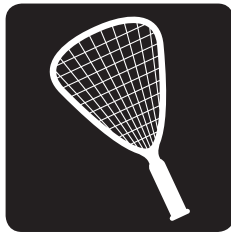




FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HAVE FUN MAKE FRIENDS AND GET FIT

Membership Policies and Code of Conduct  
YMCA OF GREATER FLINT



## MEMBER CODE OF CONDUCT

**W**e are 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 expect persons using the Y to behave in a mature and responsible manner and respect the rights and dignity of others. Our Code of Conduct does not permit language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. Our Code of Conduct reflects our core values of caring, honesty, respect, and responsibility.

### **Specifically, members are NOT to engage in the following activities:**

- Angry or vulgar language including swearing, name-calling, or shouting.
- Intentional physical contact with another person in an angry, threatening, or sexual manner.
- Any demonstration of sexual activity.
- Harassment or intimidation by words or gestures, body language, or any other menacing behavior.
- Inappropriate attire.
- Theft or behavior that results in the destruction of property.
- Carrying, or concealing weapons or devices or objects that may be used as weapons.
- Using or possessing illegal chemicals or alcohol on Y property, Y vehicles, or at Y sponsored programs.
- Chronic disregard for Y policies.
- Any other conduct that is inappropriate, threatening, or offensive in nature.
- Smoking is not permitted in or outside the Y. The YMCA and its property is a smoke-free environment.
- The use of cell phones with cameras and all other camera or video recording devices are prohibited in all bathrooms, locker rooms and changing areas.
- Membership may be terminated if Code of Conduct policies are not followed.

## **CHECK IN**

Your safety is our top priority. All visitors will be required to present a valid membership card upon entrance to the facility. Having knowledge of who is in the building and at what time, allows us to ensure a secure environment. Lost cards can be replaced for a \$6.00 fee. Members who lose their cards are required to show a picture ID. Members who lend membership cards to non-members will lose membership privileges without a refund. Membership cards are the property of the YMCA of Greater Flint.

## **AWAY PROGRAM**

The YMCA of Greater Flint participates in the AWAY program for YMCA members belonging to other YMCAs in and out of the state. Members must be in good standing at their YMCA, show a valid YMCA ID card and a photo ID. AWAY members are allowed 3 visits per month.

## **COMMUNICATIONS**

There are many ways that we communicate with our members, including:

- Our website: [www.flintymca.org](http://www.flintymca.org).
- Email updates.
- Following us on Facebook and Twitter.
- Comment cards that are available at the front desk at each branch.
- YMCA of Greater Flint App

## **LOCKER ROOMS**

Children ages 4+ must use gender-appropriate locker rooms. Parents with children 13 and younger are encouraged to use the family locker rooms. These changing rooms are also available to those who require special assistance or parents assisting an opposite gender child. Access to the Family Locker room is reserved for families with children in the facility.

## **TOWEL POLICY**

Towel service is a Y member benefit and is provided for all members in the following membership categories: Adult Membership, Family Membership (Ages 21+), Senior Membership and Senior Couple Membership. Towel service is not included in the Youth, Teen or Young Adult Membership fees. Towels can be rented by Youth, Teen or Young Adult Members for \$.50.

## **PERSONAL BELONGINGS & LOST AND FOUND POLICY**

The YMCA of Greater Flint is not responsible for lost or stolen items. Please take special care in locking up all personal belongings in both the locker rooms and in your car. We suggest not leaving any items in view in your vehicle. The Y is not responsible for any items left on YMCA property. All items turned in to the Lost and Found will be held for 2 weeks. If items are not claimed, they will be donated. Please check at the Front Desk for lost items.

## **MEDICAL EMERGENCY**

YMCA staff members are CPR, First-Aid and AED trained and certified. AEDs are available at both branches. Please see a staff member if someone needs assistance.

## **DRESS CODE**

The YMCA is a family organization and we ask our members to wear family appropriate attire. Members are required to wear appropriate sports clothing; gym shoes and non-marking soles, shorts and a shirt (no bare midriffs) are required for the Fit Zone, Group Fitness Classes, etc. Swimsuits are required in the pool, hot tub and saunas. Infants in diapers must wear swim diapers specifically for swimming pool use. Clothing with profane or offensive language or pictures is prohibited. The YMCA reserves the right to define inappropriate dress when necessary.

## **PERSONAL TRAINING**

Personal training at the YMCA is provided by YMCA approved trainers only. Personal trainers that are not approved or not employed by the YMCA are prohibited from providing training services at the YMCA for members or participants.

**An individual may be seen as personal training if he/she is:**

- receiving payment for an exercise session
- Designing a program or workout for another member or participant
- Providing exercise, sports, or swimming technique

Failure to comply with the Personal Training Policy is in direct violation of YMCA policy and may result in suspension or termination of Y membership privileges.

## **TOBACCO POLICY**

The YMCA of Greater Flint facilities and grounds are tobacco-free environments. This includes parking lots and playing fields. We ask that if you need to use tobacco products that you leave YMCA property to do so.

