



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A GREAT PLACE FOR COMMUNITY TO COME TOGETHER

2017 Membership Policies
COUNTRYSIDE YMCA



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Membership Cards & Guest Passes

1. Countryside YMCA is a membership organization. Membership cards are issued as proof of membership and can be obtained at either the Welcome Center or Physical Desk.
2. Each member 6 years and older receives their own card. For admittance, each member must scan their card at the Courtesy Desk each visit. With your help, enforcement of this policy will permit faster check-in, provide a safer YMCA, and allow us to monitor usage; monitoring peak and total usage provides vital information to help plan for your future needs.
3. If you do not have your card, you will need to present another form of ID. This may cause a delay in your entry as well as for those waiting. You may enter the YMCA three times without a membership card; after the third time, you will be asked to purchase a new membership card.
4. The cost to replace a card is \$3 payable at any of the courtesy desks. Cards are the property of the YMCA and are not transferable.
5. Members may purchase guest passes: passes are sold to members for \$7 for individuals ages 17 and under, \$10 for a single adult guest, and \$15 for a family of two or more people. YMCA members are responsible for their guest and must stay together. We hope your friends enjoy coming to the YMCA; if they would like further information on classes and membership, they should stop at The Welcome Center for assistance.

Program Membership Cards

Individuals and families may choose not to become full facility members of the YMCA and instead purchase a Program Membership. Program Memberships allow the Program Member to participate in programs only.

Program Members may not use the facility for recreation or other member services. If you decide to become a full facility member, please come to the Welcome Center to upgrade your Program Membership. Program members who have signed up for any type of program will need to scan a program membership card to obtain access to the facility.

Adult Program Membership: \$27

Family Program Membership: \$38

Program memberships must be renewed yearly.

Please remember: you need your membership or program membership card to enter the building. Thank you for your cooperation.

Dress Code

Countryside YMCA puts Christian principles into practice through programs that build healthy spirit, mind, and body for all. We ask that our members and guests wear family appropriate clothing while in the facility. Please do not display attire, apparel, or skin bearing alcohol ads, cigarette ads, inappropriate designs, or offensive comments. Participants are asked to wear a shirt and shoes at all times when inside the building. Please refer to the [Aquatic Department Dress Code](#) for swim attire. Please refer to the [Physical Department Dress Code](#) for clothing and shoe rules in our gyms and courts.

Insurance

The YMCA does not provide medical indemnity insurance. Use of the YMCA facilities and equipment is at your own risk.

Smoking & Tobacco

The YMCA is a non-smoking facility. Tobacco products are not permitted on YMCA property, which includes entry ways, parking lots, sports fields, outdoor pool, and the Nature Trail.

Guns & Weapons

No firearms or weapons of any kind are permitted in the facility or on the grounds of the YMCA property.

Parking

1. There are 3 main parking areas for your convenience: the Large North Lot, Lower Level Lot next to Family Aquatics, and South Lot next to the outdoor pool.
2. Handicapped parking is available at the front of the building, the north parking lot, and the lower level lot. Permits must be visible. Violators may be ticketed by the Lebanon Police and/or, if warned three times for violating, may have a wheel lock placed on vehicle.
3. The outdoor pool has a parking lot for your convenience in the summer.

Equipment Usage at Physical Desk

1. Towels, weight belts and equipment for racquetball, basketball, pool, ping-pong, and foosball for the game room are all available for use by members from the Physical Desk.
2. Please note that some items have a nominal rental fee.
3. We need your membership card when you borrow YMCA equipment. Your card will be returned to you when the equipment is handed back in good condition.
4. Members can be charged for broken equipment.

Lost and Found

If you lose an item while at the Y, please check at the Physical Desk. Valuable items will be kept safely in the front office.

Locker Rooms Policies

1. Boys and Girls locker rooms are available to participants under 18 years of age and their parents. Children ages 5 and under should be supervised in the locker rooms at all times.
2. Adult locker rooms are for adult use only; no minors are permitted in these areas.
3. The Family Aquatic Center has 3 sets of locker rooms: Male, Female, and Family.
4. There are 6 family dressing rooms and 1 handicap private room available on the upper level, and 4 family dressing rooms available on the Lower Level. Mixed dressing areas are for parents with small children and families with special needs. Please be respectful with your time in these rooms to be considerate of others.
5. Stolle Center locker rooms are available for members ages 50 and over.
6. We strongly recommend that you place a lock on your locker at all times. Please do not leave locks on the lockers overnight as they will be cut off. The YMCA is not responsible for lost or stolen items.
7. Swim suits are required attire in the whirlpools, saunas, and steam room. Members are required to wear swim suits or cover themselves with a towel while walking through the locker area to showers.
8. Shaving is not permitted in steam rooms, sauna, or hot tub areas.

