



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE Y

Member Guide



YMCA OF BRISTOL



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

GREETINGS,

Welcome to the Y. The Y is genuinely committed to our community, ensuring all people have access to opportunities to learn, grow and achieve. We hope that this guide gives you an understanding of our dedication to our promise to nurture the growth and development of every child and teen, to make our community a healthier place to live and to give our friends and neighbors an opportunity to give back to their community.

We currently operate one family center. We link arms with members, volunteers and community partners to help improve the quality of life for everyone in our region. We share the vision that will enable all people to have a place to have fun and grow.

The Y plays a critical role in our community, extending our services to almost 5,000 men, women and children. We honor the Y's promise to strengthen the foundation of our community using three strategic priorities as our guide: academic performance and leadership, community health and well-being, and service to others. Through expanding opportunities for academic improvement in our youth and leadership development in teens, increasing restorative health programs and reducing risk factors for chronic diseases, and providing people opportunities to give their time and resources in support of community needs, we will be successful in reaching these goals.

Thanks to community collaboration and a growing number of donors and volunteers, strengthening our community is an undertaking we don't pursue alone. Today, the YMCA of Bristol has a regional network of service and support in place to dramatically improve the overall health and well-being of children, teens, adults and families in our community.

Don't hesitate to contact Member Services if you have any questions. Discover the many ways that you and your loved ones will enjoy being a part of our Y family!

In good health and happiness,

Dwight Owens
Chief Volunteer Officer
YMCA of Bristol

Rick Matthews
Chief Executive Officer
YMCA of Bristol

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The Y. For a Better Us.™

The Y is a positive force in this community. Together, we take on the challenges that shape the future of our communities.

As a 501(c)3 nonprofit organization, the YMCA of Bristol provides a lasting impact, vital programs and services that are funded through our Annual Campaign. From tackling the achievement gap to teaching healthy habits or giving people the chance to strengthen our community through volunteering, everything the Y does is in service of building a better us.

Donations to our Annual Campaign provide outreach and scholarship for programs such as after-school care, swim lessons, health & wellness, summer camps, teen leadership and more.

By helping kids, adults, families and seniors improve their health and well-being, we build a stronger community every day. With our doors open to all, the Y brings together people from all backgrounds and supports those who need us the most. We take on the most urgent needs in our community and inspire a spirit of service in return.

YMCA donors, members, volunteers, supporters, partners and staff demonstrate the power of what we can achieve by giving back together.

When you donate to the Y, you're donating for a better us.

Make a gift online at bristolymca.net or contact your Membership Experience Director to have your donation included with your monthly membership draft.

YMCA MEMBERSHIP

YOUR MEMBER BENEFITS

Membership Experience Director

Phone

My Initial Orientation
Appointment

My Wellness Coach

Payment Information
Draft Date/Amount

(If you incur additional charges
for specialty programs or items,
this amount may change. Please
keep all YMCA receipts.)

Information in this guide, while
correct at the time of printing, is
subject to change. Please visit
bristolymca.net for the most
updated version.

As a diverse organization of men, women and children, we are joined together by a shared commitment to nurture the potential of kids, promote healthy living and foster a sense of social responsibility. National YMCA membership is 22 million strong, and spread across more than 2,700 Y associations nationwide. Your YMCA of Bristol membership entitles you to the following benefits:

- **Unlimited use** of our family center
- **Free Wi-Fi**
- **Cardio and strength equipment** replaced and upgraded regularly
- **Orientation and instruction** on cardio and strength equipment
- **Wellness challenges**
- **Group Exercise classes** such as Hip Hop Cardio, Power Dance, Strength Training, Tabata and Step
- **Mind/Body classes** including Yoga and Group Cycling classes
- Complimentary **Kids Gym** play area for youth
- **Indoor Pools** for open swim, laps, water aerobics and family fun
- **Priority registration** for swim lessons
- **Teen Center** and clubs
- **Family and Active Aging programs**
- **Sports** like basketball, soccer, flag football and more
- **Complimentary child minding in Stay & Play** while you are in the YMCA (included with family membership)
- **Complimentary Parents Night Out** (included with family membership)
- Vending machines stocked with **healthy snack options** and **complimentary coffee bar**
- **Member discounts** on programs like child care, swim lessons, sports and day camp
- Access to most YMCAs in the US through **Nationwide Membership**

NEW THIS YEAR!

