



Greater Waterbury YMCA
Where you build your mind, body, and spirit!

MEMBERSHIP HANDBOOK

Greater Waterbury YMCA

136 West Main Street, Waterbury CT, 06702
203.754.9622

Rose Hill Annex

63 Prospect Street, Waterbury CT, 06702
203.754.9622

We PROUDLY serve Waterbury, Wolcott, Watertown, Bethlehem, Woodbury, Southbury, Prospect, Thomaston and Middlebury.





WELCOME

to the Greater Waterbury YMCA

The Greater Waterbury YMCA is committed to the health and wellness of the Greater Waterbury community. The YMCA offers programs for people of all ages and abilities, providing the building blocks of a healthy lifestyle. Strong in spirit, mind and body for 160 years, the Y strives for inclusion and making healthy lifestyles accessible to all members of the community.

We are delighted to have you with us. By becoming a member of the Y, you have joined a community of individuals who prioritize wellness, family, and altruism. Your decision to join us is a great starting point, and we urge you to fully participate in all that we provide. Our objective is to assist you in managing your health, enjoying valuable moments with your loved ones, and building connections with those around you.

In order to make the time you spend here more enjoyable and rewarding, we invite you to become acquainted with our staff, programs and services. This handbook will provide you with general information regarding your membership, our facility and YMCA policies.

MISSION STATEMENT

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



**This is your Y,
and you belong here.
Enjoy your membership.**



Greater Waterbury YMCA

FOR ALL:

OUR COMMITMENT TO DIVERSITY, INCLUSION AND GLOBAL ENGAGEMENT

The YMCA is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together, we work to ensure that every individual—of any gender, age, income, faith, race, sexual orientation or cultural background—has the opportunity to live life to the fullest. We share the values of caring, honesty, respect and responsibility—everything we do stems from these values.

INCLUSIVE SPACES POLICY

The Greater Waterbury YMCA is an inclusive and welcoming organization for all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender, income, national origin, or sexual orientation. We believe that in a diverse world, we are stronger when we are inclusive, our spaces are welcoming and open to all, and everyone has the opportunity to take part in the YMCA. The YMCA does not tolerate any form of discrimination or harassment from members, employees, volunteers, contractors, visitors, or other persons with a business relationship with the YMCA.

Nonbinary/Transgender members have the right to be addressed by name and pronoun corresponding to their gender identity. The YMCA will assign gender as male, female, or nonbinary in the member/program management system based on the members preferred identity. The YMCA will assign the name the member wants to be called in the member/program management system and indicate the member's legal name for accounting purposes. We value each of our members and will act in care and discretion with this information.

Some members/guests may express discomfort regarding nonbinary/transgender individuals using the facility that is consistent with the transgender person's gender identity. Another members discomfort is not a reason to deny access to or equal treatment for the transgender individual. YMCA Directors shall work with members to address the discomfort and to foster understanding of gender identity for the purpose of creating an environment that respects and values all Y Members. What's important to reflect on as a community is creating a culture of respect, consent and trust, more so than attempting to label and categorize bodies based on aesthetics. In a restroom or locker room no one should be looking at other people's bodies without consent.

DIVERSITY INCLUSION AND GLOBAL ENGAGEMENT COMMITTEE

Greater Waterbury YMCA supports a staff-led Diversity, Inclusion, Equity, and Global Committee with DIGE ambassadors who work to assure our YMCA is welcoming, diverse, inclusive, and has a Global outreach. Diversity, inclusion and equity practices at the YMCA foster a high-performing learning environment where staff and volunteers are engaged and valued and where they are encouraged to collaborate, generate ideas and contribute at the highest level. We are passionate about our cause and know that our ability to achieve it begins with reflecting and partnering with all people and communities



GENERAL INFORMATION

The YMCA building & properties are non-smoking, including all tobacco and marijuana products, vapes, and/or e-cigarettes. Carrying or concealing any weapons or devices/objects that may be used as a weapon is prohibited and will result in loss of membership.

HOURS OF OPERATION

Monday - Friday	5:00 AM - 9:00 PM
Saturday	7:00 AM - 4:00 PM
Sunday	7:30 AM - 2:00 PM

CHILDWATCH HOURS

Monday - Friday	9:30 AM - 11:30 AM
Monday - Thursday	4:15 PM - 7:00 PM
Saturday	8:30 AM - 11:30 AM

Adult Members of the Greater Waterbury YMCA are given access to childwatch without an additional cost. Parents are allowed to drop off children in childwatch for 90 minutes while the parent remains inside the building participating in Y activities.



ENTRY TO THE Y

The YMCA requires for all individuals entering the facility, including guests, members, program participants, parents, and contractors, to provide a membership card or a valid photo identification. Failure to produce a scan card or an acceptable form of identification will result in denial of entry to the Greater Waterbury YMCA. This measure is taken to prioritize the safety and security of all children and participants of the YMCA.

STAY INFORMED

Like us on Facebook to get the most current updates on programs, new classes, and more! You can also follow us on Instagram to see beautiful pictures of our members and facilities! Provide your email address at the Welcome Center to make sure you always hear the latest announcements and receive our monthly newsletters. Through email, we'll share with you important facility alerts as well as pertinent member news. Be sure to check us out on the web, too!