## **FIT ZONE AND FREE WEIGHTS**

- Please schedule an orientation at the front desk if you have questions.
- Youth ages 12 and 13 may only use the Fit Zone once they have completed an orientation and have been approved by YMCA staff. They must have a parent working out with them at all times.
- Please wipe down equipment after use.
- Share the equipment by allowing others to work in.
- Water and sports drinks in enclosed containers are welcome.
- Use a spotter when possible.
- Use collars on all barbells.
- Leave weight benches in assigned areas and re-rack plates on assigned racks. Please do not rest plates on the floor, machines or walls.
- Bring weights to rest gently. Do not drop weights or bars.

## **SCHOOL HOUR RESTRICTIONS**

The YMCA values the importance of education for children and teens. Youth that are school-aged and not attending a program at the YMCA through a homeschool program or other school program are not permitted into the facility during the hours of 8:00 am – 2:30 pm during the school year without prior approval from the Executive Director. Exceptions will be made for days when school is not in session.

## **ACCESS POLICY**

The protection of members and guests who are participating in programs or are using YMCA facilities is of paramount concern to the staff of the YMCA of Greater Flint. Therefore, we reserve the right to deny access or membership to any person who:

- is a registered sexual offender;
- has plead guilty to or been convicted of any crime involving sexual abuse;
- has plead guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse;
- is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

The Branch Executive will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Branch Executive if in his/her discretion a violation of the YMCA Member Code of Conduct has occurred.

## **GENERAL POOL GUIDELINES**

- Lifeguards reserve the right to restrict any guest from either end of the pool.
- Swimming without a lifeguard present is prohibited.
- Breath holding activities are not permitted in YMCA pools.
- Proper swimming attire must be worn at all times.
- Guests must shower before entering the pool.
- No diving is allowed.
- Food, drinks, candy and gum are not permitted in the pool area.
- Persons with bandages, wounds or open cuts are not permitted in the pool.
- The pool shall not be operated during severe weather (thunderstorms, tornadoes, etc.).
- Please do not hang on lap lines.
- Horseplay is not permitted.
- The lifeguard's word is final.
- YMCA Staff reserve the right to adjust and/or change the pool schedule due to program needs.
- Participants under 18 may be required to wear a personal flotation device. Please see the lifeguard or pool signage for swim test policies.

## **SAUNA POLICIES**

- Recommended use time is 15-20 minutes or less.
- Saunas are public spaces; appropriate clothing is required at all times.
- Exercising in the sauna is not allowed.
- Rubber suits are not allowed in the sauna.
- Children under 7 are not permitted in the sauna.

## **POOL/HOT TUB POLICIES**

### **Children under the age of 7:**

- Must be accompanied by an adult 18 years or older in the pool within an arm's reach.
- Are not allowed in the hot tub.

### **Children between the ages of 7-14:**

- Must be supervised by an adult 18 years or older at all time in the pool area.
- When in the hot tub, an adult 18 years or older must be within arm's reach.

## **MEDICAL OR TRAVEL HOLD POLICY**

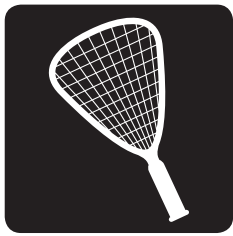
Members may request that their membership be placed on hold once per calendar year for up to 3 months due to medical or travel purposes. A Request for Membership Hold Form must be completed at least 15 business days prior to the membership being placed on hold. Membership holds are not considered an active membership when other YMCAs call to confirm membership status for the "A.W.A.Y. Guest." The full membership will be automatically be reactivated, and the draft will resume, the day after the ending date of the membership hold, unless the member terminates their membership with 15 days written notice.

## **PARTNER WITH YOUTH CAMPAIGN**

### **FINANCIAL ASSISTANCE**

Financial assistance is available for those in need. We make every effort to ensure that no one is turned away due to an inability to pay. We are grateful to our generous donors whose contributions to the annual YMCA Partner With Youth Campaign make assistance possible. Applications for financial assistance are available at the front desk. Assistance is given based on need and available funding.

Monthly membership dues are used to cover costs associated with operating our facilities and offering services to members. Donations to our Partner With Youth Campaign allows us to provide financial assistance for memberships and programs. Please consider making a gift to the YMCA to support those in need. Donations can easily be added to your monthly draft. If interested in supporting the Y, please see the front desk.



# HELPING YOU LIVE BETTER

## **Pierson Road Branch**

G-5219 West Pierson RD  
Flushing, MI 48433  
(810) 732-YMCA (9622)  
[www.flintymca.org](http://www.flintymca.org)

## **Downtown Branch**

411 E Third ST  
Flint, MI 48503  
(810) 232-YMCA (9622)  
[www.flintymca.org](http://www.flintymca.org)

## **Camp Copneconic**

10407 North Fenton RD  
Fenton, MI 48430  
(810) 629-YMCA (9622)  
[www.campcopneconic.org](http://www.campcopneconic.org)