PARENTS' NIGHT OUT

Free with all our Household memberships. On the last Saturday of each month, 6:30 pm–9:30 pm, leave your children ages 6 weeks to 12 years old with us for a themed evening of fun!

PARTNERS IN HEALTH Group Membership

The YMCA of Bristol supports local businesses that work to promote healthy environments and recreational opportunities for their employees as a benefit. Research has proven that employees engaged in wellness programs are more productive, have lower absenteeism and often have lower health insurance premiums as well.

Please contact the Membership Experience Director for information about customizing a program for your organization.

SERVICE CREED

Your YMCA is dedicated to providing high quality services and only the finest of facilities. YMCA programs are based on the core values of Caring, Honesty, Respect, Responsibility and Faith. These values, along with our mission, are the foundation for the YMCA of Bristol's service creed:

1. **We strive to be the very best.** We do the best job we are capable of all the time in every part of our organization. We are proud of what we do and the people we serve.
2. **We are friendly, helpful and courteous.** We treat all of our members, guests and fellow associates as we would like to be treated.
3. **We smile—we are on stage.** We greet all members. We always maintain positive eye contact and use our service vocabulary. We tell them "Certainly," "I will be happy to do so," and "It will be a pleasure."
4. **We act quickly to resolve member issues.** We do everything possible to please our members.
5. **We use proper telephone etiquette.** We always try to answer in three rings and we have a smile in our voice. If necessary, we always ask if we may place customers on hold. We eliminate transfer calls whenever possible.
6. **Our uniforms and costumes are immaculate.** We wear proper, safe footwear that is always clean. We wear our name tags. We take pride and care in our personal grooming.
7. **We are ambassadors for our YMCA both at work and play.** We always speak positively and never make negative comments.
8. **We have passion for excellence.** We always find a way to get it done. We never give up.
9. **We never say no.** We say "I will be pleased to check." We suggest alternatives. We call a manager if we cannot satisfy the needs of a member.
10. **We are knowledgeable about all YMCA member and program information.** We always recommend programs, classes or fellowship opportunities to our members.

To be known, practiced, owned and embraced by all staff associates of the YMCA of Bristol.

CODE OF CONDUCT

At the YMCA, we expect staff, members and guests to behave in accordance with our mission and values at all times, respecting the rights and dignity of others. We demonstrate **Caring, Honesty, Respect, Responsibility** and **Faith** by:

- Dressing appropriately, speaking in respectful tones and refraining from the use of vulgar and derogatory language.
- Respecting the property of others; never engaging in theft or destruction.
- Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.
- Respecting others by refraining from intimate behavior in public; abstaining from contact of a sexual nature.
- Creating a safe, caring environment; no firearms or weapons are allowed on the premises.
- Participating in programs to build a healthy spirit, mind and body; never engaging in the use, sale or passing of illegal drugs or narcotics, or the unsanctioned use of alcohol on YMCA premises; never using tobacco or products that resemble smoking on or around Y premises.

Adherence to the YMCA Code of Conduct and regulations is essential. Noncompliance may result in suspension or termination of YMCA membership privileges.



WORK AT THE Y

At the Y, the care and concern we show for our members is our success gauge. In order to maintain our success, we must recruit and hire the best employees in the area.

The Y commits itself to doing so by providing our employees competitive wages, benefits and opportunities for advancement through our training programs and internal promotions.

Full-time, part-time and seasonal employment opportunities exist in

areas such as administration, aquatics, wellness, childcare, membership, sports, and outreach.