HOLIDAY HOURS & CLOSINGS

- New Year's Day Open 10 am-2 pm
- Good Friday..... Closing at 3:00 pm
- Easter Sunday..... Closed
- Memorial Day Closed
- Juneteenth..... Closing at 3 PM
- Independence Day..... Closing at 3 PM
- Labor Day..... Closed
- Thanksgiving Day..... 8:30am-11:00am
- Christmas Eve..... Closing at 3 PM
- Christmas Day..... Closed
- New Year's Eve..... Closing at 3:00 pm

TEEN RULES & HOURS

High school students are not allowed in the building during school hours unless the school is not in session.

Teens who are on a teen membership under the age of 17 will be asked to leave Monday to Fridays at 5 PM and may not return until 7 PM. Teens on a family membership must have an adult in the building with them who is on the membership.

SEX OFFENDER REGISTRY

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel the membership, end program participation, and remove visitation access.

LOST & FOUND

If you lose something on site, we will hold found items within the facility in the Lost & Found at the Front Desk. After one week the YMCA will dispose of unclaimed items.

GENERAL INFORMATION

CONTINUED

PERSONAL BELONGINGS

When it comes to bringing personal belongings into the YMCA, remember it is up to you to watch them and lock them. You are solely responsible for all personal belongings you bring and must provide your own secure lock for protection of your items. The Y is not responsible for lost, damages or stolen items.

YMCA staff are not permitted to hold or watch your valuables for you.



WEAPONS POLICY

Y property strictly prohibits the presence of any weapons, regardless of type or licensing status. This includes firearms, tasers, large knives, and any other objects that Y staff members determine to be potentially dangerous to the safety of our members.

Our policy reflects our unwavering commitment to maintaining a secure environment where individuals can engage in activities without fear or concern for their well-being.

Our dedicated staff members are authorized to enforce the policy and ensure its adherence. They have the authority to take appropriate action in response to violations.

Failure to comply with the prohibition of weapons on Y property may result in disciplinary action, up to and including loss of membership privileges. These measures are necessary to maintain a safe and inclusive environment for all participants.

STOLEN ITEMS

The YMCA assumes no liability for any lost, damaged, or stolen items. To address such incidents, please proceed to the Welcome Center where our staff will assist you in filing an incident report.

In the event that you require a review of camera footage, please be aware that the availability of a staff member to carry out this task may be limited at times. We kindly request your understanding and patience as our team may require a minimum of 2-3 business days to respond to your request.

If it is determined that a member of the YMCA has been involved in the theft of your property, our organization will make every effort to retrieve and return the item to you. Additionally, appropriate disciplinary action will be taken against the responsible member.

PARKING



GENERAL INFORMATION

CONTINUED

CELL PHONES

- **Locker Room Usage:** Please note that the use of cell phones is strictly prohibited within the locker rooms to ensure privacy and create a comfortable environment.
- **Approved Areas:** Cell phone usage is permitted in designated areas, including the Lobby, Wellness Center, and MX4 room, where you can freely enjoy the convenience of your device.
- **Photography Policy:** We understand that capturing precious moments is important to you. If you wish to take pictures of your children or yourself, we kindly request that you inform the class instructor in advance. Your cooperation in this matter helps us maintain a respectful and considerate atmosphere.
- **Respect for Privacy:** When taking pictures of yourself, we kindly ask that you remain mindful of the privacy of other members. Avoid capturing others in your photos without explicit permission, ensuring everyone feels comfortable within our community.
- **Privacy Violation Policy:** At any time, should the use of cell phones infringe upon another member's privacy, the Y reserves the right to prohibit further usage. Your support in creating a secure and respectful environment is greatly appreciated.
- **Considerate Listening:** To maintain a peaceful atmosphere, we kindly request that you refrain from playing loud music on your cell phone. Instead, please use headphones to enjoy your personal audio preferences.
- **Reporting Concerns:** If you notice anyone taking pictures of another person without their permission or engaging in any behavior that violates our guidelines, please report it promptly. We value your contribution to maintaining a safe and respectful community for all.

EMERGENCY PROCEDURES

All emergency exits are clearly marked. Please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, please follow the instruction of YMCA staff to ensure a safe and orderly exit from the building.

VOLUNTEER OPPORTUNITIES

No matter what your special talents or interests are, you can help change someone's life at the Y. Share your commitment to the continued well-being of our youth and community by considering becoming a Y volunteer! See available volunteer opportunities at www.waterburymca.org/support-y/volunteering.

WEATHER CANCELLATIONS

Please check out the website, social media pages, and mobile app or call the branch voicemail for information regarding weather cancellations. Weather cancellations will also be listed on the Greater Waterbury YMCA website, google alerts, or WFSB.

MOBILE APP

For the latest and most accurate information on our programs, group fitness schedules, and pool schedules, we highly recommend downloading our mobile app, "Daxko." This convenient platform ensures that any last-minute changes or updates will be promptly reflected.

