



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# **MEMBERSHIP HANDBOOK**

## **SOUTHINGTON-CHESHIRE COMMUNITY YMCAs**

Southington YMCA, 29 High Street, Southington, CT 06489

Cheshire YMCA, 961 S. Main Street, Cheshire, CT 06410

YMCA Camp Sloper, 1000 East Street, Southington, CT 06489

Spirit, Mind & Body Center, 130 N. Main Street, Southington, CT 06489

Sports Performance Center, 130 N. Main Street, Southington, CT 06489

# WELCOME TO THE SOUTHLINGTON-CHESHIRE COMMUNITY YMCAs FAMILY

You are now a member of a supportive family of members, participants, volunteers, and staff who work together to improve the quality of life for all and strengthen the foundation of our community. The Y is a unique association of people joined together by a shared commitment to nurture and develop the potential of our youth, promote healthy living and foster social responsibility.

- **YOUTH DEVELOPMENT**
- **HEALTHY LIVING**
- **SOCIAL RESPONSIBILITY**

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your or your family's health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

By involving yourself and your family in the Southington-Cheshire Community YMCAs, you can positively impact the lives of members in our community.

Thank you for choosing the Southington-Cheshire Community YMCAs for you and your family's recreational, childcare, and/or fitness needs. We invite you to join our programs, classes, and volunteers.

Our core values are:

- **CARING**
- **HONESTY**
- **RESPECT AND**
- **RESPONSIBILITY**

They govern everything we do.

**It is a privilege to serve you!**



The YMCA is a membership organization open to all. The YMCA welcomes people of all ages, races, sexes, ethnicities, religions, abilities and financial circumstances. Thanks to the generous support of donors, financial assistance is available for those who qualify. Some benefits of membership include:

- No contracts
- Complimentary Child Watch for Family Memberships
- Fun & Healthy activities for all age groups
- A place where individuals and families socialize, connect and get healthy together
- Unlimited group classes like: Zumba, Yoga, Group Cycling, Water Fitness and more
- Personal wellness coaching sessions and nutritional support
- Healthier spirit, mind & body, reduced stress, and a happier outlook on life
- Support, guidance, and resources to achieve greater health and well-being
- Reduced program fees for all YMCA programs like child care, after-school programs, swim lessons, youth and adult sports, summer camp and more
- Membership to an organization that cares and gives back to the community

AND SO MUCH MORE!!!

The Southington Branch Facility Features:

- Southington's only 6 lane, 25 yd. indoor pool
- Over 15,000 square feet of Fitness space!
- Over 70 different Cardio machines
- 2 complete lines of strength training equipment
- 2 free-weight training areas
- Group cycling studio
- Functional training space
- Aerobics studio with suspended wood floor
- Full gymnasium with 6 basketball hoops and/or volleyball set-up
- Separate locker room facilities for Men, Women, Boys, Girls and Families
- Racquetball Court
- Free use of YMCA Camp Sloper Outdoor Center
- Free access to the YMCA Spirit-Mind-Body Center featuring our Women's Health & Wellness Center and Studio 130
- Free access to the Cheshire Community YMCA Health & Wellness Center
- Sports Performance Center
- Secure facility with card-key access at the front door and security cameras
- Plenty of parking
- AWAY program allows you to visit other Y's Nationwide (check each Y's restrictions)
- And now, you have access to YMCAs throughout New England



# MEMBER'S CODE OF CONDUCT

1. The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.
2. We expect persons using the YMCA to behave in a mature and responsible way and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person or that falls below a generally accepted standard of conduct.
3. Prohibited actions specifically include:
  - Inappropriate attire. Appropriate attire must be worn at all times.
  - Angry or vulgar language includes swearing, name-calling or shouting.
  - Physical contact with another person in any angry or threatening way.
  - Any demonstration of sexual activity or sexual contact with another person.
  - Harassment or intimidation by words, gestures, body language or any menacing behavior.
  - Theft or behavior that results in the destruction of property.
  - Carrying or concealing any weapons or devices or objects that may be used as weapons.
  - Using or possessing illegal chemicals or alcohol on YMCA property, in YMCA vehicles or YMCA sponsored programs.
  - Use of cell phones or video/photography devices of any kind in the facility, other than the lobby.
  - Loitering in or outside of the YMCA.
  - Any other conduct of any inappropriate, threatening or offensive nature.
4. We ask that all members are mindful of their personal hygiene. We do reserve the right to ask a member to leave the facility if they exhibit offensive odor.
5. Use of video recorders, photography (and the like) is prohibited unless approved by the Branch Directors. Cell phone use is also prohibited except in lobbies.
6. Smoking and/or vaping are not permitted inside or outside the YMCA. The Southington Community YMCA is a smoke/vape free environment.
7. Members are expected to comply with all Southington Community YMCA policies including but not limited to our Supervision Policy, and any program-specific policies.
8. Members and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain from doing so. If a member or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person or director on duty.
9. YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.
10. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

