

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



KEARNEY FAMILY YMCA
4500 6th Ave.
Kearney, NE 68845
308-237-9622
www.kearneymca.org

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MEMBERSHIP HANDBOOK

WELCOME

Welcome to the Kearney Family YMCA! The staff and volunteers are excited that you have chosen to join us for youth development, for healthy living and for social responsibility.

OUR MISSION

The Young Men's Christian Association of Kearney, a non-profit charitable organization, is dedicated to providing services that are based on Judeo-Christian principles. It is our goal to enable all person's, regardless of race, religion, income, gender, or physical ability, to achieve the YMCA's National Mission:

"To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

OUR PURPOSE

The Kearney Family YMCA develops partnerships with youth, adults and families of Kearney and the surrounding area by providing organized adult and youth programs, promoting activities for leisure, fitness and healthy living.

OUR MEMBERSHIP ORGANIZATION

When you join the YMCA, you become part of the world-wide fellowship of members, all interested in the development of Spirit, Mind and Body. The YMCA of Kearney is an association of members, and therefore, the responsibility for operation and maintenance of programs and our facilities are yours...the Member. The YMCA is owned and operated by the membership and governed by their elected Board of Directors. Remember, it is your YMCA. Help keep it in good condition and help the staff with your suggestions and comments.

HOURS OF OPERATION

Available facility hours fluctuate in accordance with the seasons and membership usage. Please contact our Service Desk to verify our current building hours. You will also find this information posted throughout the facility.

CELLULAR PHONE and/or VIDEO USAGE POLICY

Video recorders, cameras, or any other visual recording devices including cellular phones are NOT to be used within the YMCA locker rooms and/or Child Development Center.

Anyone caught taking pictures within said areas of another person without their permission and knowledge will be prosecuted to the full extent of the law by the YMCA and may lead to the termination of their membership.

NO FIREARMS OR WEAPONS ALLOWED AT THIS FACILITY.

FITNESS CENTER

The Fitness Center is equipped with state of the art cardiovascular and strength training equipment.

1. Program participants are encouraged to attend an orientation with a Fitness Center Staff before using the equipment. Orientation should be scheduled at the Fitness Center desk. Fitness Center Staff will assist you in the equipment orientation.
2. Cardiovascular equipment is available in a first come - first served basis.
3. Please wipe down the piece of equipment used with the cleaner provided.
4. Contact the Fitness Center Staff if you have any questions or problems with the equipment.
5. No one under the age of 13 years old is allowed in the Fitness Center.
6. Only Fitness Center Staff are allowed to change the overhead radio station. There are some stations we will not allow to be played. You may ask Fitness Center Staff to change to one of the approved stations.

INDOOR TRACKS

Walkers and joggers find the indoor track a nice break from the cold and unpredictable weather conditions of outside.

FITNESS CENTER TRACK
1. This track is located on the second level. There are approximately 15 laps per mile.
2. Please follow all track rules posted.
3. NO strollers are allowed on the second level track.

SUPER GYM TRACK

1. This track is located off the Family Center. There are approximately 10 laps per mile.
2. Strollers are allowed on the Super Gym track.

WEIGHT ROOM

Weight trainers have a choice from a variety of equipment.

1. For your safety, utilize a spotter when necessary.
2. Open-toed shoes are not permitted in the Free Weight Area.
3. Personal radios are not permitted in the weight room; however, iPods with headphones are permitted.
4. Please do not drop the weights, as we do not have the special floor that will allow weights to be dropped.
5. Please obey all weight room rules, listed on the sign posted in the weight room.
6. When you finish with your workout, please put away the weights you used.
7. Please wipe down the piece of equipment used with the cleaner provided.

SWIMMING POOL

Children must be 8 years old or older and be able to swim to use the pool without direct adult supervision. A child under the age of 8 years must have adult supervision in the water.

Swimmers enjoy our 6 lane 25 meter pool for laps, recreation, exercises, team practices and instructional purposes.

1. A lifeguard is on duty at all times.
2. A current pool schedule is available at the Service Desk or on-line.
3. Water wings or other floatable devices are not permitted unless they are United States Coast Guard (USCG) approved.

RACQUETBALL

Two courts are available for racquetball.

1. Reservations may be made by members, up to 2 days in advance. Members are limited to two reservation times per day. Eye protection is **strongly** encouraged.

GROUP EXERCISE

Our Group Exercise classes are here for you! We welcome any member to any class and encourage you to expand your horizons and try them all out to see what works for you. All Group Exercise classes are taught by Certified Instructors who are well trained in safety and form specific to the class they are teaching. Most people find that if they give it a try they truly enjoy the experience they have in a group setting and learn not only from the instructor but from other participants as well. Group Exercise classes are open to all members age 11 and up. We also offer some semi-private or "fee" classes. We hope you enjoy your group experience no matter what class you choose!