In addition, the mobile app offers the convenience of storing your membership card digitally, allowing for quick and hassle-free access whenever needed. Experience the ease and efficiency of managing your membership through our mobile app, available for download now.

Scan this QR code for our Mobile App DAXKO



SUGGESTIONS OR COMMENTS?

Your suggestions, comments, and/or concerns are always welcome at the YMCA! Please feel free to contact any of our staff members to ask questions or to voice your concerns.

Should you have a concern that has not been resolved by our staff members, please feel free to reach out to our Membership Director and/or our Director of Operations.

CODE OF CONDUCT

The Greater Waterbury YMCA 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 always when they are in our facility or participating in our programs.

We reserve the right to do background checks on members at our sole discretion.

We expect individuals using the YMCA to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person or fall below a generally accepted standard of conduct. Specifically, this includes:

- Appropriate attire must always be worn for the activity. Offensive wording on shirts or accessories falls under this area.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual contact or activity
- Harassment or intimidation by words, gestures, body language or any other menacing behavior.
- Theft or behavior which results in the destruction of property.
- Carrying or concealing any weapons or devices or objects which may be used as weapons
- Using or possessing illegal substances or alcohol in or on YMCA property or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature i.e. interrupting fitness classes or other structured workouts by non-participants.
- Loitering is not permitted in or outside the YMCA.

ZERO TOLERANCE BEHAVIORS

The following negative behaviors are unacceptable and require arrangements for the member/guest to be picked up upon receiving knowledge of the behavior. Any of these behaviors will also require a parent meeting with the Membership Director and/or the Executive Director to determine whether privileges will be revoked:

- Possession or drugs, drug paraphernalia, vapes, marijuana, alcohol, cigarettes, or weapons
- Aggressive physical contact (hitting, punching, pushing, kicking, etc.)
- Theft or vandalism, Endangerment to self or others
- Inappropriate intimate contact with other members/guests
- Verbal threats to other members, guests or staff
- Violation of Weapons Policy

PLEASE UNDERSTAND THAT ALL BEHAVIORAL SITUATIONS ARE VERY DIFFERENT FROM ONE ANOTHER AND MAY REQUIRE MORE SPECIFIC ACTIONS OR EARLIER CONSEQUENCES BASED ON THE SEVERITY OF THE BEHAVIOR(S).

CODE OF CONDUCT



AGREEMENT: LIABILITY WAIVER & CODE OF CONDUCT

I, understand and agree on behalf of myself, others on my membership and/or guests, to abide by the following policies and procedures in consideration for my membership to the YMCA. The YMCA reserves the right to deny access, reject, or cancel any application or membership of any person. This includes, but is not limited to, any person known to have been accused or convicted of any crime involving child abuse, sexual abuse or is a registered sex offender. By signing this form, you certify that neither you nor anyone on your membership has been accused or convicted of a criminal offense listed above. I understand that the Greater Waterbury YMCA employees, agents, and assigns, have the right to videotape or photograph me and use my picture, voice, quotes, silhouette and other reproductions of my physical likeness (as the same may appear in any still camera photography and/or motion picture film/video), in and in connection with the advertising, promoting and communications for YMCA purposes only. I understand that while exercise is instrumental to maintaining good health, use of the facilities at the YMCA incurs some potential risk. In consideration for being allowed to participate in activities and to use the equipment and facilities at the YMCA, I assume the risk of all such usage and further agree to hold harmless the YMCA and its staff members from any and all claim suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from exercising or using the facilities at the YMCA. I understand the YMCA is not responsible for lost or stolen items. I further understand the YMCA has the right to revise policies and procedures without notice.



ADULT PARTICIPANT RELEASE & WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING THE GREATER WATERBURY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFOR.

Assumption of Risk

I acknowledge and agree that any use of The Greater Waterbury YMCA facilities, services, equipment and premises (Facilities) and any participation in The Greater Waterbury YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to: (1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of the use of Facilities and participation in Programs I, the undersigned, agree that The Greater Waterbury YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by myself, my family members, dependents, or guests, including minors, however occurring including, but not limited to, the negligence of Releasees. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, on behalf of myself and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, diseases or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised; however, the injury or damage occurs, including, but not limited to the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs by myself, my family members, dependents or guests, including any minors.



MINOR PARTICIPANT WAIVER, RELEASE, INDEMNIFICATION OF ALL CLAIMS & COVENANT NOT TO SUE

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING GREATER WATERBURY YMCA FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE

Assumption of Risk

I, in my legal capacity as parent/guardian of the minor named below ("Minor"), acknowledge and agree that any use of Greater Waterbury YMCA facilities, services, equipment and premises ("Facilities") and any participation in Greater Waterbury YMCA programs and activities ("Programs") comes with inherent risks including, but in no way limited to:

(1) moderate and severe personal injury, (2) property damage, (3) disability, (4) death, and (5) sickness or disease. I voluntarily, for myself and Minor, accept and assume full responsibility for these risks as well as any and all other risks of the use of Facilities and participation in Programs. I agree that I have full knowledge of the nature and extent of all such risks and am not relying on all such risks being described in this document.