## **RELEASE AND WAIVER'S LIABILITY AND INDEMNITY AGREEMENT:**

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for themselves and any personal representatives, hereby acknowledges, agree and represent that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participate in such affiliated program constitutes an acknowledgment that such premise and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OB-SERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RE-SPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

- THE UNDERSIGNED HEREBY RELEASES, WAIVES; DISCHARGES AND COVENANTS NOT TO SUE THE YMCA, its directors, officers, employees, and agents (Hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise affiliated with the YMCA, without respect to location.
- THE UNDERSIGNED HEREBY WAIVES AND RELEASES the Southington –Cheshire Community YMCAs from any and all liability should you contract CoVid-19 while at any of the Y's facilities, functions, gatherings, or events.
- THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
- THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.
- THE UNDERSIGNED further expressly agrees that the RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
- THE UNDERSIGNED gives their permission for the Southington Community YMCA to take/use photographs, slides, moving pictures or video tapes of the person named on this application.
- THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

### **NATIONWIDE MEMBERSHIP NOTICE:**

- By participating in the YMCA Nationwide Membership Program, I agree to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the

use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law.

- The YMCA conducts 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.

#### **TERMS AND CONDITIONS:**

- Memberships are non-refundable and non-transferable.
- Please present your membership card for admission. No privileges can be obtained without it.
- I understand that the YMCA is a not-for-profit organization and I may be asked for a contribution above and beyond my membership fees.
- Participation in some YMCA activities may pose potential for physical risk. In joining, I assume responsibility for my safety and agree to hold the Southington Community YMCA harmless against any liability, loss, damage, or injury suffered as a result of participation in YMCA activities.

#### **CREDIT CARD/BANK DRAFT AUTHORIZATION FORM**

The credit card draft plan is a continuous membership plan. I understand that this membership will remain in effect until or unless I request a termination.

- Each monthly credit card or bank draft will be payment for my membership dues for the current month.
- I understand that if I wish to terminate or change my membership in any way, I must give the YMCA a 30 DAY WRITTEN NOTICE.
- The YMCA Board of Directors may, at their discretion, adjust the month rate applicable to my category of membership. I understand that I will receive at least four (4) weeks written notice prior to any such change.
- I understand that if I age out of a membership category, my membership will automatically be adjusted to the appropriate membership category with no notice.
- Should any membership draft not be honored by my credit card company or bank for any reason, I realize that I am still responsible for that payment, plus a service charge applied by the YMCA. The YMCA reserves the right to terminate membership due to lack of payment. I also understand that my membership will not be renewed until any outstanding balance is paid in full.
- I have given the authority to the credit card company or bank listed below to honor monthly drafts drawn by the YMCA on my account for membership payments. As a convenience to me, I hereby request and authorize you to pay and charge my credit card or bank account.
- Please charge my membership payment to my credit/debit card or bank account. Payment will be charged on the 1st or 15th of each month.

If you wish to terminate this agreement, you may do so at any time upon the receipt of a written cancellation by the Southington-Cheshire Community YMCAs.

# **MEMBERSHIP & PROGRAM POLICIES**

## **MEMBERSHIP CARD**

Your Y membership card is your secure access to the YMCA. They are non-transferable and remain property of the Y. You are expected to have your card each time you enter the facility. Lost cards can be replaced for a fee. If you prefer, we also offer an option for a digital QR code for entry that can be saved to either your Apple or Google Wallet. Persons who abuse membership privileges or assist others to abuse privileges may have their membership revoked or suspended.

## **NATIONWIDE MEMBERSHIP**

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.

### **What you need to know**

- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 51% of the time
- You should contact the Y you plan to visit to make sure they are a participating Y.

## **YMCA CAMP SLOPER**

As a member of the Southington –Cheshire Community YMCAs, your membership privileges are extended to YMCA Camp Sloper, our 143 acre outdoor facility. Membership cards should be carried at all times while on the property.

Our facility includes a 19-acre pond for fishing as well as swimming and boating on the weekends in July and August (only when guards are on duty). Our trails provide great opportunities for hiking, mountain biking and nature exploration. Picnicking, spending time with your family, and relaxing is strongly encouraged. The Mama Cass playscape and our 80-foot Charette Super Slide provide lots of fun and excitement for all ages. The YMCA Camp Sloper Outdoor Center is available for daytime use only. All members and guests must remain off the property during day camp hours, Monday-Friday, 6:30am-5:30pm (Last week of June and all of July & August).