To browse open positions and submit an application online, visit our website at bristolymca.net.

2020 VISION: OUR PLAN TO MEET COMMUNITY NEEDS

The YMCA of Bristol has improved the spiritual, mental and physical health of hundreds of thousands of people over the last 135 years and will continue to serve our community through membership, programs and services. The 2020 Vision of the YMCA of Bristol is to strengthen the foundation of our community by increasing the number of healthy families. By 2020, the YMCA is committed to producing significant, measurable results for the community annually in our service area using three strategic priorities as our guide:

Academic Performance & Leadership • Community Health & Well-Being • Service to Others

FOR YOUTH DEVELOPMENT **Nurturing the potential of every child and teen**

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Academic Performance & Leadership

We will nurture the potential of youth and teens by:

- Focusing on improving academic performance of children in YMCA programs.
 - Expanding opportunities for all youth to attend Camp Adventure.
 - Building tomorrow's leaders by teaching important life skills through youth programs.
-

FOR HEALTHY LIVING **Improving our nation's health and well-being**

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through wellness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

Community Health & Well-Being

We will lead the vision of significantly improving our community's health and well-being by partnering with local and national organizations to bring cost-effective, accessible programs for healthy living. We will focus on:

- Reducing risk factors associated with chronic diseases such as youth and adult obesity, and hypertension.
 - Incorporating active participation through sports, recreation and active play in all youth development programs to help reduce youth obesity.
 - Expanding restorative health programs and services for people recovering from serious medical conditions and procedures.
-

FOR SOCIAL RESPONSIBILITY **Giving back and providing support to our neighbors**

The Y has listened and responded to our community's most critical social needs for 135 years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations or preventing chronic disease and building healthier communities through collaborations with policy makers, the Y fosters the care and respect all people need and deserve.

Serving Others

The YMCA will provide people opportunities to give their time and talent in support of community needs through:

- Members providing volunteer hours to give back and provide support to our neighbors and local communities.
- Increasing annual giving.
- Growing endowment/Heritage Club.
- Expanding community impact by providing more households with access to YMCA membership and programs through our Open Doors Program.

PROGRAMS FOR YOUTH DEVELOPMENT

CHILD CARE

Stay & Play

Kids ages 6 weeks to 5 years explore and play under our staff's supervision for up to **two** hours a day while you are at the Y.

Kids Gym

Kids ages 5 to 12 can make friends and be active under our staff's supervision for up to **two** hours a day while you are at the Y.

After School Care

A program that gives students ages 5 to 12 the opportunity to be active, focus on learning, receive help with homework and participate in enrichment activities. We pick kids up from school and bring them to our facility.

Inclement Weather Care

Full-day care for After School participants on days when school closes and the Y is able to open.

Parents Night Out

Where children have fun at the Y while parents enjoy an evening out.

SWIM, SPORTS & PLAY

Youth Swim Lessons

Kids learn water safety and develop skills and self-confidence.

Adapted Swim

Children with special needs learn to relax, build stamina and tone muscles in the water.

Recreation

Youth have fun in activities like dance, field trips, lock-ins, social events and more.

Personalized Orientations

A wellness coach will guide youth through all our wellness areas and equipment, taking into consideration each youth's age and preferences.

Youth Sports

Kids learn core values and fundamentals of sports, as well as developing skills and confidence through gaining new abilities.

CAMP

Camp Adventure at the Y

Traditional summer camp where kids have fun while making new friends, building new relationships, learning core values, participating in clubs, staying active and so much more! To minimize summer learning loss and to help children improve their reading skills, campers read 30 minutes each day while at camp.

School's Out Camp

A fun full-day camp experience for planned school holidays.

EDUCATION & LEADERSHIP

Teen Leadership

Where teens develop leadership skills through service projects, make friends and have fun in a nurturing environment.

Homeschool Programs

Sports such as youth basketball can be offered at times convenient for homeschool families upon request.



