Tri-Cities Family YMCA Member Handbook

Tri-Cities Family YMCA
1 Y Drive Grand Haven, MI 49417 | 616.842.7051 | tcfymca.org

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Welcome

Thank you for choosing the Y! We're glad you're here. You are now part of a community of individuals joined together by a shared commitment to nurture the potential of youth, promote healthy living and foster a sense of social responsibility. 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 and develop relationships within the Y community.

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. Additional 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.

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WHO WE ARE

The Tri-Cities Family YMCA has been proudly serving the Tri-Cities 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. 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.

MEMBERSHIP MEANS MORE!

Member Amenities

- Full Facility Access
- FREE childcare for members while attending fitness classes, using the Y for fitness, or participating in activities within the facility
- FREE Fitness / Equipment Orientation
- JUMP START Wellness Program
- Discounted Member Pricing for Programs, Special Events & Camps
- Priority Member Registration
- FREE Group Fitness Classes including Strength Training, Spin, and Cardio Classes
- 25-meter indoor pool
- Family | Open Swim | Water Exercise Programs
- Special Member Pricing for Birthday Parties
- Full Size Gymnasium
- FREE Drop-in Sports for Members
- Discounted Body Analysis Testing
- Coed Sauna
- Fitness Track
- Cycling and Yoga Studio
- Weight Room featuring over 40 Cybex and free weight stations and Functional Fitness Equipment
- Cardio Theater featuring treadmills, elliptical cross trainers, Stairmaster, stationary bikes, spin bikes, recumbent bikes, and Nu Steps
- Men’s and Women’s Adult Locker Rooms (18+) featuring access to coed sauna and private showers.
- Universal Locker Room featuring private changing rooms, lockers and a parent room to care for babies and young children.
- Nationwide Reciprocity at other participating Y’s
- And, SO MUCH MORE!

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.

The YMCA adheres to all state and federal laws which allow all individuals equal access to our facility as entitled under membership and/or program participation. We promote policies that preserve the safety of all individuals while protecting personal privacy in our facility. The YMCA does not discriminate based on race, ethnicity, age, economic status, religion, national origin, sexual orientation gender, height, weight, marital status or any other considerations. All individuals have value and deserve respect. Discrimination has no place at the Y.

We expect persons using the YMCA to act maturely, to follow all rules and expectations set forth by the Tri-Cities Family YMCA and its staff, behave responsibly, and to respect the rights and dignity of others.

The actions listed below are considered inappropriate and are prohibited in our facilities and programs. This list is not all-inclusive.

- Using, possessing, buying, selling or delivering alcohol and/or illegal drugs on YMCA property, in YMCA vehicles or facilities, or at YMCA - sponsored programs.
- Smoking, vaping or using chewing tobacco on YMCA property – all of our YMCA buildings and grounds are smoke and drug free environments.
- Carrying or concealing a weapon or any object that may be used as a weapon (excludes law enforcement).
- 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 manner.
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting.

- Disregard for facility rules, expectations, or the requests of staff.
- Sexually explicit conversation or behavior; any sexual contact with another person on Y property, in Y vehicles or at Y events.
- Inappropriate, immodest, or sexually revealing attire.
- Disrespect and immodesty in the locker rooms, showers, sauna, and bathrooms
- Theft or behavior that results in the destruction or loss of property or injury to a person.
- Loitering on Y property.
- Use of cell phones or other electronic devises in rest rooms or locker rooms.
- 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.
- Engaging in conduct that unreasonably interferes with another person's enjoyment of the Y.

The YMCA reserves the right to conduct regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access. Additionally, the YMCA reserves the right to also cancel membership, end program participation and remove visitation access to any individual that has 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 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.

MEMBER ACCESS

Membership Tags

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

Priority Program Registration

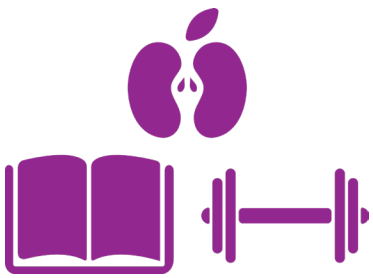
Classes and programs are scheduled in seven sessions throughout the year. Registration and payment in full are required before classes begin. Registration is on a first come basis and members are given priority registration before it is opened to the community. For your convenience, you may register online, in person, or over the phone.

