



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# YMCA OF BRISTOL INFORMATION

## BRISTOL FAMILY YMCA

400 Martin Luther King Jr. Blvd, Bristol TN 37620

**P** 423 968 3133 **F** 423 968 3618 **W** [bristolymca.net](http://bristolymca.net)

### Facility Highlights

The Bristol Family YMCA is a 65,000 square-foot facility that contains:

- Full-line of Nautilus strength training equipment.
- Fully equipped free weight room featuring Hammer Strength and Legend equipment.
- Over 50 pieces of cardiovascular equipment including treadmills, ellipticals, arc trainers, Nu Step and more.
- Free orientations on all equipment for members.
- Aerobic Studio containing a suspended air-thrust floor fully lined with mirrors and equipment such as stability balls, wide-range of dumbbells, resistance bands and more.
- Access to more exercise classes than ever before with our Fitness-On-Demand.
- Cycle/Multi-Purpose Studio with over 25 cycles, TV and DVD player and state-of-the art sound system. Studios are also available for use when classes are not in session.
- Over 45 land-based classes and over 10 water-based classes offered each week. Classes are free with membership.
- 25-yard Lap Pool and 400-square foot Warm Water Therapy Pool.
- Monthly schedules are available for the Aerobic Studio, Cycle/Multi-purpose Studio and Pool at the Member Services desk and on our web-site.
- 2 full-size Basketball Courts.
- Adult Locker Rooms for age 18 and over that include showers, dressing areas, hot tub, sauna, steam room and daily use lockers. Please provide your own lock for lockers.
- Our Teen Center is open for family time when no teen programming is in session.
- Families are welcome to play together in our Kids Gym.
- Boys and Girls Locker Rooms include showers, dressing areas and daily-use lockers. Please bring your own lock for lockers.
- Free facility tours are available upon request.

### 2016 Hours of Operation

**Monday – Friday 4:45 am – 9:00 pm**

**Saturday 8:00 am – 6:00 pm**

**Sunday 1:00 pm – 6:00 pm**

### Holiday Hours

**Open 9:00 am – 1:00 pm on:**

**New Years Day**

**Memorial Day**

**4th of July**

**Labor Day**

**Christmas Eve–Saturday, 12/24  
8am–12pm**

**Christmas Day–Sunday, 12/25 closed**

**New Year's Eve–Saturday, 12/31  
Regular hours (8am–6pm)**

**New Year's Day–Sunday, 1/1/17  
Regular hours (1–6pm)**

**Closed all day on:**

**Easter**

**Thanksgiving Day**

**Christmas Day**

**Check out our webpage [www.bristolymca.net](http://www.bristolymca.net) and like us on Facebook**



## YMCA of Bristol Membership

Active memberships may be used to participate in member services or programs at member rates. (Benefits cannot be purchased for a non-member). Rates and schedules are subject to change. A membership card is issued to every member 12 years old and older. A Membership Card is required for admittance to the facility.

## Membership Options

### Continuous Memberships

Payments are made monthly through an automatic draft on the 9th of each month from a checking or savings account, as well as, Credit or Debit Card. The joining fee and the pro-rated fee for the current month are due at the time of joining as well as the appropriate information to initiate the draft.

- Cancellations are required by the last day of the month.
- Cancellations are not accepted by phone. If you cancel by mail, fax or e-mail, please confirm with Member Services that we have received your cancellation.
- If your membership lapses past 30 days, you will need to pay the joining fee again.
- All memberships are non-refundable and non-transferable.
- The YMCA of Bristol is not responsible for more than one month's draft if failure to properly notify the YMCA of an error.
- Membership fees are subject to rate increase with 30-day notice.

### Semi-Annual / Annual Memberships

Payment is made in advance by cash, check or credit card for 6-Months or 1-Year including the Joining Fee and pro-rated fee for the current month.

- If your membership lapses for more than 30 days, you will need to pay the joining fee again.
- All membership fees are non-refundable and non-transferable.

## Membership for All—Financial Assistance

We believe everyone deserves a Y, so the YMCA of Bristol offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Stop by the front desk today to talk to a staff member about financial assistance.

## Basket/Kit Locker Rentals

Basket and Kit Lockers are rented through the front desk and the fees are added to your membership fee. Please stop by and reserve your spot in our Ladies' or Men's Health Center today!