Visit bristolymca.net for more information about programs for Youth Development, including session dates and registration, or give us a call at 423.968.3133

PROGRAMS FOR HEALTHY LIVING

FAMILY TIME

Birthday Parties

Kids can celebrate their special day in our pool or Kids Gym.

Family Fun Events

We host family nights, holiday celebrations, service projects and more.

Healthy Kids Day

A national celebration for healthy kids and families, free and open to everyone.

SPORTS & RECREATION

Adult Pick-Up Sports

Feel your best through active play, including basketball and more.

Adult Sports Leagues

Stay active and healthy through friendly competition.

GROUP INTERESTS

Lifelong Learning

We host social luncheons, field trips and lunch talks throughout the year.

HEALTH, WELL-BEING & WELLNESS

Personalized Wellness Plan

Your trainer will guide and motivate you with assessments and a variety of workouts to help you meet your goals.

Personalized Orientations

Your wellness coach will guide you through all our wellness areas and equipment, taking into consideration your custom needs.

Group Exercise Classes

We offer dozens of classes each week, including Yoga, Hip Hop Cardio, Power Dance, Cycling, Strength Training, Tabata, Kickboxing and Step.

Wellness Challenges

We offer challenges throughout the year to keep you motivated and active.

Personal Training

Work one-on-one with a certified personal trainer or in a small group.

Active Aging Programs

Keep active, social and healthy in later years.

Water Group Exercise

Enjoy low-impact classes such as Water Aerobics.

Adult Swim Lessons

It's never too late to feel safe and confident in the water.

Lap Swimming

Swimming is great for wellness and relaxation; at least one lane is always available for laps.

CPR & Lifeguard Training



PROGRAMS FOR SOCIAL RESPONSIBILITY

SOCIAL SERVICES

Youth Programs

We nurture the potential of youth and teens by offering camps that reduce summer learning loss.

Water Safety Program

We offer Safety Around Water courses for kids in our community.

VOLUNTEERISM & GIVING

Annual Campaign

Thanks to our generous donors, we are able to provide much-needed financial assistance and help our community thrive.

Togetherhood

The Y's signature program for social responsibility, which invites members to lead and participate in volunteer service projects that benefit the communities where they live.

Angel Tree and Toy Drive

We help ensure all children are able to receive gifts for the holidays.

Food Drives

We make sure families don't have to go hungry during the holidays.

Volunteer Opportunities

See the Human Resources Director or visit our website bit.ly/ybristolvolunteer to see how you can lend a helping hand.

Visit bristolymca.net for more information about programs for Healthy Living and Social Responsibility, including schedules and guides, or give us a call at 423.968.3133

The Y strongly encourages physician approval before beginning any exercise program.

YMCA GUIDELINES

While the staff and volunteers of the Y go to great lengths to outline all rules and policies to ensure the comfort and safety of you, your family, and other members, it is simply impossible to foresee or communicate every situation that may arise requiring a YMCA response. The Y's management reserves the right to amend or add policies/operating rules to ensure the safety and comfort of all users. The YMCA of Bristol also understands that consistency among our staff and programs is a cornerstone of our business practice and wants all members to be met with the same rules. However, due to varying designs, space and amenities, from time to time you may see a variation to a rule or policy. Please contact the Membership Experience Director should you have any questions.

CHECK-IN

Your safety is our top priority. All members will be required to present a valid membership card upon entrance to the facility. Member Services will then scan your card. Having knowledge of who is in the building and at what time allows us to ensure a secure environment.

COMMUNICATIONS

There are many ways that we communicate with our members, including the following:

- bristolymca.net
- Email and direct mail
- Facebook, Twitter and Instagram @ymcaofbristol
- Online comment form at bristolymca.net

Text the keyword BRISTOL to 84483 to receive text message alerts. Standard text messaging rates apply; you can opt out by texting "stop" at any time.

If you have any questions about your membership, please contact your Member Services staff.