LOCKER ROOMS

The locker rooms are divided by youth and adult sides and we ask that members be 18 years of age or older to be on the adult side. The adult locker rooms are equipped with steam rooms. If your child needs your supervision and/or assistance, please use the Family Locker Rooms located near the Family Center. NO children are allowed in the Adult Locker Rooms.

LOCKERS

The YMCA is not responsible for lost or stolen articles. Please remember to lock your belongings in the locker room and/or your car while you are utilizing the facilities. Padlocks must be removed daily and may be rented at the Service Desk or brought from home. Kit lockers are available to members on a monthly basis for a small fee. Please inquire at the Service Desk. Video recording devices and cell phones with cameras are not allowed in locker rooms.

After you familiarize yourself with this handbook, do not hesitate to ask us questions. Please become acquainted with our staff, our quality programs and our numerous services. We want your time spent with us enjoyable and rewarding.

CANCELLATION POLICY

Your YMCA membership is perpetual and will continue until a **cancellation form is completed and signed**. Cancellations are **NOT** accepted over the phone. You may cancel your membership with **30 days notice** at any time. Members who have paid on an annual basis will be given a refund for the months following the cancellation notice. Memberships cancelled for more than 30 days will be subject to paying the building fee upon rejoining. Please contact the Service Desk if you have any questions.

DAILY MEMBERSHIPS

The Kearney Family YMCA is made available to all members of the community through its day member program. A day membership entitles individuals to utilize the entire YMCA facility for the day that the membership was purchased. Day members are not able to participate in any program that requires preregistration.

MEMBERSHIP ASSISTANCE

The YMCA welcomes all who wish to participate and annually raise scholarship funds through our Strong Kids Campaign to help make this possible.

Proceeds support the Kearney Family YMCA assistance fund. This program assists those who may not otherwise be able to afford the full fee for memberships or programs. The YMCA uses a sliding scale and amount of dependents to determine the individual membership award. Please let us know if we may serve you or your family in this way.

MEMBERSHIP CARDS

All members must present their cards at the Service Desk for admittance into the facility. If a card is lost, a replacement card is available upon request.

Membership cards are non-transferable and loaned cards will be confiscated.

FACILITY USAGE

To ensure the safety of all YMCA participants, we ask that the rules which are posted in each exercise area be observed. If rules are not followed, the YMCA reserves the right to ask individuals to leave the premises. We ask that workouts and showers will be completed and members will exit promptly at the established closing time.

HEALTH AND SAFETY

The Kearney Family YMCA asks that you observe the following suggestions before beginning your exercise program:

1. A pre-participation medical check-up and an annual medical evaluation by your physician is strongly encouraged before engaging in YMCA physical fitness activities.
2. Always warm up and cool down, including stretching, when exercising. This may decrease your chance of injury and muscle soreness.
3. Drink plenty of water before, during and after your work-out; especially during the warmer months.
4. If you have any questions, be sure to ask. Trained staff are available to help design your program and answer your exercise questions.

SHUT DOWN WEEK

The YMCA will shut down for one week during the summer. This work week allows the YMCA to refinish its floors, complete painting projects and other annual maintenance that we wouldn't otherwise get to during operating hours.

SNOW / INCLEMENT WEATHER POLICY

If the Kearney Public Schools are closed or delayed, we may operate on a delayed opening schedule. In extreme weather conditions, we will announce closing and/or reduced hours on radio, T.V. and on our website www.kearneyymca.org. We will hold classes and programs if roads are passable and safe for staff to get to the YMCA. We recommend that you call before coming to your class or program.

GENERAL INFORMATION

The following provides a brief overview of some of the services provided by the Kearney Family YMCA. For additional information, please contact the Service Desk.

ADDRESS / TELEPHONE CHANGES/EMAIL ADDRESS

To ensure that you receive important information regarding your membership, please inform the Membership Services Desk of changes in address or telephone numbers. In case of an emergency, valuable time will be saved if this information is correct.

DRESS CODE

The Kearney Family YMCA reflects a family environment. Appropriate clothing for leisure or fitness is expected to be worn either on site or off site. The Kearney Family YMCA prohibits any apparel (or lack of apparel) that contains offensive slang, profanity, sexual innuendoes and/or graphics. Members will be asked to change or leave if wearing unacceptable clothing.

Appropriate swimsuits/swim trunks are required when using the pool. (no cutoffs or T-shirts) Swimwear should only be worn in the locker room and pool areas. Members are asked to wear a cover (shirt and shorts) over swimwear whenever entering or exiting the YMCA or in any area outside the locker rooms.

Shoes must be worn in all areas outside the locker rooms and pool areas. Non-marking shoes are required on all court and gym floors. Open toed shoes are not allowed in the weight rooms. Street shoes are not allowed on the pool deck.

