



**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
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WE'RE MORE THAN A GYM

Join the Y and discover more than a gym.

We are more than a meeting space, more than a cause. We are a community. The Y helps people of all ages, abilities and incomes reach their full potential. At the Y, we don't just provide services, we transform lives.

Our facility gives multiple generations access to a variety of Y programs that enrich spirit, mind and body. When we come together, we create positive change in each other...and in our community.



Who Are We

The Y is the nation's leading nonprofit organization committed to strengthening communities through youth development, healthy living, and social responsibility. We're a spirit, a movement and a cause. Members join us because they believe in us and the values we stand for- **caring, honesty, respect, responsibility, and faith.**



Experience the Y Difference

- | | |
|-----------------------|-----------------|
| Weight Lifting | Summer Camp |
| Swim Lessons | Senior Exercise |
| Youth Sports | Teen Leaders |
| Pick Up Basketball | Swimming |
| Adult Fitness Classes | After School |

2018 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

Open: 5 am - Noon Christmas Eve
 Open: 1 pm - 6 pm New Years Eve

Closed all day on:
 Easter
 Thanksgiving Day
 Christmas Day

Check out our webpage www.bristolymca.net



YMCA of Bristol Membership

You never sign a contract at the Y. Active memberships may be used to participate in member programs or services at member rates. (Benefits may not 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 Types/Fees

<u>Category</u>	<u>Monthly Fee</u>
Youth (0-17)	\$34
Young Adult (18 - 24)	\$45
Adult (25-64)	\$52
Senior(65+)	\$45
TWOgether*	\$75
Household**	\$75
Household w/3 Adults	\$95
Household w/4 Adults	\$115

The Joining Fee is \$30 for any membership category

* A TWOgether Membership consists of 2 individuals who do not live in the same household.

**The Household category price is \$75 for 2 adults + dependents (ages 24 and younger).



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.

Fitness Card - \$60.00

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



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 whose behavior does not conform to our Member Code of Conduct or for any or no reason at all. We will deny membership to anyone who:

- is a registered sexual offender;
- has pled guilty to or been convicted of any crime involving sexual abuse;
- presently appears to be under the influence of intoxicating beverages or behavior modifying substances.
- is acting in a manner that is not conducive with the Y and its values.

Using Other Y's – Nationwide Membership

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues).

What You Need to Know

- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants and special memberships are not eligible for Nationwide Membership (ie. Silver Sneakers)
- Program prices & 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.



Facility Highlights

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

- Over 50 land-based classes and over 15 water-based classes offered each week. Access to more exercise classes with our Fitness-On-Demand. **Classes are free with membership.**
- Functional Training Studio with over 25 cycles, TRX System, Battle Ropes, Kettlebells and Heavy Bag. Studio is available for use when classes are not in session.
- Full-line of Nautilus strength training equipment.
- Free weight room featuring Hammer Strength and Legend equipment.
- Over 50 pieces of cardiovascular equipment including treadmills, ellipticals, arc trainers, Nu Step, rowing machine, stair stepper and more.
- Free orientations on all equipment for members.
- Aerobic Studio with a suspended air-thrust floor fully lined with mirrors and equipment such as stability balls, wide-range of dumbbells and more.
- 25-yard Lap Pool and 400-square foot Warm Water Therapy Pool.
- 2 full-size Basketball Courts, Pickleball and walking track.
- Locker Rooms for all ages with daily use lockers.
- Men and Women's Health Centers which include hot tub, sauna and steam room (18 years and older).



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.

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.
- Small lockers and baskets available for rental.
- The YMCA of Bristol is not responsible for lost/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.

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.



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 signed into 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 basketball court 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.*

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

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.

Ages: 6 week - 5 years old

Hours of Operation:

Monday - Thursday: 8:30 am - Noon & 4 - 8 pm
Friday: 8:30 am - Noon & 4 - 7 pm
Saturday: 9:00 am - Noon

Kids Gym

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

Staffed Hours: Monday - Thursday 4:00 - 8:00 pm
Friday 4:00 - 7:00 pm
Saturday 9:00 am - Noon

Families are welcome to play together in our Kids Gym during non-staffed hours.

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 Leaders Club, or just hang out and mingle. Your time is spent your way at your Y.

Ages: 12 - 18 years old

Staffed Hours: Monday - Friday 3:00 - 6:00 pm

Families are welcome to play together in the Teen Center when there is no teen programming (under 11 must be supervised).



MISSION

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