



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

MEMBER HANDBOOK

TRI-CITIES FAMILY YMCA

1 Y Drive, Grand Haven, MI. 49417

616-842-7051

www.tcfymca.org

Welcome

to the TRI-CITIES FAMILY YMCA

We're glad you're here. As a Member of the Y, you now belong to a community of people focused on wellness, family, and helping others. You've taken the first step by becoming a member, and now we encourage you to become fully engaged in all we have to offer. It is our mission to help you take charge of your health, spend quality time with your family, and develop relationships with your neighbors.

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. Information about our programming can be found on our website: www.tcfymca.org or in our seasonal program guides.

We take pride in the friendliness of our staff and their willingness to assist our members. Your thoughts, comments and questions are always welcome. Please feel free to approach any of our staff members at any time.

Thank you for choosing the Tri-Cities Family YMCA for your family's recreational and fitness needs. You are now empowered to strive for those goals you have set, so come often and take full advantage of your new membership.

TABLE OF CONTENTS

ABOUT US

Who We Are	4
Member Benefits	5
Code of Conduct	6

MEMBERSHIP INFORMATION

Member Access	8
Holds & Cancellation	9
Guest Pass Policy	10
Social Responsibility	11
Health and Fitness Services	12

FACILITY USE GUIDELINES

General Policies	14
Fitness Center Policies	16
Pool Policies	18
Learning Tree Preschool	19
Inclement Weather Policy	19

CHILD CARE AND YOUTH ACCESS

Child Care	20
Youth Facility Access	21
Youth Fitness Policy	21

SUPPORT YOUR Y

Annual Campaign	22
Endowment Fund	22
Volunteer Information	22

STAY CONNECTED

Contact Information	23
Website Information	23
Hours of Operation	24

ABOUT US

WHO WE ARE

The Tri-Cities Family YMCA has been proudly serving the Tri City Area since 1963. Our programs and our staff are committed to demonstrating on a daily basis the core values for which we stand: CARING, HONESTY, RESPECT AND RESPONSIBILITY.

OUR CAUSE

At the Y, strengthening community is our cause. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn and grow.

OUR MISSION

As part of a worldwide movement in more than 120 countries, the Tri-Cities Family YMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR FOCUS

The Y is the nation's leading nonprofit organization committed to strengthening communities through...

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

HEALTHY LIVING

Improving the community's health and well-being.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

MEMBER BENEFITS

- Full Facility Access
- FREE Childcare in Kid's World (3mos– 10 yrs)
- FREE Fitness / Equipment Orientation
- JUMP START Wellness Program
- Access to CrossFit program
- Special Discounted Member Pricing for Programs, Special Events & Camps
- Priority Class Registration
- Over 55 FREE Fitness Classes per Week
- 25 Meter indoor pool
- Family | Open Swim | Water Exercise Programs
- FREE Kids & Teen Cardio Classes
- Ace Place Parent | Child Open Play Times
- Special Member Pricing for Birthday Parties
- 2 Full Size Gymnasiums
- FREE Racquetball Court time
- Discounted Body Analysis Testing
- Whirlpool & Sauna
- Indoor Fitness Track
- Indoor Cycling and Yoga Studio
- Fitness Center featuring over 40 Cybex and free weight stations.
- Cardio Theater featuring treadmills, elliptical cross trainers, stairmaster and more!
- Adult Only locker rooms featuring sauna & whirlpool with private showers
- Family locker rooms featuring private & public showers and child diaper changing station
- Special Family Events

PLUS – Nationwide access: more than 2,400 YMCAs across the country will honor your YMCA membership as part of the YMCA's AWAY program (Always Welcome At the Y).

... AND SO MUCH MORE !