Member Expectations Around Children

Members are expected to use appropriate language and act in a positive manner that is consistent with our values. Members who talk in a sexual manner, perform sexual gestures or acts, or attempt inappropriate contact with a child will have his/her membership suspended or terminated depending on the degree of the offense. The police may be contacted if warranted. No use of cameras is allowed in the locker room areas. Member records will be periodically run against child abuse and sex offender registries.

Supervision of Children in the Facility

1. Children 6 years and under are to be signed in to the Child Watch program, be in another structured program, or be in the physical presence and supervision by a parent or custodian.
2. For children age 7 through 9 years, it is recommended that they be involved in a program; parents or custodians must be on the premises.
3. For children 6-9 years, a parent or adult age 18 or older must be in pool areas with children at all times. Children under age 5 must have an adult 18 years or older in the water within arms reach and actively involved in the supervision of the child.
4. Children ages 11 and under are not permitted in workout areas. However, children ages 8-11 may use the tracks and lap lanes if they are exercising with an adult.
5. Children 12-14 are permitted in workout areas if they are with a parent.
6. Children under 12 are not allowed in any areas where adult fitness classes are running.
7. Children must be at least 10 years old to be in the YMCA without a parent on the premises.
8. A babysitter needs to be thirteen (13) years of age or older to supervise young children while at the YMCA without an adult present. This does not include using any pools, the Family Gym, or any exercise area. In these areas, a babysitter must be eighteen (18) years of age or older to supervise children.
9. Adults with multiple children ages 0-5 must stay together in the water within arms reach of the children
10. Youth lap swimmers ages 6-12 years may swim laps with an adult as long as they are continuously swimming laps.

Child Watch

The Child Watch is provided as a free service to members. There is a 2 hour limit per day per child and a parent must be on the premises. All diapers, wipes and pre-made bottles must be provided by the parent. No food is permitted in the Child Watch Center. Hours of operation are listed on our website at www.countrysideymca.org.

Family Gym Policies

1. The Family Gym is a member service and is for full facility YMCA members only.
2. The Family Gym is designed for children ages 6 and under to use with a parent.
3. Parent supervision is required at all times. Parents must stay in the gym with their children.
4. Please do not bring food or drinks into the gym.
5. Please place shoes and other belongings on the wall rack. Shoes are not permitted on the blue mat area.
6. We ask that children wear socks when playing on the equipment.
7. Please report any inappropriate behavior to the Physical Desk.
8. The maximum number of children allowed in the area is 30.

Motion Zone & Youth Center policies

1. Participants must be a full YMCA member age 7 or older
2. All participants must sign in and out when entering and exiting
3. Food and drink are not permitted
4. Parents are encouraged to come in and play as well
5. Bopper balls, headphones, and controllers must be checked out using a YMCA membership card
6. Participants must be at least 51" tall to use the Game Bikes
7. Shoes are prohibited on the Eye Play Floor

Behavior Expectation

The behaviors below will not be tolerated at this YMCA, and are not within the values of Caring, Honesty, Respect, Responsibility, and Faith our YMCA tries to instill. Please be aware that these actions may result in an automatic removal and suspension from the YMCA facility, with the possible loss of membership privileges.

1. Disrespect of others: respect YMCA staff and members.
2. Disrespect of property: take care of your YMCA facilities; they are for your enjoyment.
3. Theft: be honest! If something doesn't belong to you, leave it alone.
4. Rowdy behavior or bad language: take responsibility for yourself and be on your best behavior whenever you are at the YMCA.
5. Disregarding instructions by the Building Supervisor or YMCA staff
6. Running, yelling, fighting, littering, teasing, bullying
7. Using offensive language
8. Inappropriate touching
9. Display of any offensive pictures or messages on attire, apparel, skin, etc
10. Illegal activity

Harassment, intimidation, or bullying by words, gestures, body language, or any menacing behavior

The CEO or Membership Director will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result if in their discretion a violation of the YMCA Member Code of Conduct has occurred.

Aquatic Policies

Dress Code for Pools

1. We ask that participants wear only regulation swimsuits in our pools. We do not allow shorts, cut-offs, or T-shirts. For those needing to wear a T-shirt, please wear white or light colored shirts only.
2. Aqua shoes and water exercise shoes are permitted in the water. Street shoes are not permitted.
3. The use of SCUBA equipment is prohibited except for YMCA instructed classes (i.e., mask, fins, snorkel, regulator).
4. Please wear shoes and a cover-up when traveling between all pools.
5. Use swim diapers only. Please do not use disposable diapers while swimming. (Infant & adult)

Pool Policies

Aquatic safety is a partnership between great parental supervision and preventative life guarding.