Refunds / Class Cancellations

A NON-REFUNDABLE deposit (not to exceed 20% of the total program fee) accompanies all registrations. Cancellations made on or before the Wednesday prior to the session start date will receive a full refund, minus the deposit, to the original form of payment. All other cancellations will receive a full refund in the form of a system credit, minus the deposit. System credits expire on December 31 of the year issued.

No credit or refund will be issued after the second week of classes.

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.



MEMBERSHIP HOLD AND CANCELLATION

Membership Hold
Members can put their membership on hold for up to three months with no fees. Additional months, (up to three), will be assessed a monthly fee. Memberships can be placed on hold via phone, online or at the Welcome Center. The hold will take effect on the following draft date.

Membership Cancellation Policy

Annual
Cancellations are accepted for medical reasons or if you permanently move more than 35 miles from the Y. Members paying by automatic deduction require 30-day notice PRIOR to draft date to avoid charges.

Monthly
Monthly memberships can be cancelled online, over the phone or in-person and will take effect on the member's next draft date.

Returned Payments
Any returned payments due to non-sufficient funds may be subject to additional fees. 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.



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 three guests per year/per unit. Guest names are recorded for each unit at the Welcome Center. After the three guest visits, additional guests are required to pay a day pass fee.

Guest Restrictions

- Guest must be accompanied by the YMCA member
- Anyone caught sneaking a guest in will have their membership suspended and/or 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 10 & under) must be accompanied by an individual age 16 or older at all times
- Guests must adhere to all YMCA policies and usage guidelines

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 will be provided.

If a membership is purchased on the same day a day pass was purchased, that money will be credited towards your new membership.

SOCIAL RESPONSIBLITY

Military Outreach Initiative
Deployment can be a stressful and uncertain time for our nation's service men 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 during deployment. It's our way of giving back to those who dedicate themselves to serving our country. To apply, please contact our Welcome Center.

Financial Assistance
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 Annual Campaign, the Tri-Cities Family YMCA provides financial assistance to youth, adults and families based on individual needs and circumstances.

Financial assistance is handled in a fair and consistent manner and every YMCA member receives the same membership and program benefits, regardless of whether they are receiving financial assistance. 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 with financial assistance, please contact the Welcome Center to fill out an application. This process takes approximately 5-7 business days and is based on annual income, household size, 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.



HEALTH AND FITNESS SERVICES

Group Exercise Classes
Fitness Classes at the YMCA are included in your membership. We offer many strength, cardio, yoga, spin, and senior fitness class options. Classes exist for ALL fitness levels from beginner to the more experienced. A Fitness Schedule can be found online or at the Welcome Center. Class offerings may change with the start of each program session.

Options for Seniors
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 the aging process. The Y offers opportunities for older adults to engage in group water exercise classes, circuit training, as well as the Fit for Life 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.

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
Eating healthy cannot only impact how you feel throughout your day, but can also improve the overall quality of life. Nutrition classes are offered throughout the year. For class topics, dates and time please refer to our website or current program guide.

Personal Training
Individual and group personal training packages and sessions are available for purchase. A Certified YMCA 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 YMCA 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 cannot 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. Find out more about Body Composition Analysis in our current program guide on our website or stop by the Welcome Center.

Pedaling for Parkinson's
Pedaling a bicycle may change the life of someone with Parkinson's Disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace. While fast pedaling is not a cure, evidence has shown that it can make a real difference. This program is free to members and the community. Volunteers welcome! Stop by the Welcome Center to learn more!

Diabetes Prevention
In partnership with the Muskegon YMCA, we are one of more than 200 Y's across the country helping thousands of people reduce their risk of developing Type 2 Diabetes. This nationally recognized, small-group program helps people with pre-diabetes to eat healthier, increase their physical activity and lose weight to delay or prevent Type 2 Diabetes. Stop by the Welcome Center to learn more!

Blood Pressure Self-Monitoring
The YMCA's Blood Pressure Self-Monitoring Program supports adults with hypertension in lowering and managing their blood pressure. The four-month program focuses on practicing home self-monitoring of blood pressure readings, monthly office consultations, and monthly nutritional seminars with the support of a trained Heart Healthy Ambassador (HHA). In addition to Nutrition Sessions, participants are encouraged to attend two office hours per month for one-on-one check-in's and blood pressure readings. Stop by the Welcome Center to learn more.

