

# WELCOME

## YMCA of Greater Cincinnati



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YOUTH POLICY

### Ages 9 and under

Members ages 9 and under must be supervised by an adult.

### Ages 10 & 11

Members ages 10 & 11 must have an adult present in the building. Children with a yellow or green band can swim without parent supervision.

### Ages 12 +

Members ages 12 and up can be in the building independently without a parent/guardian.

### Ages 9-11 | Fitness

Members ages 9-11 are welcome to join in group fitness classes with a parent or an adult unless the class involves weighted equipment. Height requirement of 4'11" for cycling bikes.

Members ages 9-11 may only use cardio equipment while under direct supervision of a parent or an adult. No weights.

### Ages 12-15 | Fitness

Members ages 12-15 can attend group fitness class and parents/guardians are encouraged to attend the first class to orient the teen. Height requirement of 4'11" for cycling bikes.

Members ages 12-14 must have completed Success Appointment to use the fitness center without a parent. Free weights are for ages 15+ only.

## MEMBER CODE OF CONDUCT

The Mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all. Our principles include the values of caring, honesty, respect, and responsibility. Respect for others through our actions is our central guide to help ensure that we enjoy a safe, welcoming and comfortable Y. Specific behavioral expectations while at the Y include:

### SUPPORTING THE Y'S MISSION

Modeling the values of caring, honesty, respect and responsibility

### TREATING OTHERS WITH RESPECT

Avoiding abusive, instigative, racially prejudiced, or offensive language / not engaging in physical or verbal conflicts with others / not participating in theft or vandalism

### DRESSING APPROPRIATELY

Wearing clothing that matches the Y activity (swim wear in pool) and that has no vulgarity, profanity, or suggestive writing/graphics

### DISPLAYING SPORTSMANSHIP

Respectful interactions, displaying poise under stress and acknowledging a good effort during and after competitions

### NOT ENGAGING IN SEXUAL ACTIVITY, HARASSMENT, DISPLAY OR CONDUCT NOT POSSESSING ILLEGAL SUBSTANCES

Avoiding use of alcohol, tobacco or other drugs on the Y campus

### NOT CARRYING WEAPONS

Guns, knives, and other devices that may be used as weapons are not allowed

### NOT MISUSING PHOTOGRAPHIC DEVICES

Utilizing cell phones and other electronic devices in locker rooms/restrooms is not permitted

### PROMOTING THE CODE OF CONDUCT

Holding others responsible and liable for their actions by asking violators to change their behavior and/or reporting incidents to the Y staff

Adherence to the code of conduct is required as part of your YMCA membership

## GUEST POLICY

### AGES 18+

Members 18 years of age and older may bring guests. YMCA Members are responsible for the behavior of their guests.

### YOUTH GUESTS

Guests ages 11 and under must be supervised by an adult.

Guests ages 12 and up must have an adult present in the building.

### SIGN IN REQUIRED

All guests must be entered in Daxko and waiver complete prior to entry.

### REQUIREMENTS

All guests 16 years of age and older must present a photo ID upon their first visit. Guests are welcome to visit the YMCA of Greater Cincinnati a maximum of 3 times per calendar year.

### GUEST PASSES

Upon joining or renewing a YMCA membership, members will receive six complimentary guest passes. Passes will be given to primary member on the account. One guest pass or one punch is good for 2 adults or 1 family (a family is no more than 2 adults over 18, and up to 6 children 17 and younger). Guests using must be accompanied at all times by an active YMCA Member.

### GUEST FEES

After all complimentary passes are utilized, members may purchase guest passes at a cost of \$20 per adult, \$10 per child under 18, or \$40 per family. 3rd Party members, such as Silver Sneakers, may purchase a six-visit guest pass for \$45.

Individual YMCA branches reserve the right to limit or restrict the number of guests at any time.

# KEEPING YOU SAFE



## Area Guidelines

### GYMNASIUM



Please be respectful to all. Refrain from using obscene or inappropriate language or gestures.



Gym shoes are required to keep the floor in great shape.



Please place all personal items in a secured locker. The YMCA is not responsible for lost or stolen items.



We know you can jump, but to keep our equipment in top condition, no hanging on the rim or dunking!



This is a spill-free zone. Please use water bottles made of non-breakable material. No food.

### FITNESS CENTER



Please leave cell phone conversations outside. If listening to music, use headphones. Please use appropriate language.



Please wear clothing that covers your chest, stomach, and back. Please leave clothes with exposed metal at home.



Wear closed-toed athletic shoes with non-marking soles.



This is a spill-free zone. Please use water bottles made of non-breakable material. No food.



Your health matters. Please wipe off equipment with paper towels and disinfectant after each use.



Your safety matters. Weights are to be used in the weight room only. Please re-rack when finished. Do not drop free weights or dumbbells on the floor.



Thank you for being courteous. Cardio machines may be limited to 30 minutes, if other members are waiting.



Please store all belongings in a locked locker. The Y is not responsible for lost or stolen items.



On site personal training can be conducted by Y staff only.



Please avoid resting or sitting on machines or benches, if others are waiting.



Members, ages 12-15, must have completed Teen Fit orientation. Ages 9-11 may only use cardio equipment while under direct supervision of a parent or an adult.

### SWIMMING POOL

All children under the age of 12 must be accompanied and supervised by an adult or caregiver who is 18 or older.

Swimmers must shower before entering the pool.

Swimmers are permitted to wear U.S. Coast Guard approved floatation devices only.

No running, horseplay, pushing, excessive dunking, riding on the shoulders.

Lap lanes are for exercise or swim lessons. Swim under (not over) lane lines.

Diving is only permitted in areas over 9 feet deep. Running dives, back jumps, dives or flips, and jumping off starting blocks are prohibited.

Water balls and diving toys are permitted. Be aware of those around you.

Glass containers and gum are prohibited on the pool deck.

Kickboards, kick bells, pull buoys, and float belts are used for lap swim and instructional use only. Rafts and large tubes are prohibited.

No smoking, vaping, e-cigarettes, and alcoholic beverages.

Proper swim attire only. Swim diapers are permitted. Cotton clothing, denim material and disposable diapers are prohibited.

Extended breath holding and prolonged underwater swimming are prohibited.

For your safety please don't play on ladders, steps, lifeguard chairs or drains.

Lifeguards communicate with whistles. One short blast is used to get swimmers attention and one long blast is used to clear the pool.

For your safety, lifeguards are not permitted to hold long conversations while on duty.

People with infectious diseases or conditions, such as open blisters or inflamed eyes are not permitted to enter the pool. A physician's written statement that the condition is not communicable is needed to swim.

Your safety is our priority. All Y pools will close for severe weather in the area.

Service animals may be allowed on the deck but must be excluded from the water.

Lifeguards on duty reserve the right to clear the pool for safety checks.