Basket Rental \$1.00/month  
Kit Locker Rentals \$2.50/month

## Fitness Card - \$60.00

A Fitness Card is good for 12 visits to be used within 30 days from the date of purchase.

## Membership Fees

<u>Category</u>	<u>Monthly Fee</u>
Youth (0-17)	\$ 34.00
Young Adult (18 - 24)	\$ 45.00
Adult (25-64)	\$ 52.00
Senior (65+)*	\$ 45.00
Household**	\$ 75.00

**The Joining Fee is \$30 for any membership category**

\* As of 1/1/2015, seniors who have a senior membership and are less than 65 are grandfathered in.

\*\*A household membership consists of any 2 adults and dependents living at the same address.

## Tennessee & Virginia Reciprocity

**Please have a photo ID available when you check in.**

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region.

Full facility/full privilege YMCA members have the flexibility to use other Y facilities throughout the state at no extra charge.

- The Reciprocal Membership Program is valid for YMCA full facility/full privilege members only. Program-only participants may upgrade to a full membership at any time to qualify.
- Silver Sneakers® members may use other Silver Sneakers® locations only (call ahead to see what the visiting branch allows).
- Visitors to other Ys must present a valid YMCA membership card and photo ID upon their first visit and complete a visiting member waiver or standard membership application form with liability waiver.
- YMCA full facility/full privilege members must use their home branch at least 50% of the time.
- Program discounts only apply at your home branch.
- Participating YMCAs reserve the right to restrict facility or program access.
- While the Kingsport Y participates, the Kingsport Aquatic Center does not participate in the reciprocity program.
- Other restrictions may apply.

For a complete list of participating YMCAs and complete details, visit your local Welcome Center or YMCA website.

## Guest Fees

**Please have a photo ID available during your visit.**

Youth (0-17) \$5.00 (Must be accompanied by an adult)  
Adult (18+) \$10.00

## AWAY Members - Always Welcome at a Y

Any visitor belonging to a YMCA located in a state outside of Tennessee and Virginia. AWAY Members may receive 10 free visits per Calendar Year and \$5.00 for each additional visit.

## Membership Policy Statement

The protection of our members and guests participating in our programs and/or using our facilities is of paramount importance. The YMCA of Bristol reserves the right to deny access or membership to any person whose behavior does not conform to our Member Code of Conduct or for any or no reason at all.

## Member Code of Conduct

The YMCA of Bristol is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, individuals are expected to act in a Christian manner at all times and adhere to the values of the YMCA - caring, honesty, respect, responsibility, and faith.

The following are expected behaviors:

- Appropriate attire must be worn at all times.
- Treat everyone with respect.
- Use good manners.
- Follow instructions.
- Keep your hands to yourself.
- Respect your belongings and the belongings of others
- Respect the Y's property.
- Please use Church appropriate language at all times.
- Use equipment properly.
- Be responsible and clean up after yourself.
- Keep anything that may be used as a weapon at home.
- No public or private display of affection.
- Be where you are supposed to be.
- Be free from mind altering substances while at the Y.
- The Y, its vehicles and programs are tobacco/vapor free.

This Code of Conduct is subject to modification at the discretion of the YMCA of Bristol

## Access/Membership Policy Restrictions

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

- is a registered sexual offender;
- has pled guilty to or been convicted of any crime involving sexual abuse;
- has pled guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse;
- has plead guilty to or been convicted of any offense relating to the sale or transportation of illegal narcotic, habit forming, or dangerous drugs;
- presently appears to be under the influence of intoxicating beverages or behavior modifying substances.

## Membership Cards

It is necessary to present your Membership Card for admittance to your Y. If a member forgets his/her card, the member must verify membership with a photo ID. Membership cards are non-transferable. Any member who lends his/her card or assists a non-member in unauthorized use of facility is subject to having their membership revoked.

All lost cards should be reported to Member Services.

A replacement card fee may apply.

## Member Program Prices

In order to receive member prices on programs, membership must be current.

## Returned Payments

Returned payments will be assessed a \$10 processing fee.

## Program Fee Refunds

- Requests made before the first class will be refunded 100% of fee less \$5.
- Requests made after the first class will be refunded 75% of fee less \$5.
- Requests made after the second class will be refunded 50% of fee less \$5.
- Requests made after the third class will not be refunded.