Waiver, Release, Indemnification & Covenant Not to Sue

In consideration of Minor's use of Facilities and participation in Programs I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor that GREATER WATERBURY YMCA, its officers, directors, agents, employees, volunteers, insurers and representatives ("Releasees") will not be liable for any personal injury, property damage, disability, death, sickness or disease incurred by Minor, however occurring including, but not limited to, the negligence of Releasees. I understand that Minor and I will be solely responsible for any loss or damage, including personal injury, property damage, disability, death, sickness or disease sustained from the use of Facilities and participation in Programs.

I further agree, in my legal capacity as the parent/guardian of Minor, on behalf of Minor, myself, and any and all legal successors and proxies, to release and HEREBY DO RELEASE, WAIVE AND COVENANT NOT TO SUE Releasees from any causes of action, claims, suits, liabilities or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which Minor, myself, and any and all legal successors and proxies may have, now or in the future, against Releasees on account of personal injury, property damage, disability, death, sickness, disease or accident of any kind, arising out of or in any way related to the use of Facilities or participation in Programs, whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to, the negligence of Releasees.

In further consideration of the use of Facilities and participation in Programs, I, in my legal capacity as parent/guardian of Minor, agree on behalf of myself and Minor to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, suits, liabilities or costs of any nature whatsoever, including claims of negligence, arising out of or in any way related to the use of Facilities and participation in Programs.

MEMBERSHIP

The Y offers full facility usage memberships to those ages 12 and older. This includes full privileges and use of the entire facility (Pool, Wellness Center, Gymnasium), plus free group exercise classes, family programming; Aquatic programming at a reduced rate from the non-member price; Whirlpool, Sauna, Steam Room is available at age 19. Members under 12 years old must be accompanied by an adult at all time.

JOINING FEE

All new members are required to pay a joining fee, which is nonrefundable. Joining fees are used toward the upkeep and maintenance of the Y building and equipment. If your membership is inactive for 12 months or more, you will be required to pay a joining fee again upon renewal.



FINANCIAL ASSISTANCE

The Greater Waterbury YMCA keeps our promise to serve the community by making our programs, services, and facilities available to everyone, regardless of their ability to pay. The Y's Open Doors Financial Assistance Program brings this commitment to life.

NATIONWIDE MEMBERSHIP

The Nationwide Membership Program allows full facility/full privilege Y members (those holding adult, family, and senior memberships) to use their Y membership at other Y locations throughout the Nation at no additional cost.

Just present your membership card* and a photo ID to enjoy access to almost every Y. Restrictions may apply, and it is suggested to contact the YMCA you will visit for other rules and restrictions.

Members of other YMCAs are allowed up to 8 visits at the Greater Waterbury Y. Reciprocity members must show proof of membership and a photo ID. They are not permitted to use Childwatch. Group fitness classes are restricted to Waterbury Y members from January 1 through April 30th. The Waterbury Y reserves the right to restrict a class or program at anytime if space becomes limited for Waterbury members. If members of other Y's decide to join the Greater Waterbury Y, their joiner's fee will be waived. Restrictions may apply at certain YMCAs. Please look at the Y website you plan to visit before your first visit.

*Full facility members only (Adult, Family, or Senior memberships)

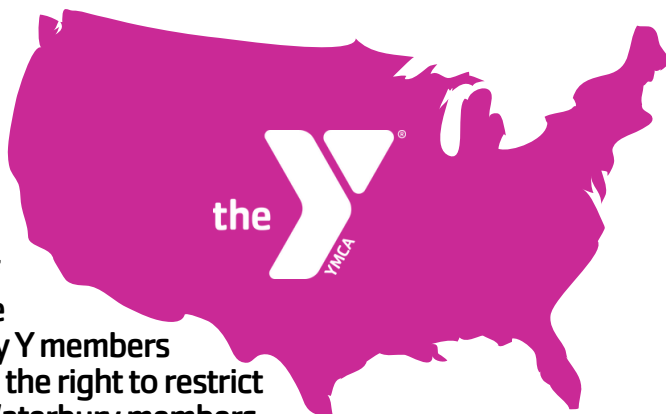
INSURANCE REIMBURSEMENT

The Greater Waterbury YMCA currently accepts Silver Sneakers & Renew Active. Which is offered as a supplement plan with Medicare and a private insurance such as: United HealthCare, Anthem, Connecticare & more. Be sure to contact your insurance company to check if you are eligible for Silver Sneakers or Renew Active.

The YMCA does not accept husky.