GENERAL POLICIES

Locker Rooms
The Y is committed to providing a safe and welcoming environment for all members and guests. There are four locker rooms. Two male and two female. These locker rooms are divided into adult male and female locker rooms for members 18 years and older and male and female locker rooms for all ages. All children 10 and under must be accompanied by a parent or guardian in the facility. Children 10 and under are encouraged to use the locker room that best suits their supervisory needs while respecting the privacy of others. The Y believes all persons have equal rights to safe and accessible locker rooms and restrooms. Please adhere to the following modesty policy:

- In all locker rooms, members are to be as modest and discreet as possible at all times. Nudity is not permitted in common areas of the locker rooms. Appropriate coverage is required (towel, bathing suit, or clothing) in common areas including walking to and from showers. A swimsuit is minimally required in the sauna and whirlpool.

- 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. To maintain the security of personal items:

- Please secure your items with a lock you provide when using a locker. Locks must be removed upon departure. Locks left on lockers overnight will be removed.

- Kit lockers may be rented annually in the adult locker rooms. Please visit the Welcome Center for more information.

Proper Attire and Shoes
Appropriate shirts, pants/shorts and shoes are to be worn in the building at all times. Clothing should provide adequate coverage and be modest in nature. Swimming apparel is required and restricted to the pool area, sauna and whirlpool. Appropriate coverage (towel or clothing) is required in all common areas of the locker room. Nudity is not permitted in the sauna whirlpool or when walking to and from showers. Non-marking shoes are to be worn in the gyms, racquetball

courts and fitness areas. Boots are not permitted on the gym floor or in the fitness areas.

Gymnasium
Our full size gymnasium is 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. Basketballs and volleyballs can be checked out for use from the Welcome Center.

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 behind the Welcome Center. 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 has one racquetball court. Please reserve the court up to 24 hours in advance at the Welcome Center. The court is available for adults and youth ages 10 and up. Racquets can be checked out at the Welcome Center.

Accidents / Injuries
All cases of accident, injury or unusual incidents should be reported to a staff person on duty or to the welcome center. 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. The parking lot to the west, behind the building, is reserved for persons with disabilities and employees of the Y.

Parties and Facility Rentals
The YMCA facilities are available to rent for groups up to 250 individuals for various group events. 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 community members. 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/vape-free, drug-free and alcohol free environments.



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.

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 through 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 is 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 kit locker rental, please see our Facility Use Guidelines.

Wipe Down Equipment
Members must wipe down equipment with paper towels and cleaning spray when finished. Cleaning spray, paper towels and sanitation wipes are provided in both the weight and cardio rooms.

Functional Fitness Area
Functional fitness area and equipment is available to all members to use. This includes the rowers, rack, Olympic bars, ski ergs, and plates.

Circuits and Lingering 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 YMCA 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.

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. On weekdays, the pool opens and closes 30 minutes prior to the building closing time. Weekend times may vary. Please refer to the website for pool hours.

Age Guidelines
Children must be at least 10 years old and pass a swim test (swim the length of the pool/tread water) in order to use the pool without parent/guardian supervision. Otherwise, a parent or guardian is expected to be in the pool with the child at all times.

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 swim diapers 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 children off at swim lessons.

Pool Rules

- Lifeguards have the final authority and say on all pool safety rules! Additionally, the lifeguard may implement special safety rules for the protection and safety of everyone.
- No breath holding activities.
- 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. Non-glass, closed-top water bottles are allowed.
- Swimmers with open sores, rashes or infectious disease are asked to refrain from using the pool.

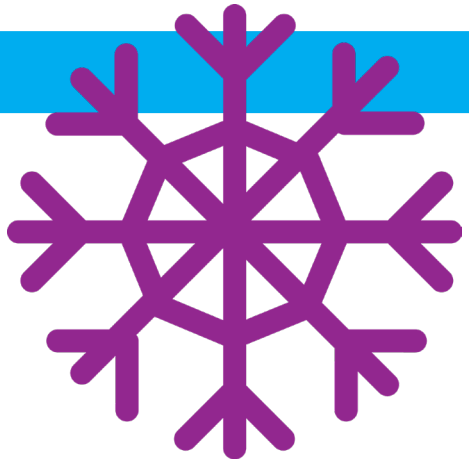
- Lifeguard has authority to implement special rules if necessary.