## Security Policy

- Personal belongings should be secured at all times while in the facility.
- Please use our daily lockers with your own personal lock to keep valuables protected.
- The YMCA of Bristol is not responsible for lost or stolen items.

## Dress Code

The YMCA of Bristol promotes a family atmosphere, so please remember to dress appropriately.

- Clothing with inappropriate or offensive language or symbols or that is overly-revealing will not be permitted.
- For safety, members using the workout equipment must wear shoes that cover the entire foot (i.e., no sandals or flip flops).
- Shirts and appropriate workout clothing must be worn during exercise in all workout areas of the facility. Shirts are not required in the basketball gym or pool area.
- Proper swimsuits must be worn when using the pool. Cut-offs and street clothing are not permitted.
- Infants and toddlers are required to wear swim diapers in the pool area.

# YOUTH POLICIES

## Youth Members 11 & Under

Parent/guardians must remain with the youth member at all times unless enrolled in a YMCA program.\*

- If the youth member is using the Kids Gym, or Toddler Town, the parent/guardian must remain in the building.
- Youth members 11 and under may not be in any of the workout areas or Aerobic Studio.
- At the parent's discretion, children of age 11 may use the big gym or go for a swim in the pool without a parent. The parent still must remain in the building.

## Youth Members 12 - 17

Youth members ages 12 - 17 may use the facilities without a parent/guardian present.

- Ages 12 - 15 who wish to work out with the Nautilus or Cardio equipment must have a Fitness Orientation prior to using the equipment, and may participate in exercise classes.
- Ages 14 - 15 may use the Free Weight equipment after a Fitness Orientation.

## Guests 17 & Under

A responsible adult (18 & older) must remain with the guest at all times unless enrolled in a YMCA program.\*

- If the guest is using the Kids Gym or Toddler Town, the parent/guardian must remain in the building.
- Guests 14+ are allowed to use the Free Weights. Guests 12+ may use the Nautilus, and Cardio Equipment, and participate in exercise classes.

\* The YMCA of Bristol recommends that parent/guardians remain with their children while they are enrolled in Y programs.

## Teen Center

Come hang out at the Y after school, on weekends or during the summer afternoons where you can meet friends your own age who may or may not go to your school. Play Ping-Pong, compete with each other on the latest video game, participate in Book or Leaders Club, or just hang out and mingle. Your time is spent your way at your Y.

**Ages:** 12 - 18 years old

**Fees:** Y Members - FREE  
Non-Members - Daily Guest Fee

**Hours of Operation:** Monday - Friday 3:00 - 6:00 pm  
Open at other times for everyone (under 11 must be supervised)  
Summer hours may vary

## Kids Gym

Kids may work out at the same time as their parents. Join us as we play various games, climb on the Bouldering Wall or have fun in our Indoor Playground, practice your aim with the Sports Wall, or use our kid sized workout machines.

**Ages:** 5 - 12 years old

**Fees:** Y Members - FREE  
Non-Members - Daily Guest Fee

**Hours of Operation:** Monday - Thursday 4:00 - 8:00 pm  
Friday 4:00 - 7:00 pm  
Saturday 9:00 am - Noon  
Summer hours may vary

## Toddler Town

This is a fun and safe place for children to play while their parents are working out. Climb through the tunnel, produce a puppet show, or express your creative side through coloring. Come hang out with us.

**Ages:** 6 week - 5 years old

**Fees:** Y Members - FREE  
Non-Members - Daily Guest Fee

**Hours of Operation:**  
Monday - Thursday: 8:30 am - Noon & 4 - 8 pm  
Friday: 8:30 am - Noon & 4 - 7 pm  
Saturday: 9 am - Noon  
Summer hours may vary

## Party Rentals

Do you have a special event or birthday? Let our home, be your home and celebrate at the Bristol Family Y. Party packages available for 1, 2, or 3 hours and options may include our Kids Gym, Swimming Pool and/or Party Room. Party rentals are for members only. For more information, please call the Y at 423-968-3133.

## YMCA Multi-Media Policy

YMCA programs and events are often photographed/ videotaped for promotional purposes. If you do not wish to be included in YMCA promotional materials, please indicate this to YMCA program and/or event staff.

## MISSION

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