WWW.BRISTOLYMCA.NET

You can visit our website for a complete list of information, classes, schedules and special events. Members also have the exclusive privilege of registering for programs online prior to registration opening to the public. We invite you to share your comments through our online comment card available on our site. Members and program participants can also manage their Y accounts online. Go to "My Y Account" to edit and add information such as address, contact info, credit cards and more. Please refer to our website for the most updated information.

STAY & PLAY

Family members have the opportunity to utilize the YMCA's Stay & Play service **for a maximum of two hours per day.** A parent must be in the facility at this time. This YMCA service is intended for children six weeks to five years old. Our program is considered a child minding service, which means that a parent must be able to resume responsibility for his or her child's supervision within 30 minutes. See the following pages for options for youth ages five and older. These additional guidelines apply:

- Due to severe food allergies, please refrain from bringing food into Stay & Play.
- Ensure your child has been fed prior to his or her stay; scheduled feedings are not conducted. (To comfort young ones, we will administer bottles.
- Please fill formula bottles, change your child's diaper and/or take your child to the restroom before entering Stay & Play. Diaper changing can be provided.
- Children must wear closed toed shoes; no sandals or flip flops are allowed.
- Sick children are not permitted in Stay & Play. A sick child is defined as a child who has: a fever within the last 24 hours, diarrhea, vomiting, rash or open sores, cough, cold symptoms, lice etc.
- Stay & Play staff will not administer medication to your child.
- Positive discipline such as redirection and logical consequences will be used when behavior problems arise. Chronic problems may result in suspended privileges for a period of time.

- Stay & Play staff will locate a parent if a child cries for a prolonged period of time (every effort will be made to soothe the child).
- Please do not allow your child to bring any toys from home. This will avoid toys being lost or broken.

PROPER ATTIRE

For your safety, appropriate footwear inside the Y is mandatory. To maintain a family-friendly environment, members must keep midsection/torso covered.

MEDICAL EMERGENCY

YMCA staff members are CPR, First Aid and AED (automatic external defibrillator) trained and certified. AEDs are available. Please see a staff member if someone needs assistance.

EMERGENCY PLAN

The YMCA of Bristol has established emergency procedures. Staff have been trained to adhere to this plan, which covers injuries, cardiac arrest, evacuation, power failure, natural disasters, loss of communication and more.

WIFI

We are pleased to be able to offer free WiFi to everyone using our facility. The network is called YMCAGuest, and the password is ymca4000.

SECURING VALUABLES

Please safeguard your valuables inside the Y. If you don't have a lock to secure items, locks are available to purchase at Member Services. The Y is not responsible for lost, stolen or damaged personal property.

LOST AND FOUND

Members are encouraged to inquire at the front desk regarding a lost item and may be asked to describe the item when making a claim. The Y will take reasonable precautions to ensure that claimed items are returned to the rightful owner at request. Items found that do not pose a health risk and are considered to have a monetary value will be retained for 30 days. After such time the Y will consider the property abandoned, and it will be discarded or donated to a charitable agency.

CELL PHONES

Cell phone usage is NOT permitted in the pool, Nautilus area, free weights room, group exercise classes, locker rooms or bathrooms. Cameras on cell phones are not to be used in the YMCA at any time.

GUESTS

Our first priority is to serve our members who have made a commitment to the Y by joining. The purpose behind our guest policy is to enhance our service for current members who are encouraging a friend to join, for out-of-town family of current members and for out-of-town visitors. Our daily fees are as follows:

- \$10 for anyone ages 18+.
- \$5 for anyone under age 18, and they must be accompanied by an adult member or paying adult guest.

NATIONWIDE MEMBERSHIP

At the Y, we encourage our members to live their healthiest life and to utilize our facilities as often as possible. Sometimes it's more convenient to use a Y in another location when you are traveling, working, or just visiting another region. As a valued YMCA member, you have the flexibility to use

other YMCA facilities throughout the country at no extra charge. Simply present your YMCA membership card and photo ID at participating YMCAs and enjoy complimentary access. Learn more at bit.ly/ybristolmembership. Because each YMCA is autonomous, not-for-profit, and not a franchise, local YMCA policies vary on the use of equipment, facilities, services and programs by visitors. If you plan to visit another YMCA, it is always a good idea to call that YMCA about visiting member policies.