MEMBERSHIP CARDS

Membership cards must be presented at the Front Desk for admittance into the building. If you do not bring your card, you will be asked for your ID and you may be held at the desk until a computer becomes available to verify your membership. A \$5.00 fee will be charged for replacement cards. Misuse of membership cards is grounds for immediate termination of your YMCA membership



MEMBERSHIP CONTINUED

MEMBERSHIP CATEGORIES

<u>Membership Type</u>	<u>Rate</u>	<u>Description</u>
1 Adult	\$54	One adult 30+ years old
1 Adult + Children	\$69	One adult plus any children in household under 18 years old
2 Adults	\$74	Two adults only
2 Adults + Children	\$82	Two adults plus any children in household under 18 years old
Young Adult	\$30	Individual ages 19–29
Teen	\$45/quarter	Under 18
Senior	\$45	Individuals 62+
Senior Couple	\$59	Two Adults 62+

PAYMENT OPTIONS

Payments for monthly membership dues may be made by MasterCard, Visa, Discover or by a checking account number. Membership dues may be paid by cash only if paid three months in advanced or by paying annual dues. Fees may also be paid through payroll deduction if employed by the City of Waterbury, Saint Mary's or Waterbury Hospital, & Post University. If you are one of our corporate partners, you are eligible for a 10% discount. Monthly payments are by draft only. Annual and quarterly plans are available.

TEMPORARY STOP/FREEZE

YMCA memberships can be put on hold for a minimum of one month or a maximum of six months due to illness, injury, pregnancy, deployment, or seasonal residence. The YMCA will not remind the member that holds will be released; it is the responsibility of the member to contact the YMCA if they wish to extend the hold.

TERMINATION OF MEMBERSHIP

Terminations may be done on the website or via email at membership@waterburymca.org. Members will be drafted once more if termination was submitted between the first and the fourteenth of the month.

MEMBERSHIP FEES/REFUND REQUESTS

Membership fees are only refundable if drafted in error. Members must give the YMCA written notice if they want to terminate their membership. Termination may be done on the website or via email at membership@waterburymca.org.

Members would be drafted once more if they submitted their termination between the first and fourteenth of the month.

RETURN FEES AND COLLECTIONS

Membership Fees are collected on the 15th of every month. Membership payments are considered late and may incur a fee if the payment was not received by 5 AM.

Payments that were unable to be processed due to either insufficient funds, an inactive account, or your card is lost or stolen; may incur a fee of up to \$30.

This fee will be automatically charged to your bank or checking account. Our payment service will attempt to collect the membership payment for up to 30 days. The \$30 fee is non-refundable, and we will not be able to waive this fee.

You can opt-out to these charges by paying quarterly or three months in advance. You can also pay annually!

MEMBERSHIP CONTINUED

MOVING

Memberships to the Greater Waterbury YMCA are not transferrable to other Ys. If you are moving out of our service area but would like to maintain your membership elsewhere you must cancel your membership here and join again in your new city. At your request, we can provide a letter of good standing stating your cancellation date here and the amount of joining fees you paid. Contact the Y in your new area to find out their policies, joining fees and dues, as details will vary.

GUEST PASSES

Each guest must be accompanied and signed in by a current Waterbury YMCA Member. Teens 18 and younger do not get guest passes.

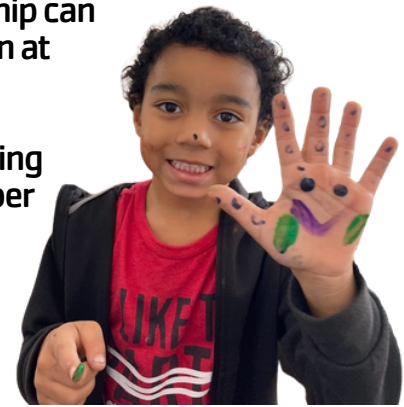
All guests under 12 must be accompanied by an adult on their membership and signed in by a current Y member over 18 on each visit.

Each guest must provide a driver's license and/or state ID and sign a code of conduct, & our liability waiver.

The current Y member will be held responsible for any discipline issues for their guest, including suspension or termination of membership.

CHANGES TO YOUR MEMBERSHIP

Changes to your membership can be done online or in-person at any time you need to alter something related to your membership. Whether adding or removing a family member or updating your address or bank account information, you can submit updates any time with ease.



VIRTUAL MEMBERSHIP

Your membership includes free access to our Virtual Membership Platform – all you need is the e-mail address you have on file with the Y.

Visit: www.waterburymca.org/virtual-membership-y/welcome-your-virtual-membership



LOCKER ROOMS

GENERAL RULES

The Greater Waterbury YMCA has 5 different types of locker rooms. Girl & Boys, Women & Men, and Family locker rooms. The girls and boys locker rooms are for anyone under the age of 19. The Women and Men's locker room are for adults who are 19 and older. These locker rooms have a sauna and steam room. The family locker room is for families with larger restrooms, showers, and changing rooms.

We recommend you secure and lock all your belongings in lockers. Any locks left on full-length lockers overnight will be removed, and the items in the locker will be held for one week.

Kit lockers are available for an annual fee and will be automatically renewed at the end of the year. Kit lockers can be used to store valuables and things you may forget (e.g. soap, shampoo, etc.) The Waterbury YMCA is not responsible for any personal items that are lost or stolen.

Men's and women's adult locker rooms are reserved for members aged 19 years and older. The family locker room is for families which include a parent with children.

