. If any of these symptoms are present, or any symptoms that cause our staff concern, we reserve the right to prevent youth from using the Youth Center.
- Parents do not need to be present in building if the child is 10 years old.
- Youth that are 9 years or younger need to have a parent present in the building and must be signed into the Youth Center.



**RESPONSIBILITY**

## HEALTH & WELLNESS

### WELLNESS CENTER & CIRCUIT ROOM



**CARING**

The HRY Wellness Center offers state-of-the-art cardiovascular equipment from Cybex, Matrix, and Precor, including treadmills, ellipticals, ARC trainers, AMTs, rowers, stairmills, upright bikes, recumbent bikes, and upper-body Krankcycles.

In our cardio room, programming is available on nine flat-screen TVs.

In our circuit room, all fitness levels can utilize our Cybex Eagle NX strength-training circuit, complete with two wheelchair-accessible machines.

The free weight room contains a wide array of dumbbells, a power cage, and a Cybex functional trainer.

### FUNCTIONAL TRAINING

The Y is excited to offer a functional training space complete with kettlebells, TRX trainers, slam balls, battle ropes, free weights, plyo boxes, BOSU trainers, and stability balls. Come check it out!

### WELLNESS CENTER

- Coats, gym bags, and backpacks are not allowed in the Wellness Center or group exercise studios.
- Appropriate fitness clothing is required.
- Orientation to the fitness center is offered for all members. Please take advantage of this benefit before you use the equipment.
- Clean, indoor athletic shoes and athletic clothing must be worn during exercise in all workout areas of the facility.
- Shirts must be worn.
- Closed-toe shoes are required in the Wellness areas.
- Return free weights to the appropriate racks when you are done.
- Please follow our cardio machine procedures and circuit etiquette.
- Do not rest on machines between sets if someone is waiting.

**\*The staff reserves the right to excuse a member from the fitness center if the conduct is not in accordance with our guidelines.**



**HONESTY**



**RESPECT**



**RESPONSIBILITY**

## PROGRAMS AT THE Y!

### PROGRAM REGISTRATION

Each calendar year has several program sessions. Members have a 1-week priority registration period, which begins 3-4 weeks before the start of the session. Non-members' registration opens 2 weeks before a session begins. Session dates are available at our front desk. Members pay a reduced rate for programs.



### CARING

### REFUND POLICY FOR PROGRAMS/CLASSES

**Requests for refund or credit must be made in person or in writing.**

Refund or credit will be given according to the following schedule:

100% – two weeks before first week of class / 100% – voucher only, one week prior to start of class.

Once a session begins, all changes must be approved by the program director.

Membership must be active through current session in order to receive member discount.



### HONESTY

### SERVICES FOR FEES OR TRADE

YMCA members, participants, and guest may not use Y facilities to provide services, such as personal training, basketball/swim coaching, etc., for fees or trade. Acting as an independent contractor in the Y facility may lead to membership suspension.



### RESPECT

### CODE OF CONDUCT

Based on the four core values, the following code of conduct ensures that all who enter our YMCA enjoy a safe, welcoming, and comfortable environment.

We ask everyone to act in a manner that upholds these principles. When you use the Y, we expect you to behave in a way that shows respect and caring for others. This includes refraining from language or actions that could hurt or frighten another person, or behavior that falls below a generally accepted standard of conduct.

The HRYMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.

We ask everyone—staff, members, and guests—to follow our Code of Conduct.

- Speak in respectful tones; refrain from the use of vulgar, hateful, or derogatory language.
- Resolving conflicts in a respectful, honest, and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Respecting the property of others; never engaging in theft or destruction.
- Creating a safe, caring environment; never carrying illegal firearms or devices.
- Participating in programs to build a healthy spirit, mind, and body; never engaging in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises.
- We ask that cell phone conversations occur in the lobby area. Cell phones are not permitted in any capacity (including texting, listening to music, pictures, etc.) in the locker rooms or bathrooms.
- Adherence to the YMCA Code of Conduct and regulations is essential.



### RESPONSIBILITY

Cooperation among staff, members, and guests is an important part of making our YMCA welcoming to all.

**\*\*A violation of the HRYMCA's Code of Conduct may result in a suspension or termination of HRYMCA membership or privileges. The CEO will determine whether a violation of the HRYMCA's Code of Conduct has occurred and the appropriate action to be taken\*\*.**



**CARING**

## GYMNASIUM CODE OF CONDUCT

- No food or drink is allowed in the gymnasium.
- No changing of clothes in the gym or hallways.
- No street shoes or shoes that mark floors permitted in the gym.
- Behavior contradicting the YMCA core values of Caring, Honesty, Respect, and Responsibility will not to be permitted and membership privileges may be revoked.