ABOUT US

CODE OF CONDUCT

The Tri-Cities Family YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. The actions listed below, which are *not* intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities or programs:

- Using or possessing alcohol or illegal drugs on YMCA property, in YMCA vehicles or facilities, or at YMCA-sponsored programs
- Smoking on YMCA property – all of our YMCA buildings and grounds are smoke-free environments
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property

- No electronic devices to be used in locker rooms (cell phones, cameras, etc.)
- Bringing unregistered guests into the facility at any time
- Use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, or is currently under the influence of illegal or dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty. Please notify a staff member if assistance is needed. Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

Some areas of our facility utilize video technology to protect all persons and will be turned over to authorities when needed.

THE Y HAS SOMETHING FOR EVERYONE

Your YMCA membership opens up a world of fitness options and recreational activities for families and individuals of any age.

MEMBERSHIP INFORMATION

MEMBER ACCESS

Membership Cards

- All members are required to have a photo ID taken.
- **All Members & Visitors must check in with staff at the Welcome Center prior to using the facility.**
- All cards are non-transferrable and cannot be loaned out.
- Lost or stolen ID cards must be reported to the Welcome Center and a new card will be issued.

Priority Program Registration

Classes and programs are scheduled into seven sessions per year, typically each are seven weeks long. Registration and payment in full are required before classes begin. Registration is on a first-come basis and Members are given 2-3 days of priority registration before it is opened up to Nonmembers.

Refunds / Class Cancellations

The Y reserves the right to cancel classes that do not have sufficient registration. If the Y cancels a class, full credit or refund will be issued. No credit or refund will be issued after the second week of class except for authorized reasons.

Membership Annual Renewals

A renewal notice will be mailed to you approximately one month prior to your expiration date. Note that memberships that are being paid for by monthly bank draft will not require a renewal notice and are continuous until cancellation.

A.W.A.Y. Program

Our A.W.A.Y. (Always Welcomed At the YMCA) Program allows you to visit other Y's around the country while you travel, just make sure to bring your Y membership card. We allow 10 visits per year for members of other YMCA's to use our facility.

MEMBERSHIP HOLD / CANCELLATION

Membership Hold

After your one year anniversary, members can put membership on hold/freeze for up to 3 months for free.

Membership Cancellation Policy

Annual Memberships

Cancellations are accepted for medical reasons or if you permanently move your residence more than 35 miles. A 30 day written notice is required. Members paying by automatic deduction require 30 day notice PRIOR to draft date. A Cancellation Form can be obtained at the Welcome Center.

Continuous Memberships

Members must provide a 30 day written notice along with a completed Cancellation Form which can be obtained at the Welcome Center. Members paying by automatic deduction require 30 day notice PRIOR to draft date.

Returned Payments

Any returned payments due to non-sufficient funds may be resubmitted two more times by E-Cashflow Systems and assessed a processing fee of \$25 or the maximum legal amount. You are responsible for all other recovery costs, including all attorney's fees, court costs and taxes. Please ensure that all your personal information is current in our system, this includes current bank account information and expiration dates if applicable on your membership.

AT THE Y, YOU BELONG

When *you belong* to the Y, you belong to something more than a gym. You become part of a community of men, women and children who strive every day to be healthy, confident and connected.

MEMBERSHIP INFORMATION

GUEST PASS POLICY

Tri-Cities Family YMCA is a membership organization and our first priority is to serve our members who have made a commitment to the YMCA by joining. The purpose behind our guest policy is to enhance service to current members who are encouraging a friend to join and to make accommodations for out-of-town family and visitors.

Guests of Current YMCA Members

All Current YMCA Members are allowed 3 guests per year. Guest names are now recorded for each member at the Welcome Center. After the 3 guest visits, additional guests are required to pay the Guest Rate Fee.

Complimentary Guest Pass

Complimentary Guest Passes are only for those who have a serious interest in joining the YMCA, but would first like to sample the facilities. We invite guests to receive a tour, during which a complimentary guest pass would be provided.