FINANCIAL ASSISTANCE

The Y offers financial assistance to those in need through our Open Doors Program. We strive not to turn anyone away due to his or her inability to pay membership or program fees. Partial subsidies are available due to the generosity of members and friends who make gifts to the Y's annual campaign. Subsidies are based on the individual's demonstrated ability to pay, the Y's ability to fund the subsidy, and the space available. For more information about the Open Doors Program, please contact Member Services.

CHANGES

Please inform Member Services if a change has been made to your address, phone number, bank draft (if applicable) or family member status. It is also important to notify Member Services if you or a family member has a health concern. Membership records and cards are the property of the YMCA of Bristol.



LOST CARD

Please inform Member Services if you have lost your member identification card, and they will provide a new one.

PROGRAM REFUNDS

If the YMCA has to cancel a program, you will receive a full refund. If you have to cancel after signing up for a program, prior to the start date, the YMCA will provide you with either a 100% credit to be immediately applied toward another program, or a full refund. The YMCA will provide a 100% refund if you have to cancel for medical reasons. No refunds or credits can be given after the program begins. If an individual misses or must drop out during a program for medical/family emergencies, classes may be made up where space is available. All credits are nontransferable. Camp deposits (to secure camp sessions) are nonrefundable.

RETURNED PAYMENTS

Returned checks, EFT or credit card transactions will be assessed a returned payment fee.

CANCELLATION

As per the membership application, we require written notice prior to the end of the current month to stop the next month's draft. Your membership will terminate at the end of the month we receive the cancellation request. Please contact the Membership Experience Director for a copy of the cancellation form.

SOLICITATION

To ensure the comfort of our members, the Y does not allow solicitation of outside business or services in YMCA centers or program areas, except when there is an approved partnership.

ALCOHOL/SMOKING/TOBACCO

The Y is a tobacco-free and alcohol-free zone. Alcohol consumption, smoking, vaping, chewing tobacco and drinking are prohibited on YMCA property.

YMCA GUIDELINES

AGE GUIDELINES

Guests

Ages 18+ may use any part of the facility without supervision.

Ages 0–17 may access age-appropriate areas (as listed below) under direct supervision of an adult.

Membership

Ages 12+ may join as individuals, however, youth ages 12–17 must have a parent or legal guardian sign the membership agreement and waiver.

Facility Use

Ages 16+ may be considered the supervising guardian for siblings age 11 and younger when using YMCA facilities, provided responsible and appropriate behavior is exercised at all times.

Ages 12+ may use YMCA facilities without adult supervision, unless posted otherwise.

Ages 10–11 may use designated areas of the facility provided their parent/guardian is on the premises and they have completed a facility orientation with their parent/guardian.

Group Exercise

Ages 14+ may participate in all Group Exercise classes without a parent or supervising guardian.

Ages 12+ may participate in all Group Exercise classes without a parent or supervising guardian except those that utilize weights or bikes.

Ages 8–11 may participate in all Group Exercise classes with a parent or supervising guardian except those that utilize weights or bikes.

Health & Wellness

Ages 18+ may use steam rooms and saunas.

Ages 14+ may use all wellness equipment without adult supervision.

Ages 12–13 may use free weights/Functional Training Studio only with direct parental supervision and after successful completion of a free weight orientation.

Ages 12+ may use Nautilus and cardio machines without supervision after completion of an orientation.

Ages 10–11 may use Nautilus and cardio equipment with a parent or supervising guardian on the premises, after completion of an orientation.

Ages 8–9 may use Nautilus and cardio equipment with direct supervision of a parent or guardian, after completion of an orientation.

Aquatics

Ages 12+ may use the swimming pools without adult supervision.

