

WELCOME TO THE YAKIMA FAMILY YMCA

MEMBER POLICIES & GENERAL INFORMATION

HOURS OF OPERATION

Monday-Friday 4:30 am - 10:00 pm

Saturday 6:00 am - 7:00 pm

Sunday 1:00-6:00 (October thru March only)

The fitness facility and pool closes half an hour prior to the actual close time. The locker rooms remain open until closing.

Holiday Closures: **Early Closure day before*

Easter Memorial Day Independence Day

Labor Day Thanksgiving *Christmas

*New Years

MEMBER CHECK IN

All members are required to check in at Membership Services each time they visit the YMCA. For safety and informational purposes, all members of a family or group who come together must scan/enter their ID before entering the facility. ID cards/ID #'s are not transferable and may not be loaned to others or member will risk forfeiture of membership privileges with no refund. Replacement fee for lost or damaged cards is \$5.

GUEST POLICY

We encourage our members 20 and older to introduce friends and family to our YMCA. All guests must check in at Member Services and provide photo ID or they will not be admitted. NO EXCEPTIONS. Members must be with their guests while using the facility.

ORIENTATIONS

Fitness orientations are offered free of charge to our members. Sign up for your personal orientation at Member Services. Orientations take approximately 45 minutes and will focus on using the Cybex, Keiser, FitLinxx system and cardiovascular equipment. Youth members 11-13 must be accompanied by a parent/guardian.

FACILITY USAGE

There are various group fitness classes included with membership. Please sign in on the class roster each time you participate. Please sign up for a bike prior to participating in any cycling class. Racquetball courts must be reserved in advance by phone or in person (some restrictions apply).

FACILITY ACCESS (AGE APPROPRIATE AREAS)

Members 14 years - Adults have full access to the facility.

Junior Members (11-13) access to Youth Room, Swimming Pool, Shinn Gym, Racquetball Courts, **Keiser Strength Training Equipment, Indoor Track, 4th Floor Gymnasium and *Aerobic Studio.

Elementary Members (7-10) access to Youth Room, Swimming Pool, *Shinn Gym, *Racquetball Courts, *Indoor Track, and * 4th Floor Basketball Courts.

Youth Members (Birth-6) On-Site Child Care at 3 months of age (additional charges apply), *Swimming Pool, *Kids Gym, and *Shinn Gym

** Child must be under direct supervision by parent/guardian.*

*** Junior Member and parent/guardian must attend a required orientation prior to first use.*

Children's safety is important to us. Please take children ages 0-6 to On-Site Care & older children to the Youth Room or age appropriate area if you are not participating together in an activity.

LOCKER ROOM ACCESS

All members must abide by the rules posted within the locker rooms. Memberships may be revoked or suspended for improper conduct.

Triangle Locker Rooms: Only Triangle members are allowed in the Triangle locker rooms. Triangle Members must be 18 years old or accompanied by a parent while in the Triangle locker rooms. Youth younger than 18 are not allowed to use the sauna, Jacuzzi, steam room or workout equipment located within the locker rooms.

Basic Locker Rooms: youth ages 14 and older may use the Basic locker rooms.

Family Locker Rooms: Youth 7-13, parents who are assisting their children of the opposite gender through age six, and children/adults with physical limitations may use the Family locker rooms located on the 1st floor next to the pool.

LOCKERS

Day Use lockers are available at no charge. Personal belongings must be removed from Day Use lockers at the conclusion of your workout. Other lockers are available for rent, please inquire at Member Services for rates and availability. Please secure your belongings and leave valuables at home.



We build strong kids,
strong families,
strong communities.

ADDITIONAL MEMBER SERVICES

Member Services has various supplies available to members including towel rental, equipment checkout, concessions, clothing and accessories for purchase.

Towel Service is available free of charge for Triangle Members. Basic Members may rent a towel for \$.50 each or purchase a 12 towel punch card for \$5.00.

Equipment Checkout Basketballs, Volleyballs, Soccer balls, and racquetball equipment is available to checkout in exchange for photo ID/keys.

DRESS CODE & OTHER POLICIES

All fitness activities (floors 2, 3, 4) Shirts, shorts or pants and supportive shoes must be worn at all times. "Skins" are acceptable for basketball play.

Clothing or accessories that could cause unsafe conditions for yourself or others or are disruptive to others are not permitted. No exposed underwear, sport bras, or undergarments. Shorts or pants must be worn at the waist at all times. Inappropriate clothing includes but is not limited to sandals, flip flops, work boots, jeans, suggestive clothing and clothing with offensive language and/or graphics. Shoes are not required during Pilates and Yoga Classes. Eye-guards are mandatory for racquetball and handball play. Court shoes are required. Excessive perfume & cologne is discouraged.

Aquatics: swimsuits are required. T-shirts, tanks or swim shorts over your swimsuit is acceptable but outside clothing is not permitted.

Locker Rooms: When using the Jacuzzi, sauna or steam room, swimsuits or towels are acceptable attire but other clothing or undergarments are not allowed.

Portrayal of gang affiliation (clothing, symbols, numbers, tattoos, hand signs, etc.) is not allowed and members or guests will be asked to leave.

The YMCA is a drug and alcohol free organization. If we suspect you to be under the influence, you will be asked to leave.

Weapons are not permitted.

YMCA staff has sole discretion of what is deemed inappropriate. Memberships may be suspended or revoked without refund for improper conduct, misuse of the facility or failure to follow the policies.

CELL PHONE USE

Cell phones may be used near the elevator on each floor, the lobby and main hallway areas. Cell phones are strictly prohibited in restrooms and locker rooms unless it is a medical emergency. Please be courteous to other members and take calls to a "cell phone friendly zone." As a courtesy to others, please do not use your cell phone or text when using exercise equipment.

LOST & FOUND

Items removed from lockers or left behind will be stored for up to 30 days. Please inquire at Member Services and the Locker Desk. The YMCA is not responsible for lost, stolen, or vandalized items.

PARKING

YMCA Member parking is available in a gated lot located on 6th & A Street. An access code is required for admittance, please inquire at Member Services. Please lock your vehicle and do not leave valuables inside.

IN CASE OF AN EMERGENCY

Emergency call boxes are located on floors 2, 3, & 4. In case of an emergency, simply press the call button and it will connect you with Member Services. If you need First Aid, please locate the nearest staff person or go to Member Services for assistance.

FACILITY KEY

BASEMENT

Men/Women Basic Locker Rooms
Men/Women Triangle Rooms
Locker Desk/Lost & Found

MAIN FLOOR

Membership Services
Shinn Gym
Carson Rooms
Administrative Offices
Conference Room
Restrooms
Cycle Studio
Onsite Child Care
Chapel
Youth Room
Swimming Pool
Family Locker Rooms
Tiny Tot Gym
Racquetball Court 7
Small Group Training Room

2ND FLOOR

Cybox Weight Machines
FitLinxx Kiosk
Keiser Weight Machines
Racquetball Courts 1-5
Personal Training Office
Health & Wellness Offices

3RD FLOOR

Indoor Track
Cardiovascular Equipment
Stretching Area
Restrooms

4TH FLOOR

Gymnasium
Free Weight Area
Aerobic Studio

We strive to have a clean, friendly and comfortable environment that supports our mission of building strong kids, strong families and strong communities. Please speak with our staff if you are aware of poor conduct, misuse of the facility or maintenance/cleaning issues.

THANK YOU FOR MAKING A DIFFERENCE IN OUR COMMUNITY!

