



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBER HANDBOOK



Blair Family YMCA
PO Box 378 Blair, NE 68008
(402) 533-9622
www.blairymca.org

Blair Family YMCA
Policies and Procedures
1278 Wilbur Street Blair, NE 68008
www.blairymca.org
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**FOR YOUTH DEVELOPMENT
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Dear Member,

On behalf of the Blair Family YMCA and our staff, thank you and welcome, we dedicate ourselves on providing the following:

- We provide health and fitness programs for children and adults as part of the YMCA's charitable mission.
- We are about more than helping people improve their health; the YMCA helps people develop as whole into complete human beings.
- We use the values of caring, honesty, respect and responsibility in everything we do — how we operate, how programs are developed and how they are delivered.
- We offer programs and activities that are dedicated to building strong spirit, mind and body.
- We are tax-exempt because what we do benefits the entire community.
- We were created by the community, to serve the community.
- We are volunteer founded, volunteer based and volunteer led.
- We ensure income remains in the YMCA — there are no shareholders or private owners who reap any profits. The assets of the YMCA belong to the community.
- We are open to everyone — all ages, races, abilities, incomes and faiths.
- We offer membership and program assistance for those in need; no one is turned away for inability to pay.
- We are committed to providing quality service.
- We are ready to serve your needs for a healthy lifestyle.

Please take a moment to review this membership handbook. It will assist you in learning more about your YMCA, its policies and guidelines and the programs we offer. Should you have any questions about our policies, guidelines or programs, please feel free to contact us at (402) 533-9622. Our staff will be ready to assist you, or will direct you to the staff who can best meet your specific needs.

If you ever have any questions, comments (positive or negative) and/or concerns, I would love to hear from you. You may call me at (402) 533-9622 or you may reach me by e-mail at bpalmer@blairymca.org

Respectfully,

Brandon Palmer
CEO, Blair Family YMCA



**Blair Family
YMCA, CEO
Brandon Palmer**

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

Welcome

Congratulations!

You've taken the first step toward a healthy spirit, mind and body. Now our first priority is to make you feel at home at the Blair Family YMCA. This is your YMCA, and you belong here.

Mission

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. The YMCA is a place for people of all ages, races, religions, income and abilities. We strive to build Strong Kids, Strong Families and Strong Communities.

Vision Statement

The Blair Family YMCA is committed to providing exceptional programs and facilities focused on the health and wellness of the spirit, mind and body of all the people in the communities we serve. We will seek to exceed the members' expectations at every opportunity.

Character Building

Character development is an integral part of all YMCA programs. We are guided by four core values: caring, honesty, respect and responsibility. In programs, in the exercise areas, in Child Watch and at the Welcome Desk, we strive to promote these values in ourselves and our members.

Volunteer opportunities

Volunteerism is the backbone of the YMCA. Without selfless volunteers, activities and services simply could not take place.

In addition to fund-raising or serving on committees, task forces and boards, volunteers work in programs, and special projects.

No matter what your special talents, interests and schedule are, you can change someone's life at the YMCA. If you share our commitment to the continued health and well being of Washington County Nebraska, please consider being a Blair Family YMCA volunteer. Please contact a member of our professional staff for information on how you can become a YMCA volunteer.

Member Benefits

- Unlimited use of our 40,000-square foot facility for one low monthly or annual fee and convenient monthly bank draft.
- Free Adult fitness center orientation
- More than 40 group exercise classes each week at no extra cost.
- Online registration
- Free Child Watch
- Reduced rates on programs
- Summer Pool Pass
- Your YMCA membership reciprocates to other YMCAs around the world. Please request a membership card if you are planning to visit another YMCA.

Endowment Program

Contributions to the YMCA Endowment Fund enable individuals to bequest a legacy that will live after them. In addition, tax benefits for such gifts can be helpful to an individual and/or his/her heirs. Contributions to the Endowment can be made through gifts, wills, insurance policies, memorials, stock, deferred gifts and/or property. For more information, contact the YMCA CEO, your attorney, and/or your accountant.