Ages 10–11 who complete the requirements of the swim test may use the swimming pools if their parent/guardian is physically on YMCA premises.

Ages 0–9 may use the swimming pools if they are under the direct supervision of a parent or supervising guardian. Non-swimmers must be within arm's reach of a parent or supervising guardian.

Locker Rooms

Men's Health Center is for **ages 18+**. No children may enter at any time.

Women's Health Center is for **ages 18+**. No children may enter at any time.

Boys Locker Room: boys **ages 0–17** may use the Boys Locker Room. Men **ages 18+** may only use this locker room while accompanying their children.

Girls Locker Room: girls **ages 0–17** may use the Girls Locker Room. Women **ages 18+** may only use this locker room while accompanying their children.

Ages 12+ may use locker rooms without supervision.

Ages 10–11 may use locker rooms without a parent/guardian, provided parent/guardian is on the premises.

Ages 0–9 may only use locker rooms under direct supervision of parent or supervising guardian.

Ages 5+ must use gender-appropriate locker rooms.

Changing rooms are also available to those who require special assistance or parents assisting an opposite gender child.

Youth Areas

Ages 12–18 may use the Teen Center without a parent.

Children under age 12 may use the Teen Center with direct supervision of a parent.

Kids Gym is for **ages 6–11** during staffed hours. Outside these hours, children of all ages may use the space with the direct supervision of a parent or guardian.

Stay & Play is for **ages 6 weeks–5 years old** during staffed hours, and parents can drop their kids off for up to two hours a day while they remain in the building.

Although YMCA staff members are trained to meet the needs of children and encourage them to develop new skills like independence, we suggest that parents communicate with their children and know where they are at all times while at the Y.

POOL GUIDELINES

- YMCA swimming pools may only be used when a lifeguard is on duty.
- Please shower before and after using the swimming pool.
- Persons with open cuts, sores or blisters are not permitted in the swimming pool.
- Children who are not potty-trained must wear a swim diaper or plastic pants (disposable diapers are not permitted).
- Please use appropriate changing facilities (on-deck changing of any age is prohibited).
- A parent/guardian must be supervising his/her children ages 0-9 at all times. Non-swimmers must be within arm's reach of a parent or supervising guardian at all times.
- Children ages 10-11 may use the pool only if a responsible adult is on the Y's premises and the child has completed the requirements of the YMCA of Bristol Swim Test. Please refer to the member guide for all age guidelines and definitions.
- Swimmers must wear appropriate swimwear (no jeans or cut-offs; swimsuits only). The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Children wearing Coast Guard approved flotation devices and non-swimmers must be within arm's reach of a parent. Water wings (arm floaties) are not permitted. The Operations Director may make exceptions based on special needs of the swimmer and inspection of the device.
- Glass or metal objects are not permitted in the pool area. Food, chewing gum, tobacco products and alcohol are not permitted in the Y's aquatic environments.
- No diving. Feet-first entries only. Flips, spins or back dives are not permitted from the side of the pool.
- Hanging on lane lines, safety ropes and basketball hoops is not permitted.
- No squirt guns or balls are permitted.
- Running, horse play, pushing, carrying people on shoulders or dunking is prohibited in the swimming pool or deck area.
- Prolonged underwater swimming or breath holding (and hyperventilation) is not permitted.
- Floats and rafts are only permitted during designated times and when posted in advance.
- Fins and snorkels are only permitted in lap lanes. On occasion during peak demand, the Operations Director may restrict usage of fins to ensure the safety of other swimmers.
- Mermaid tails or monofins are not permitted.
- When the whistle blows, look to a lifeguard immediately! Any act deemed unsafe by the lifeguard or management will not be tolerated.
- YMCA management may close the pool at any time to ensure the safety of patrons. All pools will be closed for at least 30 minutes when lightning and/or thunder is observed.
- Deck surrounding the pool must be kept clear of baby equipment and toys.
- One person at a time is permitted on the slide. Feet-first entries only.