<u>Guest Rates Fees</u>	<u>Daily</u>	<u>Weekly</u>
Youth: 0-17yrs	\$5	\$25
Adult: 18+yrs	\$10	\$45
Senior Couple	\$10	\$60
Family	\$18	\$70

If a membership is purchased within 30 days of purchasing a guest pass, that money will be credited towards your new membership.

Guest Restrictions

- Guest must be accompanied by the YMCA member
- Anyone caught sneaking a guest in will have their membership revoked
- Member is responsible for the behavior of their guests
- Guest must provide valid photo identification
- Guest must register at the Welcome Center and sign the Guest Waiver before using the facility
- Youth Guests (ages 9 & under) must have an adult (age 16 or older) remain at the YMCA with the youth guest at all times
- Guests must adhere to all YMCA policies and usage guidelines

SOCIAL RESPONSIBILITY

Military Outreach Initiative

Deployment can be a stressful and uncertain time for our nation's servicemen and women and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Y is able to offer memberships to eligible military families and personnel to give them extra support deployment. It's our way of giving back to those who dedicate themselves to serving our country.

Community Pricing Scholarships

The YMCA welcomes all who wish to participate and believes that no one should be denied membership based on their ability to pay. Through our Strong Kids Campaign, the Tri-Cities Family YMCA provides membership scholarships to youth, adults and families based on individual needs and circumstances.

Determining scholarship amounts is handled in a fair and consistent manner and every YMCA member receives the same membership benefits, regardless of whether they are receiving a scholarship. YMCA members can feel confident knowing that they are a part of an organization that cares greatly for the well-being of all people.

If we can assist you through the Community Pricing Program, please contact the Welcome Center to fill out an application. This process takes approximately 2 weeks and is based on annual income and extenuating circumstances.

Foreign exchange students and refugees are eligible to receive FREE memberships through the Community Pricing Program. This is a great way for them to get acclimated to our community, even if it is for a short time. If you know of a refugee or exchange student that can take advantage of this opportunity, please share our YMCA with them.

***For* SOCIAL RESPONSIBILITY:**

The generosity of others is at the core of our existence. Through this support we are able to give back to the community we serve.

MEMBERSHIP INFORMATION

HEALTH AND FITNESS SERVICES

Group Exercise Classes

Fitness Classes at the YMCA are included in your membership. We offer dozens of Group Exercise options weekly including Indoor Cycling, Yoga, Strength Fusion, Total Training, Zumba, and many more. Classes exist for ALL fitness level from beginner to the more experienced. A Fitness Schedule can be found online or at the Welcome Center. Class offerings change approximately every 7 weeks.

Fitness Center Orientation

Every member is given the opportunity to go through a FREE, one-time orientation. Equipment orientations will help you learn the proper form and technique for the weight equipment and show you how to use cardio machines such as the elliptical, bike and treadmill. Orientations last approximately 45 minutes. Appointment times and availability vary, please sign-up at the Welcome Center.

Nutrition

We know that eating healthy can not only impact how you feel throughout your day, but can also improve the overall quality of life. Our registered dietician offers several Nutrition Classes throughout the year which are FREE to our members. For class topics, dates and time please refer to our website or current program guide.

Nutrition Consultation is also available by appointment and can provide a complete personal nutritional assessment as well as advice on a range of other nutritional issues. For pricing information contact our Welcome Center or refer to the current program guide.

For HEALTHY LIVING:

Being healthy means more than simply being physically active. It's about maintaining a balance body, mind and spirit.

Personal Training

A Certified Personal Trainer will create a program for you based upon your individual fitness goals. Whether you are new to exercise, an athlete or need to break through a plateau, a Certified Personal Trainer can safely develop an effective exercise routine for you. A variety of packages are available; find out more in our program guide or online at www.tcfymca.org.

Body Composition Analysis

Whether you are just starting an exercise program or are an experienced athlete, you may aspire to lose fat, gain lean muscle tissue or both. Simply weighing yourself on a scale can not tell you if you are accomplishing these goals. The YMCA offers computerized Bioelectrical Impedance Analysis (BIA) which can provide you with valuable body composition information to get you started on or improve your exercise routine. This safe, accurate and noninvasive testing can be done in less than 15 minutes and is offered to our members at reduced rates. Find out more about Body Composition Analysis in our current program guide, our website or stop by the Y Welcome Center.

