



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEMBERSHIP & PROGRAM HANDBOOK



Alamance County Community YMCA  
[www.acymca.org](http://www.acymca.org)

# Welcome to the Alamance County YMCA

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Dear Member,

Welcome to the ACYMCA family! We are thrilled to have you here! Did you know that we have been part of Alamance County since 1955? Our Y is more than a place to work out; it is a community. The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility.

Please know we will always be here for you as an organization to help you reach your potential.

**OUR MISSION:** To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

### FACILITY HOURS

Monday - Friday:	5:30 am - 8:00 pm
Saturday:	7:00 am - 5:00 pm
Sunday:	1:00 pm - 5:00 pm

### POOL HOURS

Monday - Friday:	5:30 am - 7:45 pm
Saturday:	7:00 am - 4:45 pm
Sunday:	1:00 pm - 4:45 pm

\* Please check pool schedule for open swim times and lap lane availability. \*



**GET CONNECTED**  
**GET INVOLVED**  
**VISIT US ONLINE**



# MEMBERSHIP INFORMATION

## YMCA FEATURES

- Basketball Courts
- Indoor Swimming Pool
- Racquetball Courts
- Indoor Walking Track
- Group Exercise Classes
- Water Fitness Classes
- Cardio Room
- Functional Fitness Studio
- Weight Room
- Complimentary Fitness Orientations
- Locker and Shower Facilities
- Spa Amenities
- Child Watch
- Active Older Adult Programming
- After School Program
- Summer Day Camps
- Youth and Adult Sports
- Competitive Swim Team
- Swimming Lessons

## CHILD WATCH

Child Watch is offered as a safe place for children to play and learn while their parents or guardians exercise in our facility. This service is only available to members. Children entered into Child Watch must also be active YMCA members. Child Watch is not a licensed day care program and children are limited to two hours per day.

**Ages:** 3 Months - 11 Years

**Nationwide Members:** \$4/visit

**Room Capacity:** 25 (first come, first serve)

### Child Watch Hours:

Monday - Friday: 8:30AM - 12:00PM

Monday - Thursday: 4:00PM - 7:30PM



## MEMBERSHIP DESCRIPTIONS

- **Teen:** Ages 12 - 15
- **Young Adult:** Ages 16 - 17
- **Adult:** Ages 18 - 64
- **Senior Adult:** Individual aged 65 or older
- **Senior Family:** Two adults living in household, one must be 65 or older
- **Family:** Two adults living in household with up to 6 dependents included (additional rates available for 1-5 adults in household)
- **Insurance or Third-Party Memberships:** Insurance and third-party membership eligibility varies. Please visit the Welcome Center to help determine eligibility and to register.

\* Dependents are individuals who are under 18 or full-time college students who are under 23 years old \*

## MEMBERSHIP DUES

Membership dues at time of registration vary. All new members will pay a joining fee plus any prorated fees.

Membership dues can be paid via:

1. **Automatic Monthly Draft:** Your membership dues will be automatically drafted from a bank account, debit card, or credit card on the 15th of each month. Your monthly dues will continue as long as you are a member. You may discontinue your monthly draft by submitting a written request 14 days in advance
2. **Annual, Bi-Annual, or Quarterly Payments:** You may pay for 3, 6, or 12 months in full.

## MEMBERSHIP FEE REFUNDS

Membership fees and joining fees are non-refundable; however, we will assist you in transferring your membership to another Y. Members who move their membership between Y's may benefit from savings during the joining process.

## MEMBERSHIP CARDS

When you join the Y, you will be issued a membership card. Your membership card must be with you every time you visit the Y. Having your card grants you access to the facility, and members that do not have their cards must check in at the Welcome Center. Individuals falsifying cards or allowing others to use their card will be subject to membership suspension or termination.

# MEMBERSHIP INFORMATION

## MEMBERSHIP CHANGES

Changes to your membership - including additions or deletions of individuals, personal information changes or changes in payment methods must be processed at the Welcome Center.

## MEMBERSHIP CANCELLATION POLICY

All membership cancellation requests must be submitted in writing, or through your account portal, with a 14 day notice.

## FINANCIAL ASSISTANCE

Our commitment is to give everyone, regardless of their ability to pay, access to the Y. To make that possible, we offer financial assistance to those who are unable to afford our services. Our scholarship application is available at the YMCA's Welcome Center as well as on our website [www.acymca.org](http://www.acymca.org) under the Membership tab.

## NATIONWIDE RECIPROCITY PROGRAM

Individuals with an active membership from a YMCA that participates in Nationwide Membership may use our facility as our guest. The visiting member will have to sign a waiver and must check in at the Welcome Center. Y members under special memberships established by any Y for group homes, social service agencies, Silver Sneakers, Silver and Fit, or other groups/nonprofit organizations are not eligible for Nationwide Membership. Nationwide Membership requires that members use their home Y at least 51% of the time.