For children 6-9 years, a parent or adult age 18 or older must be in pool areas with children at all times. Children under age 5 must have an adult 18 years or older in the water within arms reach and actively involved in the supervision of the child.

RED BRACELET (children ages 0-5 years)

- Must remain in shallow water
- Must have an adult (18 years or older) in the water within arms' reach and actively involved in the supervision of the child
- Adults with multiple children ages 0-5 must stay together in the water within arms' reach of the children

Youth ages 0-5 found in the water without adult supervision within arms reach will be reunited with their responsible adult one (1) time per day. If a child is reunited with his/her responsible adult for a second (2nd) time in one day, the family will be asked to leave the pool facilities.

YELLOW BRACELET (children ages 6-12 years)

- Swimmer declined to take the swim test
- Swimmer did not pass swim test or does not meet height requirement to take swim test
- Swimmer may take the swim test up to two (2) times per day

Swimmers with yellow wrist bands may enter deeper water if accompanied by an adult in the water within arms' reach.

GREEN BRACELET (children ages 6-12 years and at least 45 inches tall)

- Passed the swim test
- Will receive a swim test sticker for their membership card
- Each visit to the pool, swimmer will present his/her membership card with sticker to the lifeguard to receive a green wrist band
- If swimmer does not have his/her membership card with a valid swim test sticker, he/she must retake the swim test that day

Aquatic staff reserve the right to remove green wrist bands and stickers for:

- Observed swimming skills below the swim test standards
- Failing to meet age and height requirement

General Pool Safety Policies

1. A lifeguard must be on duty at all times. The lifeguard is the sole authority of the pool and is responsible for the safety of all in the pool area.
2. Flotation devices are not permitted. Children needing swimming aids may use a U.S. Coast Guard Approved Lifejacket Type I or Type II only. Parents must remain in the water at all times regardless of the child's age. You may bring your own U.S. Coast Guard Approved Lifejacket to the pools. Swimsuits with flotation inserts must be U.S. Coast Guard approved.
3. Showers are expected before entering the water to assist us in keeping our pools clean and healthy.
4. Use swim diapers only. Please do not use disposable diapers while swimming. (Infant & adult)
5. Do not dive head first into any water that is less than 9 feet deep.
6. Please walk at all times.
7. Toys are welcome at our pools; however, inflatable toys, hard rubber, or plastic torpedoes and hard plastic dive sticks are not.
8. All non-swimmers and those in street clothes must remain seated in the seats provided.
9. Keep all ladders and pool exit doors clear of congestion.
10. Smoking, food, beverages and gum are not permitted in the pool area. Glass containers are prohibited as stated in the Ohio State Health Code.
11. Do not hang on the safety lines.
12. Do not use masks or snorkels unless you are currently certified in SCUBA or skin diving. You may be asked to present your certification card to the lifeguard. Non-certified adults wishing to use a mask or snorkel may do so providing they can demonstrate how to properly clear both mask and snorkel.

Deep Water, Vortex, Waterslide and Diving Board Policies

1. A lifeguard will supervise the deep water, Vortex, waterslide, and diving boards.
2. You must be at least 6 years old and 45 inches tall and have passed the swimming test in order to use deep water, Vortex, waterslide and/or diving boards. Once a swimmer has passed the swim test they will receive a deep water sticker to place on the back of their membership card. Swimmers having a sticker on their membership card will be given a bracelet prior to entering the water. Deep water stickers expire annually. Please see the lifeguard for assistance.

Lap Swimming Policies

1. Lap swimming is for adults and teens ages 13 years and older.
2. Youth lap swimmers ages 6-12 years may swim laps with an adult as long as they are continuously swimming laps. Please do not allow youth to play in the lap lanes.
3. Flippers, kickboards, pull-bouys, and hand paddles are for lap swimming only.
4. Lap swimming is continuous; rest only at ends of lane. You may be asked to share lanes.
5. Starting blocks are used for competitive swimming. They are not for use during open or lap swim.

Cardio Strength Center (CSC) & Weight Room

1. Gym shoes or workout shoes are required. No sandals or open-toed shoes.
2. Members between the ages of 12 and 14 must be supervised by an adult and sign in at the CSC service desk to receive a Youth Badge. Youth Badges must be turned back in at the desk upon completion of workout. 12-14 year old members who have been trained on FitLinxx do not need an adult present but must sign in at the CSC desk to receive a Youth Badge.
3. FitLinxx appointments are scheduled on an individual basis.
4. There is a 1-set courtesy rule for all weight machines.
5. There is a 30 minute limit on all cardio equipment.
6. Towels are provided to wipe off equipment.
7. You may purchase a set of headphones or bring your own for the Cardio Theater system.
8. Personal Training appointments are scheduled individually with the personal trainer. There must be a 2-hour notification prior to the appointment for cancellation. Failure to give notice will result in loss of that session.
9. Misuse of equipment will result in suspension of CSC privileges.