Active Older Adults (AOA)

Regular exercise is especially important for older adults, and it's never too late to start. Oftentimes, it is inactivity that slows down seniors, rather than their inability due to the aging process. The Y offers opportunities for Active Older Adults to engage in group water exercise classes, circuit training, as well as the trademarked SilverSneakers program. These classes are included in your Y membership. Times and days are listed on the Fitness Schedule which is posted at the Welcome Center and can be found online.

Healthy Heart Program

Phase III Cardiopulmonary Rehabilitation is a preventive and restorative program offered here at the Y. The program is designed to enhance the quality of life for people at risk or who have diagnosed heart disease or associated risk factors. A medical release from your physician is required for participation. Check online or see our current program guide for information on pricing, days and times.

FACILITY USE GUIDELINES

GENERAL POLICIES

Locker Rooms

Two locker rooms are available for use. The adult locker rooms for individuals 18 and older have access to the whirlpool and sauna. The main locker rooms are for all ages and access the pool area. No electronic devices, including cell phones, are to be used inside the locker rooms. The Y is not responsible for lost, stolen or damaged items; please secure your items in a locker. A personal lock can be brought in and used on a daily basis. Locks remaining overnight will be removed. Lockers are available for a yearly rental fee, stop by or call the Welcome Center for more information.

Proper attire and shoes

Appropriate shirts, shorts and shoes are to be worn in the building at all times. Swimming apparel is required and restricted to the pool area, sauna and whirlpool. Non-marking shoes are to be worn in the gyms, racquetball courts and fitness areas.

Gymnasium

Our two full size gymnasiums are often divided in half and scheduled accordingly. Members are welcome to use the gym during any "open gym" time. Gym Schedules, which change each session, are located at the Welcome Center and can also be found online. Proper non-marking shoes and attire are required.

Lost and Found

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Our lost and found is located downstairs in the laundry room at the end of the hall downstairs. All items found in the YMCA will be kept for at least 30 days before being recycled for charitable purposes.

Photo / Video Notice

The YMCA photographs and/or videotapes our members and program participants in various activities. Some of this material is used for marketing and/or fundraising. If you do not want to be photographed, please tell the photographer or step out of the shot. Cameras are not allowed in the locker rooms.

Racquetball Courts

The Tri-Cities Family YMCA is home to two racquetball courts. Please reserve a court up to 24 hours in advance at the Welcome Center. Courts are available for adults and youth ages 10 and up.

Accidents, Injuries

All cases of accident, injury or unusual incidents should be reported to a staff person on duty or to the front desk. The Y assumes no responsibility for injuries incurred while participating in YMCA activities.

Parking

All parking lots are the property of and maintained by the City of Grand Haven. Parking is provided in the lighted lot east of the YMCA. Additional parking is available by the Mulligan's Hollow picnic area and on the basketball courts during the winter. The parking lot to the west, behind the building, is reserved for handicapped parking and those in our SilverSneaker and Active Older Adult classes.

Towel Service

Towels are provided for use by members and guests and may be obtained at the Welcome Center. Please assist our staff by depositing soiled towels in the bins located outside of the locker rooms. Towels are not to be taken out of the building.

Parties and Facility Rentals

The YMCA facilities are available to rent for groups up to 250 for wedding receptions, meetings, birthday parties or overnight lock-ins for church and youth groups. Facility rental is based on availability and must be booked two weeks in advance. We offer a variety of Birthday Party packages that can be booked by both members and nonmembers. Party package information can be found online or in our current program guide. Contact the Welcome Center for facility rental information.

Smoking and Alcohol Use

YMCA facilities and grounds are smoke-free, drug-free and alcohol-free environments.