FACILITY RENTAL

The Kearney Family YMCA is the place for your next retreat, school outing, or family reunion. Please contact the Service Desk for more information.

INSURANCE

It is the responsibility of every individual, parent, or guardian to provide their own accident and health coverage while participating in YMCA activities. The Kearney Family YMCA does not provide accident or health coverage for its participants. Please report all accidents to the Service Desk immediately.

LOST AND FOUND

Lost and found items are kept for two weeks before they are donated to charity. Please inquire at the Service Desk if you have left an item behind.

PERSONAL CONDUCT

Christian values are at the heart of the YMCA. Membership privileges may be suspended or revoked for any behavior that jeopardizes the health and safety of YMCA staff, members, participants, facility, and/or equipment. Behavior Guidelines are posted throughout the building and copies available upon request.

PROGRAMS AND REGISTRATION

Programs are the backbone of YMCA activities. The YMCA offers a number of programs based on the needs of our members. All programs are taught by trained YMCA employees or YMCA volunteers. Complete descriptions of all YMCA programs and registration information are listed in a brochure. Program brochures are available at the Service Desk, or on-line at www. Kearneyymca.org. Registration can be done on-line, by phone or in person. Payment is requested at time of registration.

SMOKE-FREE FACILITY

The building and grounds of the Kearney Family YMCA are tobacco, alcohol and drug free environments.

SUGGESTION BOX

Your comments and suggestions are always welcome and appreciated. Please feel free to fill out a comment card. The box and cards are located near the Service Desk. Responses to comment cards are made when name and phone number are completed.

CHILD WATCH AREA

Our Child Watch area provides care to children ages 6 weeks to 6 years. Included with Family Membership and limited to 1hr 45 min. a day. Those without a Family Membership may use the area for \$4 per child for 1hr 45 min. a day payable at the Service Desk. Parents must remain on the YMCA premises while children are in the play area. Bottles, diapers and baby wipes must be provided by the parent.

UNSUPERVISED CHILDREN / FACILITY USAGE

Children under age 7 should be accompanied by an adult (age 18 or older) who is in the same room at all times, signed into the supervised play area, or under the supervision of an instructor in a class. **It is our recommendation and belief that children between the ages of 7 and 11 should not be left in the facility unattended by an adult for periods of more than 2 hours at a time.** Prior to leaving your child unattended at the YMCA, please discuss with him/her alternate transportation plans in case an emergency should arise.

VOLUNTEER OPPORTUNITIES

The YMCA is an international organization built on volunteers. The gift of time can be a rewarding experience for both you and those you serve. For more information, contact the YMCA and **GET INVOLVED TODAY!**

MEMBERSHIP INFORMATION

The Kearney Family YMCA is a membership organization. We welcome men, women and children regardless of race, religion or creed. A YMCA membership offers many opportunities.

MEMBERSHIP CATEGORIES

Adult (ages 18-79) Any individual over 18 years of age, or high school graduate, regardless of place of residence.

Single Adult with Youth-One adult age 18-79 & youth 18 and under or a full-time student under the age of 25. Student must provide full time status.

Two Adult Household-Two adults age 18-79 living in the same household. Add a third adult living in the same household for \$15.

Two Adult Household with Youth-Two adults age 18-79 & youth 18 and under or a full-time student under the age of 25. Student must provide full time status. Add a third adult living in the same household for \$15.

Student (full-time ages 19-25) -Any full time college student. Student must provide student identification and a class schedule to verify full-time status.

Youth (ages 0-17) -Any individual under the age of 18 years.

Golden-Individuals 80 years of age or older.

Corporate-Corporate memberships are available. Contact the YMCA's Membership Services Office for more information.

MEMBERSHIP PAYMENT

Payments are assessed in one of two ways:

Annually: by cash, check or charge card.

Monthly Bank Draft: withdrawals are made on the first or fifteenth of each month from a savings or checking account.

AWAY PROGRAM (Always Welcome At YMCAs)

The YMCA of Kearney is a participating member of the YMCA of the USA's national membership recognition program AWAY. YMCA members from other communities may utilize the Kearney Family YMCA free of charge. If you travel and want to use another YMCA, present your membership card to the YMCA you are visiting. You will have free or reduced guest privileges to most major city YMCAs on a comparable membership category basis.

Nebraska Reciprocal Membership: Members of NE YMCA's may use ANY Nebraska YMCA at no cost and with unlimited usage. Visiting members must check in at each YMCA with a valid membership card and follow check in procedures.

University Members: Memberships must be purchased at the member's current place of residence. (College students currently enrolled will be considered residents of the community where the school is located.)

Programs: Member rates for programs are for individuals purchasing memberships at the YMCA where the program is being held. Other YMCA members may enroll in other community programs at the non-member rate.