## GUESTS

All members 18 and older may bring a guest. Guests must pay a guest fee and be accompanied by a sponsoring YMCA member. All guests must register at the Welcome Center.

**Guests who are 15 years and under - \$5**

**Guests who are 16 years and older - \$10**

# POLICIES AND PROCEDURES

## CODE OF CONDUCT

Always act in accordance to the YMCA's core values: Caring, Honesty, Respect, and Responsibility. We do not allow:

- Cell phone usage in locker rooms or health centers
- Inappropriate attire (including offensive wording)
- People to use the facilities without the proper attire. Swimsuit are required for pools and hot tubs. Swim suits or athletic attire is required for saunas and steam rooms
- Angry or vulgar language including swearing/shouting
- Angry or threatening physical contact
- Any demonstration of sexual contact or activity
- Harassment or intimidation by words or gestures
- Theft or damage of YMCA property
- Possession of illegal substances or alcohol
- Loitering is not permitted inside or outside the YMCA
- Carrying or concealing a weapon or any device or object that may be used a a weapon
- Outside trainers or programming unless authorized by the Alamance County YMCA

## LOST AND FOUND

The Y is not responsible for lost or stolen property. We do retain lost and found items at the Welcome Center for a limited time

## LOCKER ROOMS

Lockers are available for daily use. Members are responsible for providing their own locks which must be removed at the end of the day. Locks left overnight are subjected to removal.

## YOUTH GUIDELINES

All youth under the age of 17 and their parents must read and agree to our Age Use Guidelines before using their membership or receiving their membership card.

## FACILITY USE GUIDELINES

Because safety is a top priority at our Y, certain areas are prohibited to younger age groups.

- **Cardio:** Youth Members ages 10 and 11 must be actively supervised by an adult
- **Weight Room:** Ages 12 - 15 must be actively supervised by an adult. Children 11 or younger may not enter this space.
- **Functional Fitness:** Ages 12 - 15 must be actively supervised by an adult. Children 11 or younger may not enter this space.
- **Group Exercise Classes:** Youth members ages 8-11 must be actively participating in class and be supervised by an adult
- **Swimming Pool:** Children under age 13 must take a swim test and be supervised by an adult
- **Basketball Gyms:** Children 11 and under must be supervised by an adult
- **Walking Track:** Ages 16+
- **Men's and Women's Health Centers:** Ages 18+ with a valid Health Center Membership
- **Child Watch:** 3 months to 11 years

# PROGRAM INFORMATION

## GENERAL PROGRAM INFORMATION

- Registration for YMCA programs is conducted on a first-come, first-serve basis.
- Full payment of fees are required at the time of registration. Late registrations may be accompanied by a late fee.
- To receive the member price on a program, a current Alamance County YMCA membership is required through the entire program session. If your membership is terminated during a session, you will be required to pay the difference of program fees.
- In order for youth to receive the member rate the child must be an active member.
- The Y reserves the right to change schedules and classes at any time.

## PROGRAM MATERIALS

Program flyers and schedules describing Y services may be obtained at the Welcome Center. Additional information can be accessed online at [www.acymca.org](http://www.acymca.org)



## PROGRAM REGISTRATIONS

Depending on the program, Y members and Participants may register for programs by visiting the YMCA Welcome Center or by registering online at [www.acymca.org](http://www.acymca.org) under the program registration tab.

## REFUNDS AND CREDIT POLICY

A refund or credit may be obtained if a program cancellation form is completed 2 weeks prior to the beginning of the session. Some fees or payments, such as deposits or membership fees, are not eligible for credit, refunding, or transfer.

# FURTHERING OUR CAUSE



## VOLUNTEERING

The generosity of others is at the core of our existence. It is only through the support of our volunteers and donors that we are able to give back to the community we serve. If you have a skill or passion that you would like to share with our Y, please let us know by filling out an application! We welcome anyone who can share their time and talents to serve others.

## ANNUAL GIVING CAMPAIGN

Each year we raise thousands of dollars to ensure that we carry out our mission of being an organization "for all", regardless of ability to pay. When you donate to our Y, you are nurturing the potential of kids, improving the health of our community, and supporting your neighbors. Every dollar we raise goes directly towards scholarships so that every person can enjoy programming and membership at the Y!

Each year, because of gifts from members like you, we provide over **\$150,000** in financial assistance to more than **1,500** individuals. These individuals received access to childcare, fitness programs, sports programming, and more.

Please join us in strengthening our community by giving to the Y's Annual Giving Campaign. You can automatically add any donation amount to your monthly dues, make a donation at our Welcome Center, or on our website, [www.acymca.org](http://www.acymca.org)

If you have any additional questions, please contact  
Member Services at (336) 395-9622