FACILITY USE GUIDELINES

FITNESS CENTER POLICIES

Conduct and Etiquette

Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed. Please follow the Y values of Caring, Honesty, Respect and Responsibility to govern behavior.

Age Guidelines

Members and guests age 16 and older are permitted full use of the Fitness Center. For youth under age 16, please refer to our Youth Fitness Policy on page 21.

Cardio Time Limit

During busy times or when people are waiting, please limit use of the cardio equipment to 30 minutes.

TV Monitors

Please do not touch the TV monitors or the controls on the TVs. Use remote to change channels if necessary. Please do not adjust the volume on the TV monitors; volume for the TVs can be adjusted on each piece of equipment where you plug in your headphones.

Rack Your Weights

As a courtesy, when using free weights (or other moveable equipment) please return them to their proper place at the end of your workout, making sure to strip bars and return plates to racks.

Proper Attire & Hygiene

Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate in a family environment allowed. Shirts must be worn at all times. Non-marking, closed toe athletic shoes must be worn in all fitness areas. Please be courteous to others by observing regular hygiene and limiting use of perfumed sprays.

Gym Bags

For your safety, store personal items including gym bags, purses, extra clothing, etc. in the locker rooms. For information regarding our locker rooms, including locker rental please see our Facility Use Guidelines on page 14.

Wipe down equipment

Members must wipe down equipment with paper towels when finished. Cleaning spray and paper towels are provided in both the weight and cardio rooms.

Functional Fitness Area

During CrossFit classes the functional fitness area and equipment is reserved. This includes the rowers, rack, Olympic bars, plates and equipment marked with yellow banding.

Circuits and Linger on Equipment

If you intend to perform more than one set of repetitions on a machine, please allow others to work in between your sets. Be careful not to interfere with another's workout by lingering too long on any one piece of equipment.

Report Equipment Malfunctions & Injuries

Fitness center participants should report all equipment malfunctions, personal injuries and concerns immediately to the staff.

Food

Closed water bottles are allowed. No food or gum permitted in any fitness area including the gyms.

Fitness Center Orientations

It is highly recommended that all members participate in a brief Equipment Orientation. This is a FREE benefit included in your membership.

Personal Trainers

The YMCA offers Personal Training for our facility members and guests. Please refer to the Program Guide for rate information. **USE OF NON-YMCA PERSONAL TRAINERS IS PROHIBITED WITHIN OUR FACILITIES.**

Medical Clearance

The YMCA strongly recommends that you consult your physician before beginning a new exercise program.

FACILITY USE GUIDELINES

YMCA POOL POLICIES

The YMCA pool is 25 meters long (64 lengths = 1 mile). The Pool Schedule is posted at the Welcome Center and online. In addition to the scheduled lap swim times, a lap swim lane is available during posted "Open Swim" and "Family Swim" times. The pool closes 30 minutes prior to the building closing time.

Age Guidelines

Children must be at least 10 years old and able to swim the length of the pool in order to use the pool without parent/guardian supervision.

Proper Attire

Swimming apparel is required; NO cut-off jeans or shorts allowed in the pool. Children who are not toilet trained are required to wear a swim diapers or rubber pants when in the pool.

Supervision & Spectators

Parents or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency. Parents and spectators can view swim lessons from upper lobby after dropping kids off at class.

Pool Rules:

- Lifeguards are the final authority on all pool safety rules!
- Soap showers are required before swimming.
- No running on pool deck.
- No wild or dangerous play allowed.
- No floatation devices allowed in the deep end of the pool.
- No diving in the shallow end of the pool.
- No food or beverages allowed in the pool area.
- Starting blocks are for swim lesson use only.
- Swimmers with open sores, rashes or infectious disease are asked to refrain from using the pool.
- Lifeguard has authority to implement special rules if necessary.