Nonbinary/Transgender members have the right to the safe and appropriate locker room and restroom facilities within the YMCA. We give nonbinary/transgender members and guests the opportunity to choose the locker room they are most comfortable in. We recommend the use of gender-specific locker rooms or restrooms that correspond with the member's current gender presentation. Gender presentation is the public expression of an individual's gender identity as viewed through their outward appearance, behavior, and mannerisms. An individual's gender presentation may be different or the same as their birth-assigned sex.

Members who do not feel comfortable using a gender-specific locker room or restroom are welcome to use single-use restroom and family locker room spaces for private changing as it is available.

STEAM ROOM/SAUNA

Tampering or pouring water on the rocks in the sauna will shorten the life of the heating element and may destroy the heating element. Tampering with the rocks in the sauna is considered vandalism which will result in loss of membership if caught by staff.

Tampering with the sensor in the steam room is considered vandalism and will result in the loss of membership if caught by staff.

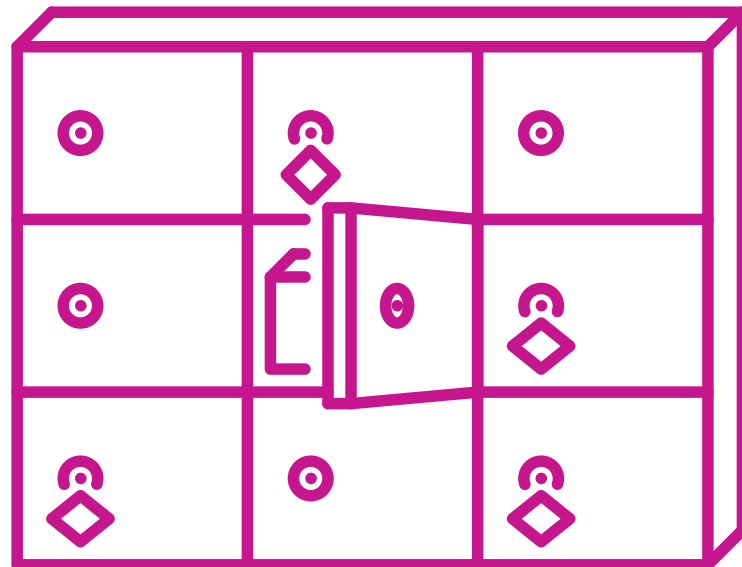
Additional Reminders of what not to do in the Steam Room or Sauna:

- Do not brush your teeth
- Do not eat any type of food
- Do not shave
- Do not sit on a bench without something between you and the bench (i.e. clothing or a towel)
- Do not add any scents or liquids that create smells/odors to the Steam Room steam vent or Sauna
- Do not use cell phone in the sauna and steam room

Violations of any of the above reminders may result in the loss of membership.

CELL PHONES

Cell phone use is prohibited in locker rooms. At any time, if cell phone use violates the privacy of another member, the Y may ban usage. Report anyone taking pictures of another person without their permission.



POOL RULES

The Greater Waterbury YMCA has 2 indoor pools. The Y prioritizes your family safety in the water.

LIFEGUARDS & WATER SAFETY

We follow Y of the USA guidelines, American Red Cross, and local Health Department Guidelines. All the Y lifeguards are trained to prevent aquatic emergencies and conduct emergency and rescue care whenever necessary. During your visit to one of our pools, you may observe on-going training exercises, including live water safety and rescue drills. Such training allow the Y's lifeguards to stay prepared as the guardians of your family safety and wellbeing.

AGE REQUIREMENTS/SWIM TEST

All swimmers under the age of 11 must pass a swim test before they can be in the Y pool. The swim test consists of a 25-yard swim during which youth are asked to achieve the following:

- Swim one lap from the shallow end to the deep end without stopping.

Parents/guardians, at least 18 years of age, who are Y members, must accompany any child eleven and under in the water at all times.

Parents/guardians of children under the age of eleven who have passed the swim test must remain on the pool deck.

Any non-swimmer must have an adult in the water and wear a lifejacket within arm's reach.

SWIM TEST ARE AT THE DISCRETION OF THE LIFEGUARD YOUR CHILD MAY BE ASKED TO DO A SWIM TEST EACH AND EVERYTIME THEY GO SWIMMING.

POOL POLICIES

- ABSOLUTELY NO FOOD, BEVERAGE, OR GUM CHEWING IS ALLOWED IN THE POOL FACILITY.
- A lifeguard is on duty at all times that the pool is open to the public.
- Everyone should bathe with warm water and soap before entering the pool.
- Any person known or suspected of having a communicable disease shall not use the pool.
- Spitting or nose blowing in the water is prohibited
- Although the YMCA recommends that bathing caps be used, if a person's hair is longer than the neckline, his/ her hair must be tied back.
- Bathing caps and goggles may be purchased at the front desk.
- Regulation bathing suits must be worn. No T-shirts or cut-offs.
- Running, boisterous or rough play is prohibited.
- Designated lanes are strictly for lap swimmers.
- Children under the age of 12 must have an adult with them in the pool area at all times. An adult must accompany children under the age of 8 in the water always.
- No Swimming floatation devices from home are allowed (Bubbles, etc...)
- No diving or jumping is permitted off the deck into the shallow end of the pool.
- Diving blocks are not to be used during open swim.
- No diving or jumping in the pool unless under the direction of an instructor.
- No extended breath holding.