**HONESTY**

## POOL CODE OF CONDUCT

- All persons are required to take a shower before entering the pool.
- Persons with a communicable disease or with open cuts or sores are not allowed in the pool.
- Band-aids are not allowed in the pool.
- Admission to the pool will be refused to persons with infections such as fever, rashes, foot infections, open wounds, etc.
- Persons wearing bandages for any reason are requested to remove them before being admitted to the pool.
- No food, drink, or gum is allowed in the pool area, except plastic water bottles.
- Only swimmers with proper swim attire will be admitted into the pool. This will be determined by the lifeguards.
- There will be no running on the deck, no pushing, and no horseplay (dunking, hitting, throwing, splashing, riding on shoulders, etc.) of any kind.
- No back dives, flips, or twist off the side of the pool. Diving is only permitted at the back wall in the 9ft area; others entering the pool must do so feet first.
- The use of bathing caps is recommended. Long hair should be tied back.
- No spitting, spouting water, blowing the nose, or discharging bodily waste in the pool.
- Youth are required to pass a deep-end swim test in order to utilize the deep end of the large pool. After passing the test, each time they swim in the deep end, they are required to wear a blue deep end bracelet. Please see aquatic staff for more information.
- Lifeguards have the option to swim test any member before entering the deep end or at any time the lifeguard determines as necessary.
- The lifeguard's decisions in the pool area are final.



**RESPECT**



**RESPONSIBILITY**



## APPENDIX

### Hampshire Regional YMCA Financial Assistance Ranges

(Income is based on gross household income for all wage earning adults)

% is off of the full rates for Membership or Programs

		INCOME / DISCOUNT GRID											
% over poverty level ->		190%		220%		250%		280%		310%		340%	
% Membership		60%		50%		40%		30%		20%		10%	
Family Size	Poverty guide												
1	\$15,060	\$ -	\$30,850	\$30,851	\$35,400	\$35,401	\$39,950	\$39,951	\$44,450	\$44,451	\$48,950	\$48,951	\$51,200
2	\$20,440	\$ -	\$41,900	\$41,901	\$48,050	\$48,051	\$54,150	\$54,151	\$60,300	\$60,301	\$66,450	\$66,451	\$69,500
3	\$25,820	\$ -	\$52,950	\$52,951	\$60,700	\$60,701	\$68,450	\$68,451	\$76,150	\$76,151	\$83,900	\$83,901	\$87,800
4	\$31,200	\$ -	\$63,950	\$63,951	\$73,300	\$73,301	\$82,700	\$82,701	\$92,050	\$92,051	\$101,400	\$101,401	\$106,100
5	\$36,580	\$ -	\$75,000	\$75,001	\$86,000	\$86,001	\$96,950	\$96,951	\$107,900	\$107,901	\$118,900	\$118,901	\$124,400
6	\$41,960	\$ -	\$86,000	\$86,001	\$98,600	\$98,601	\$111,200	\$111,201	\$123,800	\$123,801	\$136,400	\$136,401	\$142,700
7	\$47,340	\$ -	\$97,000	\$97,001	\$111,250	\$111,251	\$125,500	\$125,501	\$139,700	\$139,701	\$153,900	\$153,901	\$161,000
8	\$52,720	\$ -	\$108,100	\$108,101	\$123,900	\$123,901	\$139,700	\$139,701	\$155,500	\$155,501	\$171,300	\$171,301	\$179,200

## RATES AND CATEGORIES

Membership Category	Monthly Charge	Joiner's Fee
Y-Team (6-9 yrs.)	\$25	\$15 Bank draft only
Youth (10-17 yrs.)	\$25	\$15
Young Adult (18-22 yrs.)	\$36	\$30
Adult (23-64 yrs.)	\$65	\$30
Adult Couple	\$102	\$30
Senior (65+ yrs.)	\$58	\$30
Senior Couple	\$88	\$30
One Adult Household w/children	\$85	\$30
Two Adult Household w/children	\$109	\$30
Three Adult Household w/ children	\$145	\$30
Military Veterans	10% Discount	\$0

## APPENDIX

### GUEST FEE WHEN VISITING WITH A Y MEMBER

Guests of a Y member may visit our facility for a reduced fee. The guest must be accompanied by a member to receive the reduced fee.

Category	Fee
Youth (ages 10-17)	\$3
Young Adult (ages 18-22)	\$5
Adult (ages 23+)	\$6
Family (Adult(s) with their child/ren) Up to 3 children, then \$3 each additional child	\$10
Police officers/firefighters/veterans	\$5

### GUEST FEE FOR ALL OTHER VISITORS

Any community member may pay a daily fee to use the Y.

Category	Fee
Youth (ages 10-17)	\$6
Young Adult (ages 18-22)	\$10
Adult (ages 23+)	\$12
Family (Adult(s) with their child/ren) Up to 3 children, then \$3 each additional child	\$20
Police officers/firefighters/veterans	\$5