LEARNING TREE PRESCHOOL

Our Preschool Programs provide a rich classroom environment where children are encouraged to explore and are challenged to learn, while making friends and developing self-confidence. Our curriculum helps children develop the critical thinking and problem solving skills they'll need to succeed in kindergarten, school, and life.

The Learning Tree Preschool is open to the community. YMCA members receive a discounted monthly rate as well as priority registration. Class registration begins in February for the upcoming school year. Classes fill up quickly, so plan ahead if you are interested.

For additional information, visit: www.ymcalearningtree.com

INCLEMENT WEATHER POLICY

The YMCA makes every effort possible to keep the Y and its programs running during periods of inclement weather. Closing decisions are based on weather alerts, road and school closings, and the ability of YMCA staff to get to and from the Y and operate the facility safely. In case of closing or early closing, we will update our closing status on our website, to WGHN FM 92.10, WZZM TV 13, Facebook, and Twitter.

Our facility **DOES NOT** necessarily follow the Grand Haven School District closings.

On the rare occasion that the Y closes due to the weather, we are unable to offer a refund, credit, or make-up classes. When weather is questionable, it's best to call ahead.

The YMCA Learning Tree Preschool DOES follow the Grand Haven School District closings and will be posted to WZZM and WOOD TV.

CHILD CARE & YOUTH ACCESS

KID'S WORLD

Ages 3 months - 10 years old

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play while you work out! Our Kids' World services are provided for parents while attending classes, using the Y for fitness, or participating in recreational activities **WITHIN THE FACILITY**. Our goal is to provide a safe, enriching, and fun environment for your children. Children play under the supervision of caring, trained YMCA staff. We will care for your child in Kids' World for up to a **MAXIMUM OF TWO HOURS** per visit. This service is provided **FREE to our Members**; Nonmembers pay a nominal fee per hour. Hours of operation and pricing are listed online and in each program guide.

THE ACE PLACE

Ages 3 - 10 years old

Allow your children to explore and discover while you are involved in Y activities **WITHIN THE FACILITY**. Children up to 10 years old have an adventure waiting for them on the rock wall, slides, tunnels, and much more. Parents are welcome to stay and play with their child at no charge or leave them well attended during our Supervised Drop-In times for children 3-10 years and potty trained. Pay per visit or purchase an annual pass for \$30 per child. **All fees are non-refundable / transferrable and are paid at the Welcome Center.**

LICENSED CHILDCARE

Ages 3 - 12 years old

Whether you are looking for full or part time care for your child or before and after school care, our fully licensed childcare program has the flexible scheduling you need for your family. Our childcare program offers an engaging environment where your child, ages 3-12 years, can learn and grow. We offer enriching creative hands-on activities, field trips, and the opportunity for your child to participate in other Y programming while in our care. **HARBOR TRANSIT FRIENDLY! OPEN SNOW DAYS!**

YOUTH FACILITY ACCESS

Children age 9 and under must be under the direct supervision of a person age 16 or older. Children age 10 and above may use the facility unsupervised as long as they do so in a responsible manner. Youth ages 16 and up have full privilege for facility use.

YOUTH FITNESS POLICY

All youths 12-15 years old must complete the Teen Strength Training class or Equipment Orientation and pass the Teen Strength Training test in order to use the Cardio and Weight Room facilities. Youth that complete the requirement will then have a card at the front desk on file signifying that they have done so.

Youths 12 years of age may workout but must be supervised by a parent or guardian at all times. They may attend classes, excluding Powerflex and Indoor Cycling again, with a parent or guardian.

Youths 13-15 years of age may workout in the facility without a parent or guardian present. They may also attend fitness classes, excluding Powerflex and Indoor Cycling on their own.

Youths age 16 and over have full privilege for facility usage, including all fitness classes.

Proper etiquette and respect for equipment and the facility should be exhibited at all times. Misconduct may result in the loss of privileges and/or YMCA membership.

For YOUTH DEVELOPMENT:

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives.

SUPPORT YOUR Y

ANNUAL CAMPAIGN

GIVE. AND DO SO MUCH MORE.