Giving

The YMCA is a non-profit 501(C)3 organization. Each year, YMCA volunteer fund-raisers help raise money to further the YMCA mission through the Annual Campaign. Annual campaign dollars support membership and program assistance as well as special projects. If you would like to give to the annual campaign, you may bring your donation to the YMCA.

Web Site

The Blair Family YMCA web site is where you can get updates on new programs and other events. Visit it at www.blairfamilyymca.org. This is also where you can find the link to register for programs online.

General Information

Hours of Operation

Monday-Thursday	5 a.m.-9 p.m.
Friday	5 a.m.-8 p.m.
Saturday	7 a.m.-6 p.m.
Sunday	12 p.m.-6 p.m.

Closings

The Blair Family YMCA will be closed on the following holidays: Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Day.

Closing Policy

If the facility closes due to inclement weather, power outages or an act of God, refunds will not be issued for membership or programs.

The YMCA will attempt to remain open as long as possible during snowstorms but may have to close if weather conditions threaten member or staff safety. Please listen to KBLR or check our web site for closing updates.

Child Watch & Group Exercise Snow Policy: If Blair Public Schools closes or starts late due to inclement weather, there will not be morning Child Watch or morning classes. A decision about evening classes and will be made by 3 p.m. On non-school days, a decision about morning classes and Child Watch will be made by 8 p.m. the prior evening. A decision on evening classes and will be made by 3 p.m.

Membership Entry

Each member will receive a card that must be scanned at the front desk each time of entrance. It is our expectation that every member has a membership card to enter the Blair Family YMCA. If you have lost or misplaced your membership card, we will furnish 1 new card free of charge, the member will be responsible for purchasing their next replacement card at \$5.

Membership Payment

Membership payments can be made monthly through a draft from a checking or savings account or can be paid in full. There is a \$15 charge for returned bank drafts for membership or program payments.

Membership/Program Assistance

One of our goals at the YMCA is not to turn anyone away because of an inability to pay. We offer financial assistance to individuals and families so that YMCA programs and membership are accessible to every person in our community regardless of age, gender, religion, ethnicity or income level. If you or someone you know would like to apply for membership or program assistance, it is a simple process of completing a one-page form and providing proof of your income. Application forms are available at the Welcome Desk.

Credits/Refunds

The YMCA cannot give refunds for membership, programs or merchandise sales. If you need to terminate your membership, please stop at the Welcome Desk and complete a membership cancellation form, you may also cancel your membership by emailing mail@blairymca.org. If you are withdrawing from a class or program **before** the program starts, you can receive a credit that may be applied to another program fee.

Membership Cancellation

Membership must be cancelled at least 5 banking days prior to your monthly draft date (the 1st or 15th of the month). If you pay for your membership on an annual basis, you will be notified of your renewal date. You must notify the YMCA to cancel your membership. Once a membership is canceled, you may rejoin within 60 days without paying the joining fee again. Members who have canceled for more than 60 days are required to pay the joining fee again when rejoining.

Loaning Memberships

Loaning your membership card or membership number to someone else is considered theft of services.

General Information/Safety

Military Discount

The Blair Family YMCA offers a 70 percent membership discount to immediate family members of **deployed** military personnel.

In honor of our active-duty military personnel, the YMCA also offers free day passes for up to two weeks for personnel on a short-term break from a military assignment.

Military families may sign up for the Military Outreach Initiative, which will pay membership fees for families of deployed military personnel for up to six months. The free membership will continue beyond six months during deployment if the family participates at the YMCA at least eight times a month.

Corporate Wellness

The YMCA offers a corporate wellness program. The plan encourages wellness and exercise among employees. Employers of any size may participate. Please contact the Membership Director for more information on this program.