SWIM TEST/ SWIM NECKLACE

Children ages 3-12 must complete requirements of a swim test to be allowed to swim without a parent or supervising guardian being within arm's reach at all times.

1. Comfortably swim one length of the swimming pool (25 yards) without assistance starting in the shallow end of the pool.
 2. Pausing is allowed for the swimmer to rotate and breathe.
 3. Type of stroke or combination of strokes allowed: freestyle (front crawl) and/or breaststroke. The swimmer must remain horizontal on top of the water and have some level of proficiency of the swim stroke. The swimmer may float or swim on his/her back periodically. Underwater swimming is not permitted.
 4. At the end of the 25 yard swim, the swimmer must tread water for 30 seconds.
 5. The swimmer exits the pool either by steps, ladder or side.
 6. To test confidence in deep water, the swimmer jumps into the deep end of pool, resurfaces and exits the pool by steps, ladder or side.
- Upon successful completion, a complimentary green swim necklace will be awarded, which notifies the lifeguards of the child's ability to swim.
 - Swimmers who have completed requirements of the swim test must wear their necklace at all times while in the pool.
 - For the safety of all children, sharing of necklaces is not permitted.

YMCA GUIDELINES

GENERAL WELLNESS GUIDELINES

- Wear appropriate exercise attire with midriff covered.
- Wear proper athletic footwear.
- Place personal belongings in designated areas.
- Please use all equipment properly.
- Leave equipment in assigned areas.
- Wipe down equipment after each use.
- Share the equipment by allowing others to work in.
- No outside personal training.
- No horseplay or undesirable language.
- Water and sports drinks in enclosed containers are permitted in most areas.
- If you have questions about anything, please ask for help! We offer free orientations.
- Please be safe and courteous.

Gymnasium Guidelines

- Scheduled activities have priority; please refer to the schedule.
- Please wear non-skid, non-marking shoes only. Court shoes are preferred.
- Please do not bring food or drinks into the gym.
- Please do not dunk.
- Please do not hang on rims.
- No rough play.

Free Weights/Nautilus Guidelines

- Orientations are strongly encouraged prior to using the equipment.
- Use a spotter when possible.
- Please do not use chalk.
- Use collars on all barbells.
- Do not rest plates on the floor, machines or walls.
- Re-rack plates on assigned racks.
- Bring weights to rest gently.
- Return all crossover cable handles to places provided.

Cardio Guidelines

- 30-minute maximum on cardio machines during peak hours.
- If you would like to watch a different TV channel, please ask a staff member to change the channel for you.

Functional Training Studio Guidelines

- Do not hang from the heavy bag.
- Please re-stack battle ropes and return bikes/equipment to their positions when you are finished.
- No climbing on the TRX rack.

Information in this guide, while correct at the time of printing, is subject to change. Please visit bristolymca.net for the most updated version.

Hot Tub/Steam Room/Sauna Guidelines

The YMCA of Bristol restricts the use of our hot tubs to ages 18+ due to their locations in the Men's and Women's Health Centers.

- Cool down at least five minutes after exercising prior to use.
- Please shower before and after using the hot tub, steam room or sauna.
- Use the hot tub only when others are present.
- Limit tub usage to ten minutes or less.
- Diving or jumping into the hot tub is prohibited.
- Use of body lotions, oils or suntan lotions is not permitted.
- Aerobic exercise in the hot tub is not allowed.
- Food or drinks are not permitted.
- Please do not use the hot tub if you are under the influence of alcohol, anticoagulants, anti-histamines, vasoconstrictors, vasodilators, stimulants, hypnotics or tranquilizers.
- Do not submerge to the bottom.

Warning! Persons with the following conditions should not use the hot tub:

- High blood pressure
- Heart disease
- Respiratory problems
- Pregnancy
- Diabetes
- Emotional disorders
- Stress/anxiety disorders
- Epilepsy or seizure disorders

Failure to follow these rules can result in serious or fatal injury.