One out of every ten members at our YMCA receives financial assistance. And with the economic situation that is plaguing our Lakeshore area, more will be turning to us this year for our help. Over 1,000 YMCA members, businesses and community volunteers support this effort by campaigning and making donations. All of the funds raised in the Annual Campaign *stay* in our community to help local youth and their families. By making a donation, you or your business can make a positive difference in a child's life.

OUR PROMISE: No one will *EVER* be turned away due to inability to pay. Our Annual Campaign provides the funding necessary to ensure that our community's children have access to the YMCA programs they need and deserve. Please help us keep our promise. Give generously to this year's Annual Campaign.

A YMCA ENDOWMENT GIFT IS FOREVER

Leave A Legacy

An Endowment is a permanent investment that grows over time and continually generates resources that will be available forever, providing for the Y in perpetuity. Gifts can be outright, through your will, charitable annuities, life insurance and other memorial types of gifts. The YMCA Board of Directors protect the principle of the fund and interest earnings help the YMCA live its inclusive mission.

VOLUNTEERING FOR THE Y

At the YMCA, your time and talent go a long way. Every hour you spend as a YMCA volunteer translates into healthier lives for people of all ages, backgrounds, abilities and income. Some of the areas in which volunteers assist include: clerical, child care, youth sports coach, day camp, fund raising and special events. Contact the Welcome Center for more information.

STAY CONNECTED

WE WELCOME YOUR THOUGHTS AND COMMENTS

Comment Cards

Thank you for including us as part of your healthy lifestyle. Your experience and satisfaction are important to us. We invite you to speak to our staff, or complete a commend card to express satisfaction, concerns or questions. Comment cards can be found on the suggestion boxes hanging outside the multi-purpose room and the Cardio Theater. Responses will either be handled directly or posted on the information bulletin board in the main hall way.

Email Contact

We also welcome your comments and questions for our staff via email. Current email addresses for our Executive Director, Membership Director, and our Program Directors can be easily located on our website.

GET INVOLVED IN OUR PROGRAMS

We offer programs year around for all members of your family. Our program guides are published three times per year and can be found online or can be picked up at our Welcome Center. Staying active in our programs helps you and your family stay connected to new friends and community members who share similar healthy lifestyle goals.

JOIN US ONLINE AND STAY CURRENT



Visit Our Website: www.tcfymca.org

Find all the current programming information, schedules, news, opportunities, and much more on our new website.



"Like" Us on Facebook: **Tri-Cities Family YMCA** and

TCFYMCA Health & Fitness Receive announcements, view photographs, read articles and stay connected through our Facebook pages.



Follow Us on Twitter: **TCFYMCA**

For those that like to tweet, we are there with you. Follow us on Twitter & stay current on what's happening at the Y.

HOURS OF OPERATION*

Summer

Mon-Thurs 5:30 am - 9:00 pm
Friday 5:30 am - 8:00 pm
Saturday 7:00 am - 12:00 pm
Sunday 7:00 am - 12:00 pm

Fall / Winter / Spring

Mon-Fri 5:30 am - 9:30 pm
Saturday 7:00 am - 6:00 pm
Sunday 12:00 pm - 5:00 pm

Business Office Hours: Mon-Fri 9:00 am - 5:00 pm

Holiday Hours

The YMCA will be CLOSED in observance of the following holidays:
New Year's Day, Easter Sunday, Memorial Day, Fourth of July, Labor
Day and Christmas Day.

Facility hours for Thanksgiving, Christmas Eve, and
New Year's Eve will be posted.

* Hours subject to change.

Our Mission: The Tri-Cities Family
YMCA strives to put Christian principles
into practice through programs that build
a healthy spirit, mind and body for all.



TRI-CITIES FAMILY YMCA
616-842-7051
www.tcfymca.org



TRI-CITIES FAMILY YMCA ENSURING A BRIGHTER FUTURE