Guest/Day Passes

All members of the Blair Family YMCA receive 5 Free Guest Passes in a form of a PUNCH CARD. The guest must have the PUNCH CARD to use at the time of entering the facility. Once the PUNCH CARD has been exhausted, a new PUNCH CARD will be issued to each member at the first of the year. All guest to our Blair Family YMCA are required to wear a colored wristband provided by the Blair Family YMCA at the time of entering the facility.

Drop In Fees

Ages 2 and under are FREE (\$3 charge to use Child Watch)

Child ages 3-18 \$7 fee

Adult ages 19+ \$9 fee

Senior ages 65+ \$7 fee

Smoke-Free & Drug-Free Facility

Smoking/Vaping/Juuling is not allowed in the YMCA building or anywhere on YMCA property, including the parking lot.

No Weapons Allowed

Weapons of any kind (knives, guns, etc.) are not allowed at the YMCA.

Clothing

Members and program participants are expected to wear appropriate clothing for the activities in which they are participating. Clothing must contribute to the family atmosphere and may not be overly revealing or offensive. You may not participate in "Shirts and Skins" in any event within any part of our facility

Shoes

Please help keep your YMCA clean. To avoid dragging in dirt and mud, members are encouraged to change outside shoes after entering.

Strollers

For safety reasons, strollers are not allowed in the gymnasium.

CPR/AED

All YMCA staff are trained in CPR. One Automated External Defibrillator is located at the YMCA to be used in emergencies. The AED is located on a wall on the east side of the Welcome Desk.

Child Supervision

Ages 12 & up No adult supervision required while in building.

Ages 7-11: All children ages 7-11 **must** be accompanied by a parent or guardian age 16+ in the building .

Ages 6 and younger: Must be **directly** supervised by a parent or guardian unless in Child Watch (2 hour max) or participating in a program.

****ALL PARENTS REMAIN RESPONSIBLE FOR THEIR CHILDREN WHILE IN THE FACILITY.**

****PARENTS MAY NOT DROP THEIR CHILDREN OFF AT THE YMCA UNDER THE AGE OF 12 UNLESS THEY ARE ACCOMPANIED BY SOMEONE OVER THE AGE OF 16.**

****CHILDREN UNDER THE AGE OF 12 MAY NOT BE A GUEST OF A MEMBER UNDER THE AGE OF 16.**

Children/Exercise

- the YMCA and/or on YMCA property
- Inappropriate use of equipment
- Destroying property and theft of any item

Child Watch

Child Watch allows you to enjoy the YMCA while your children (ages 6 weeks to 6 years) play in a supervised area. Anyone using Child Watch must be in the building. There is a 2 hour time limit. The Child Watch maximum is 16 children at one time. Children will only be released to the person who signed them in. No food is allowed in Child Watch. Drinks are allowed in labeled containers. There is no fee for this service for members with family memberships. Members with an adult-only membership will be charged \$3 per visit, per child payable at the Member Service desk.

Child Watch hours are 8:30-11:00 a.m. Mon.-Fri. and 4:30-7:30 p.m. Mon.-Thurs. No Friday evening and weekend hours.

Behavior Guidelines/Discipline

The YMCA is based on Christian ideals, values and behavior. Disruptive behavior, vandalism, misuse of equipment or facilities will not be tolerated. Those who present a danger to others or the YMCA may be promptly removed from the building without warning. One's conduct is subject to review by the Blair Family YMCA CEO. Actions are reviewed on an individual basis. Consequences may include verbal warnings, program/facility removal, membership suspension and/or police contact.

Unacceptable behavior (either toward staff members and/or fellow YMCA Members) includes, but not limited to the following:

- Profanity, cruel/sarcastic insulting words
- Fighting or instigating a fight
- Refusing to cover offensive tattoos
- Carrying weapons onto the YMCA property
- Drugs and/or alcohol possession within

Anti-Bullying Policy

The Y believes that all people deserve protection from bullying and harassment based on their real or perceived race, ethnic background, gender, gender identity, sexual orientation, religion, weight, height, financial circumstances or ability.