Physical Department

Dress Code For Gyms, Courts, & Fitness Studios

1. Suitable sports clothing and non-marking gym shoes are required. Please do not wear the following: clothing with rivets, sandals, Aqua Socks, street shoes, bare feet, waffle soles, and hiking shoes.
2. Please remember we put Christian principles into practice. We ask that your attire, apparel, and exposed skin are appropriate for families with young children. Please refer to the dress code policy on page 3 of this book.

Basketball Court Policies

1. Hanging on the nets or rims is prohibited.
2. Abusive or threatening language is unacceptable.
3. Profanity, spitting, and fighting are not permitted.
4. Drinks, food, chewing gum, and candy are prohibited.
5. Covered plastic water bottles containing water only are permitted.
6. Shirts must be worn when leaving the court.
7. Non-marking athletic shoes must be worn.
8. Failure to follow gym policies may result in removal from the gym.
9. All players should be courteous. Those waiting to play should not be shooting at the end of the floor opposite the action.
10. Hard balls (baseballs/softballs/lacrosse balls) are not permitted to be used in gyms unless approved by a YMCA staff employee.
11. Leagues take precedence over open play. One end of the Main Gym will usually be open to members. Organized games may be interrupted or stopped if games are affecting member service.

Summit Climbing Center Policies

1. All participants must complete a waiver. Children under 18 must have the waiver/release signed by a parent or guardian.
2. Children under 10 must have a parent/guardian present and supervising them while climbing.
3. Climbers may only use equipment which is manufactured and designed for climbing. All gear is subject to inspection by Summit Staff.
4. Safety is the number one concern of staff. Climbers can and will be asked to leave if they represent a safety risk.
5. The Summit may not be used unless a staff person is on duty.
6. There will not be any "Try Climbs" available during instructional periods or rentals. Please check with staff.

Space is limited. Only climbers and those directly supervising them should be inside of the center. All others should observe from hallway.

Racquetball Courts Policies

Court Reservations

- Full members may reserve a court in advance for \$2.00
- Reservations are to be made for a minimum of two people.
- Court times are in 45 minute intervals.
- Courts may be reserved for the following activities:
 - racquetball
 - handball
- If you arrive before your designated court time and the court is not in use, you may begin play.
- Reservations are non-refundable.

RULES

1. Racquetball, handball, squash, and YMCA programs take priority over all other general recreation.
2. Unreserved courts are available on a "first come, first serve" basis. If someone is using the court for something other than racquetball, handball, wallyball or rocket ball, then they may be asked to leave the court.
3. To help preserve the court wall, and for your safety, players are asked to take or provide bumper guides on racquets. No wooden racquets are permitted.
4. Proper gym attire must be worn at all times, including court-appropriate shoes. Flip-flops are not permitted.
5. For your safety, we recommend that all players wear eye guards. All players under 18 are required to use eye guards.
6. Racquetball equipment is available for rent at the Physical Desk, including racquets, racquetballs, and eye guards. The Y has limited equipment available. Members must leave their membership card or a driver's license. A guest pass may not be used to rent equipment.
7. Individuals under 12 must be accompanied or supervised by an adult.
8. Racquetballs, handballs, or squash balls must be non-marking.
9. Any activity other than racquetball, handball, or squash must receive prior approval from the Sports Director or Physical Desk personnel and is only permitted if a court is available.

Indoor Track Policies

1. Children under 8 are not permitted on the tracks.
2. Children ages 8-11 are permitted to use the tracks provided they are with a parent.
3. The 1/9 of a mile track next to the CSC is a single file track only. Those wishing to walk/run side by side may use the 1/16 of a mile track located above the Main Gym.
4. Parents with strollers may use the 1/16 of a mile track located above the Main Gym. (A stroller is available at the north end of track.)

Fitness Studios

Special purpose rooms are for programming purposes only and are not open for general usage.

Hewett P. Mulford Nature Trail Policies

1. The Nature Trail is open to members of the YMCA from dawn until dusk.
2. Please enter through the building before walking on the Nature Trail. Maps are available for your convenience from the Front Desk.
3. Trapping of animals, the use of vehicles or weapons, or picking of flowers are not permitted on the Nature Trail.

Stolle Center

Stolle Center Pool Policies

1. YMCA members 50 years and older are eligible for Stolle Center privileges.
2. Towels are available for \$0.50 for use only in the Stolle Center.

Pet Policy

For your safety, pets are not permitted on YMCA property except for registered service animals.

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