GYMNASIUM RULES



GYMNASIUM POLICIES

- Street Shoes are not permitted on the gym floor. Members are advised to bring an extra pair of sneakers to participate in activities.
- Proper sportsmanship is expected when engaging in pick-up and formal league play.
- No foul or obscene language will be tolerated.
- Food or Drinks are NOT permitted in the Gymnasium
- A shirt must be worn at all times.
- Have respect for all reserved gym program usage and do not delay or disrupt programs.
- The YMCA recommends leaving valuables at home.
- NO hanging on the rims.
- Gym schedules are available on the mobile app, or website.

RACQUETBALL COURTS

The Greater Waterbury YMCA has two racquetball courts. These courts can be reserved up to 24 hours in advanced by calling or visiting the Welcome Center.



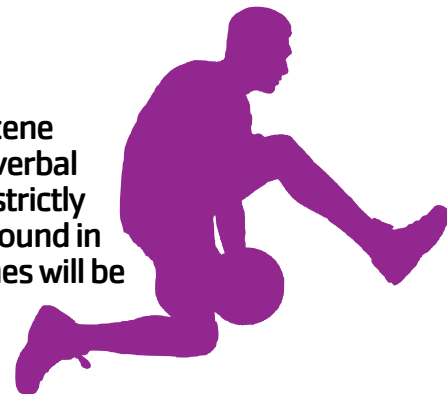
AGE REQUIREMENTS

For the safety and well-being of all participants, it is required that children under the age of 12 be accompanied by an adult while in the gymnasium.

Parents are allowed to observe and are encouraged to occupy the seating on the bleachers.

ZERO TOLERANCE

The use of profanity, obscene language, or any form of verbal or physical aggression is strictly prohibited. Any member found in violation of these guidelines will be promptly dismissed, and further consequences may be imposed.



A meeting with the Youth & Teen Director and a Senior Director may be needed to regain access to the YMCA.

DRIBBLING

As part of our facility regulations, we kindly request that basketballs not be dribbled anywhere within the building, except for the designated gymnasium area. The Y hallways are not a designated gym area. We appreciate your cooperation in ensuring a safe and orderly environment throughout the premises.



CHILDREN IN THE Y



At the Y, we are committed to giving children and teens the opportunity to learn, grow and thrive. Thousands of kids come to the Y daily to learn, play, dream and achieve in a safe, fun and welcoming environment.

SUPERVISION REQUIREMENTS

- All children under the age of 12 must be directly supervised by their parents and guardians while on Y property or at a Y program location.
- Only children age 12 and older are allowed to be at the Y in an unsupervised environment (without their parents or guardians present)

CAREGIVERS

We encourage individuals who require assistance while using our facility to bring their own caregivers. The caregiver will be required to sign the Assumption of Risk Release and Waiver of Liability and Indemnity Agreement at the time of each visit and may only enter with the member.

Caregivers who wish to use the facility for their own personal use must have a valid membership.

NANNIES

Nannies are able to bring children to youth sports or swimming lessons, but are unable to participate in open swim, or Child Watch without being added onto the family membership (must show proof of living in the household, extra fee may apply).

The nanny will be required to sign the Assumption of Risk Release and Waiver of Liability and Indemnity Agreement at the time of each visit and may only enter with a member.

Nannies who wish to use the facility for their own personal use must have a valid membership.

CHILD WATCH

- Children may stay in Child Watch for the maximum of 90 minutes per day.
- Parents and Guardians are the only adults authorized to leave a child at Child Watch.
- Each parent must sign in their child upon drop off & pick up.
- Parents/Guardians must ensure that babies & toddlers have a clean diaper on drop off.
- Parents/Guardians must provide a Cell Phone # where they can be reached in the event of a problem or diaper change.
- There is a changing table available in the bathroom.
- No food or drink other than water is allowed.
- If your child has a fever or has had a fever please do not bring the child to the program for at least 24 hours.
- The Greater Waterbury YMCA is not responsible for lost or stolen items. Please leave electronics home.



WELLNESS CENTER

The Y strives everyday to provide a welcoming place where anyone- from beginning exercisers to competitive athletes - can come to improve their health and well being.

The following health and wellness policies are designed to help ensure the safety and positive experience of all members who use the Y.