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 program cancellation, we will update our closing status on our website, Facebook, and through email.

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 follows the Grand Haven School District weather related closings and will be posted to our website, Facebook, and through email.



LEARNING TREE PRESCHOOL

Our preschool program provides 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.

Please visit the website or our current program guide for more information.

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.

KIDS' 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 Kid's World services are provided for families 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 Kid's World for up to a **MAXIMUM OF TWO HOURS** per visit. This service is provided FREE to our Members. Participants pay a nominal fee per hour. Hours of operation and pricing can be found in our current program guide. Please bring diapers and all changing items for your child. Label all items.

THE ACE PLACE **Ages 4-10 years old, must be potty trained**

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 slides, tunnels, and much more.

YOUTH FACILITY ACCESS

Children age 10 and under must be under the direct supervision of a person age 16 or older. Children age 11 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

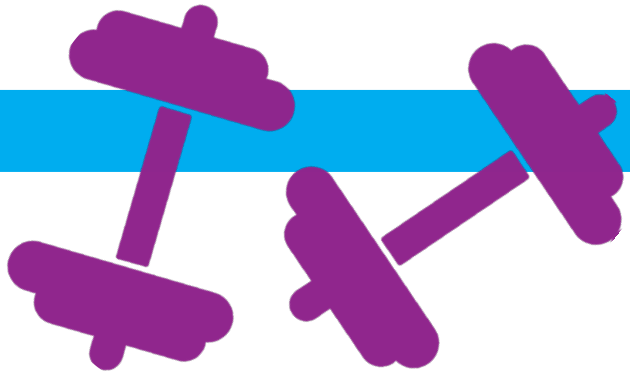
All youth 11-15 years old must complete an Equipment Orientation in order to use the cardio and weight rooms. Youth that complete this requirement will have a note on their membership unit signifying that they have done so.

Youth 11-12 years of age may workout in the facility without a parent or guardian present. They may also attend non-weight group fitness classes on their own.

Youth age 13-15 years of age may also workout in the facility without a parent or guardian present. They may also attend all group fitness classes on their own.

Youth 16 and over have full privileges 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.



ANNUAL CAMPAIGN

GIVE. AND DO SO MUCH MORE.

One out of every four members at our YMCA receives financial assistance. All of the funds raised in the Annual Campaign ***stay*** in our community to help individuals that live and/or work in our community. By making a donation, you or your business can make a positive difference in an individual'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 all individuals have access to the YMCA. Please help us keep our promise. Give generously to the Annual Campaign.

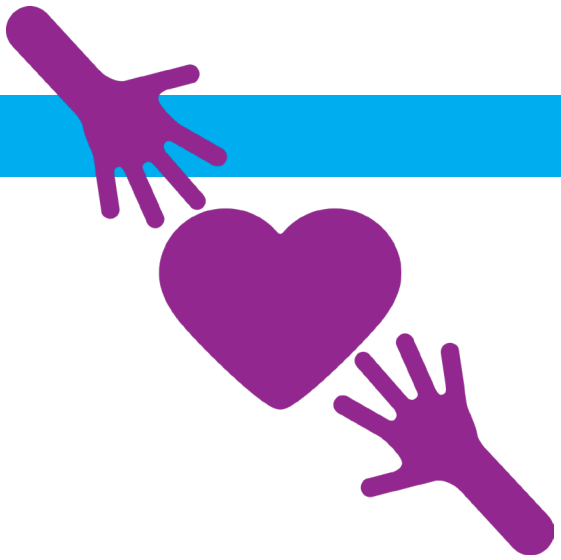
A YMCA ENDOWMENT GIFT IS FOREVER

Leave A Legacy – Join our Torch Society

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. Contact the Welcome Center for more information.



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 comment card to express satisfaction, concerns or questions. Comment cards can be found on the suggestion boxes hanging outside the multi-purpose room.

Email Contact

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

GET INVOLVED IN OUR PROGRAMS

We offer programs year around for all members of your family. Staying active in our programs helps you and your family stay connected to new friends and community members who share similar healthy lifestyle goals. Check out our current program guide and register online.

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
Receive announcements, view photographs, and stay connected through our Facebook page.

Follow Us on Instagram: tricitiesfamilymca