Fitness Orientation Session

The YMCA offers a free adult orientation session for new members. We hope you take advantage of this training session to learn how to properly use the exercise equipment. To schedule your orientation, please see a YMCA staff member.

Personal Training

The YMCA offers personal training packages for members who want one-on-one training. Please ask a YMCA staff member for details.

Wellness Center

The Blair Family YMCA has top-of-the-line Cybex weight machines and Cybex and Precor cardio equipment. Headphones are required to listen to the televisions in the wellness center.

- Please use the disinfectant wipes in the wellness center to wipe down the equipment after each use.
- Check with those around you before changing the TV channel.
- Do not rest on strength training equipment between sets and allow others to work in.
- Limit your workouts to 45 minutes on cardio equipment, especially when the facility is busy.
- Return all free weights and dumbbells to the correct rack when finished. Do not leave plates on machines. Others may not be able

Locker Rooms/Gymnasium

to safely handle the heavier weights.

- Clean, closed-toed athletic shoes **MUST** be worn in the wellness or fitness center.
- Please report all exercise equipment or facility problems immediately to a YMCA staff member.

Youth Exercise

Youth must be **14 years of age or older** to use wellness center. Those **ages 11-13 may use** the wellness center after completing the YMCA Youth Weight Training. Children are not permitted to sit in the wellness center and watch parents exercise. Please be respectful of this policy and keep your children safe by planning your workouts in conjunction with our Child Watch hours.

Special Needs

Persons with disabilities are encouraged to participate in YMCA programs. If you require special assistance, please contact a YMCA staff member.

Group Exercise

Group exercise classes are included in your membership. You may join in classes at any time without registering. The minimum age to attend group exercise classes is 14, unless the class is specified for youth.

Lockers

Lockers can be rented for \$6 per month/ \$72 per year for a 1/2 locker and \$8 per month/\$96 per year for a full locker. Lockers are available for single day use. You must supply your own lock and it must be removed when you leave. Locks left overnight are subject to removal.

Lost and Found

The YMCA is not responsible for lost or stolen property. We keep lost and found items for 30 days, and then items are donated.

Locker Room

The men's and women's locker rooms are available for members of all ages. Anyone over the age of 5 is not allowed to use the locker room/restroom of the other sex.

Please be sure to padlock your locker each time you use it to protect your clothing and valuables. To ensure the privacy of members and guests, cell phone use is prohibited in locker rooms and restrooms. Please report violations to staff.

Gymnasium Hours

A monthly gym schedule is posted throughout the YMCA and is posted on the website.

Gymnasium Rules

- Anyone in the gymnasium will conduct themselves in an appropriate manner following the YMCA guidelines for Caring, Honesty, Respect and Responsibility.
- All patrons must check in at the front desk.
- Shirts required-no "shirts and skins"
- Closed-toed shoes required. Street shoes, black-soled shoes that leave marks and roller shoes or skates are not permitted.
- Water in closed containers is permitted. Other drinks, food and gum are not permitted.
- Rough play, abusive language, and any behavior jeopardizing the safety and comfort of gymnasium users is not permitted.
- Baseballs, softballs and baseball bats are not permitted.
- Do not kick balls (unless part of a structured activity) against the walls; please do not throw any ball at anyone.
- No dunking or hanging on the rims.
- Avoid hanging on the gym curtain and stand clear of it when it is being lowered and raised.
- Return all equipment to its proper location.
- You are responsible for keeping your valuables out of sight and secure. The YMCA is not responsible for lost or stolen property. Please do not remove any items from the YMCA that do not belong to you.
- YMCA staff have the final authority pertaining to personal conduct in the

Rentals/Programs

gymnasium. Those failing to comply with the gymnasium rules and decisions of the YMCA staff may result in loss of gymnasium and/or YMCA privileges.