WELLNESS CENTER RULES

To ensure the health, safety, and enjoyment of all, we ask our members & guests to abide by the following guidelines:

- Children under the age of 12 are not permitted in the Wellness Center.
- Children who are 8 years old are allowed to use the track while accompanied by a parent.
- Get a Wellness Center Orientation. Members and guests are encouraged to go through a review with our staff that includes proper use and technique on the strength equipment and cardio machines. Sign up for your session at the Wellness Center Desk.
- Secure or Lock all belongings. All belongings should be put in the cubbies or need to be stored in a locker with a secure lock. The YMCA is not responsible for items left in the cubbies. The Y Provides small lock boxes for your valuables. Please ask the Wellness Center Staff for a free token.
- Wear appropriate workout attire. T-shirts, athletic shoes/sneakers, wind/sweat pants and shorts are permitted. Not permitted attire are:
 - Jeans, khakis, cargo pants/shorts,
 - bathing suits or elastic suits and bands
 - Sandals, crocs, flip flops or boots
 - Attire that is not safe, sanitary or appropriate
- Be courteous with your Cell Phone. Cell Phone use is permitted, however, if it becomes disruptive or unsafe to others, you may be asked to discontinue use.
- Wipe down all equipment after use with a towel sprayed with cleaner; please do not spray cleaner directly on equipment.
- Rack weights after use. Please return all equipment to its proper place and re-rack your weights after use.
- Do not rest on the equipment, allow others to "work in" or take turns.

PERSONAL TRAINING GUIDELINES

Only staff members employed by the Y are allowed to provide personal training within the Y facilities and programs. Our staff members are trained and certified by the Y in accordance with the organization's history and philosophy and they are committed to carrying out our mission by providing high-quality programs. Personal trainers and private wellness coaches who are not employed by the Y are strictly prohibited from training or conducting business in a Y facility. The Y has this standard in order to provide safe, high-quality personal training at all times.

GROUP FITNESS CLASSES

Fitness Classes at the YMCA are included in your membership. We offer dozens of Group Exercise options weekly including Indoor Cycling, Yoga, Strength Train Together, Mx4 Classes, Zumba, and many more. Classes exist for ALL fitness levels from beginner to the more experienced. Group Fitness Schedule can be found online. Class offerings change approximately every 8 weeks.

FITNESS FOUNDATIONS

Fitness Foundations is a complimentary 7-week program exclusively available to members of the Greater Waterbury YMCA.

Participants will receive personalized guidance from wellness staff to gain essential knowledge about equipment usage, nutrition, and mindfulness practices.

The program incorporates various elements such as weekly weigh-ins, goal setting, healthy eating tips, gym etiquette, and tailored workout routines.

To enroll in Fitness Foundations, interested individuals can simply visit the wellness desk and embark on their fitness journey.

TODAY'S YOUR DAY

GET STARTED

SMILE, PASS IT ON



Greater Waterbury YMCA



GREATER WATERBURY YMCA MEMBERSHIP AGREEMENT

I, _____, have read and understood this handbook. I understand that if I have any questions or concerns about this, I can contact the Membership Director at membership@waterburymca.org. This handbook is intended as your facility agreement, code of conduct, and general guidelines for participation in the activities and programs offered by the Waterbury YMCA (from now on referred to as "the YMCA"). By signing below, I acknowledge and agree to the following terms and conditions:

1. Facility Agreement: I understand and accept that the use of the YMCA facilities is subject to the rules, regulations, and policies outlined in this handbook. I agree to abide by these guidelines and any future amendments or additions made by the YMCA.
2. Code of Conduct: I acknowledge that the YMCA promotes a safe, respectful, and inclusive environment for all participants. I agree to conduct myself in a manner that is considerate, respectful, and always compliant with the YMCA's code of conduct.
3. Questions and Concerns: I understand that if I have any questions or concerns regarding this handbook, the facility agreement, or the code of conduct, I can contact the Membership Director at membership@waterburymca.org. I agree to seek clarification or assistance from the Membership Director before taking any actions that may violate the YMCA's policies.
4. Compliance and Disciplinary Action: I understand that failure to comply with the facility agreement, code of conduct, or any other YMCA policies may result in disciplinary action, including but not limited to warnings, suspension, or termination of my participation and access to YMCA facilities and programs.
5. Health and Safety: I acknowledge that the YMCA promotes a safe and healthy environment for all participants. I agree to prioritize my own health and safety, as well as the health and safety of others, by following all health guidelines, rules, and protocols established by the YMCA, including but not limited to those related to COVID-19 or other infectious diseases.
6. Confidentiality and Privacy: I understand that during my participation in YMCA activities and programs, I may have access to confidential information about other participants, staff, or the organization. I agree to maintain the confidentiality of such information and to respect the privacy rights of others according to the YMCA's policies and laws and regulations.
7. Billing Agreement: I have agreed to grant the Greater Waterbury YMCA permission to automatically withdraw funds from my account indefinitely, in the amount specified above, until I choose to cancel my membership. I am aware that I must provide a minimum of 30 days' notice to terminate this agreement. In the event of a late payment, the YMCA reserves the right to impose a fine of up to an additional \$30. I understand that the YMCA will make multiple attempts to collect the payment within a 30-day period, including reattempting the transaction. Any changes to the rates will be communicated to me with at least 30 days' notice. I have read and comprehended this agreement.

I have read and understood the terms and conditions outlined in this agreement, including the facility agreement, code of conduct, and general guidelines. I agree to comply and inform anyone on my membership with all the policies and procedures established by the Waterbury YMCA. I understand that any violation of these terms may result in disciplinary action, including the termination of my participation and access to YMCA facilities and programs.

Signature: _____

Printed Name: _____

Date: _____