Food/Beverages

Members must receive prior approval to eat in the game room. We do not allow food in the fitness studio or any fitness area including the pool. Closed beverages are allowed. Please keep food to areas with tables. No food or drinks are allowed in the gymnasium, except water. No glass bottles permitted in any of our fitness and/or youth areas.

Game Room

The Family Game Room is open to members of all ages. All of the games are free. Game accessories can be requested at the front desk and must be signed out. Children 6 and younger must be supervised by an adult in the game room.

Birthday Parties

Birthday parties can be scheduled in two-hour time periods during the YMCA's regular operating hours. The package includes 1 hour of swimming and 1 hour in the community room. The party must supply all of the adult supervision.

All parties should be booked and paid 10 days in advanced. See Blair Family YMCA Rental Agreement for pricing.

Community Room Rental

The Community Room has tables and chairs to comfortably seat up to 50 people are also available. The community room can be rented for special occasions or community events when it is not being used for YMCA programs or trainings. The room can be used for free by non-profit groups. Please contact the Welcome Desk for more information.

Programs

The YMCA offers programs for all ages. Certain programs are free for members, while others are offered at a reduced rate to members. Please check class schedules/ program guides for the specific class/ programs for member/non-member pricing. All program fees must be paid and financial assistance requests pre-approved prior to program start date. All programs that do not meet participant number criteria, may be cancelled, in the event of any program cancellation-the program participant will either receive a full refund or a credit for future program (program choice of participant).

Swimming Pool

Swimming Pool

The YMCA houses a 25-yard indoor swimming pool. It is approximately 35 laps to a mile in the YMCA's pool. The average pool temperature is between 82 and 84 degrees.

The Blair Family YMCA is making a commitment to zero drownings with the YUSA swim test protocol.

- All swimmers will be tested in a deep water competency test.
- All swimmers will wear a red or green necklace for identification based on their swim ability test
- If a swimmer wears a green necklace, they may access all parts of the pool.
- If a swimmer wears a red necklace, they are considered a non-swimmer and may only access shallow depths.
- Documentation is maintained on the pool deck with the swimmers name, test date, age and Lifeguard who issued the test.
- Swim necklaces must be worn at all times.

Pool Rules

- No running on the deck or in locker rooms.
- No pushing, dunking, splashing, spitting or horseplay.
- No hanging on lane lines, ladders, handrails, or lifeguard chairs.
- Only jumping feet first or diving in designated areas are allowed from the side of the pool.
- Cutoff shorts, or gym shorts are NOT permitted in the water.
- T-shirts (light-colored or nylon) are permitted.
- Bathing suits should not be overly revealing or offensive.
- Only coast guard approved life jackets are allowed.
- No noodles, arm inflatables and other personal flotation devices.
- Kickboards, noodles, water dumbbells, etc., are for swim lessons, water aerobics and lap swimming.
- Adults may request to use the pool equipment.

- All children who are not toilet trained must wear a swim diaper under a snug fitting bathing suit. Swim diapers are sold at the front desk.
- Water in plastic bottles is permitted. Juice, soda, or glass containers are not permitted.
- No food, candy or gum is allowed in the pool or on the deck.
- Please dry off completely before entering the locker rooms.
- Clothes and shoes must be worn in all areas outside the pool.
- If there is vomit or other bodily debris in the pool, the pool must immediately close in accordance to the DHHS regulations. The pool will open when cleared by YMCA leadership staff.
- The pool will close for 30 minutes if lightning is detected within 10 miles.
- Individuals failing to comply with the pool rules and decisions of the lifeguards/YMCA staff may result in loss of pool privileges.
- YMCA staff have final authority in all matters pertaining to the conduct in the pool.

Private Lessons

If interested in Private Swim Lessons, please contact our Aquatics Manager for more information.