Family/Group Use at YMCA Camp Sloper has certain policies and procedure to make sure the property is not over-used. Although members are allowed to utilize the grounds as part of their membership, any group of members and/or guests that is over 8 people must contact the camp office about the use of pavilions or picnic tables. Pavilions are available for rental by groups ranging from 8-200 people or more, but must be contracted through the camp office

## **RULES AND REGULATIONS FOR DOG OWNERS**

- Dogs must be kept on a leash and under control at all times
- Dogs may NOT to be off their leash in the front field area
- Dog owners are responsible for cleaning up after their dog.

## **VIRTUAL MEMBERSHIP**

Your membership includes free access to our Virtual Membership Platform – all you need is the e-mail address you have on file with the Y. Check it out here... <https://sccymca.y.org/>

## **SEX OFFENDER SCREENING**

The Southington-Cheshire Community YMCAs conduct regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the Southington-Cheshire Community YMCAs reserve the right to cancel membership, end program participation, and remove visitation access.

## **GUEST POLICY**

All guests must sign a Non-Member Waiver. All adult guests MUST provide a photo ID. Everyone 18 years or older will be screened through the National Sex Offender Registry (See Above). All youth guests 12 years of age and under MUST be accompanied by an adult. The YMCA reserves the right to restrict guest usage based upon facility capacity and member usage. Limit to 6 visits per calendar year.

## **MEMBERSHIP FREEZES**

Every member may place their membership on a freeze one time per calendar year for a maximum of 3 months.

## **REGISTRATION POLICY**

In order to receive the member rate for a class, the program participant must be an active Southington-Cheshire Community YMCAs member at the time of registration and for the duration of the program.

## **CREDIT/REFUND POLICY**

- If the Y cancels a class due to insufficient enrollment, the participant will be issued a credit or a refund in full.
- Classes missed by a participant due to personal reasons will not be credited or refunded except when accompanied by a doctor's note. Missed classes for personal reasons will not be made up.
- Classes missed due to inclement weather or unforeseen circumstances will be made up at the end of the session. If the Y does not offer a make-up class, the participant will receive a credit for the missed class at the end of the session.



# **YOUTH AND TEEN GUIDELINES**

In order to provide a safe and positive experience in structured activities for the youth in our community, the following guidelines for Y members and guests will apply. These guidelines apply to Y branch facilities and may vary from other Y program areas such as off-site schools and/or camp. They are designed to ensure the safety of all members and guests.

## **AGE RESTRICTIONS FOR SPECIFIC AREAS**

### *HEALTH AND WELLNESS CENTER AND WEIGHT ROOM*

- Youth ages 11-13 may use the Health & Wellness Center or Weight Room only when DIRECTLY (within eyesight) supervised by an adult member.
- Fourteen year olds can use the Health & Wellness Center or Weight Room after successfully completing an orientation.
- Teens aged 15+ may use the Health & Wellness Center or Weight Room independently. An orientation is recommended for use.

### *POOL*

- Lap swimming is available for youth 15+.
- Youth ages 11+ may use the pool without an adult after passing a swim test during designated times.

### *LOCKER ROOM/ SHOWER FACILITIES/ SAUNA*

- Adults 18+ may use the men's and women's locker rooms and saunas.
- Girls ages 11-17 may use the Girl's Locker Room at designated times.
- Boys ages 11-17 may use the boy's locker room during designated times if they are using it for our Swim Lessons or Swim Team programs. Otherwise they should use our single bathrooms located in our lobby and gymnasium hallway.
- The Southington YMCA also has family locker rooms available for families or adults who have aids who are of the opposite gender.
- Additionally, there are single bathrooms available for individuals who are more comfortable changing in a private area.

### *EXERCISE CLASSES IN ALL LOCATIONS*

Classes are for ages 16 and over. Ages 11-15 can attend with a supervising individual if they are willing and able to follow the class structure and guidelines with the exception of Cycling classes. Instructors reserve the right to determine if a class is appropriate for youth age 11-15. If you have questions about classes and their suitability for your child, please check with your branch or supervisor.

## *SPIRIT, MIND & BODY CENTER*

- Youth ages 11-13 may use the Health & Wellness Center only after completing a teen orientation and THEN when DIRECTLY supervised by an adult member.
- Fourteen year olds can use the Health & Wellness Center after successfully completing an orientation.
- Teens aged 15+ may use the Health & Wellness Center independently. An orientation is recommended for use.

### **Behavior Management Procedure**

At the YMCA, we believe the best way to prevent behavior issues is by providing quality programming. We strive to build strong character values using the YMCAs four core character values (Caring, Honesty, Respect and Responsibility). We hope that most instances of behavior management can be handled and solved appropriately with verbal warnings by staff members. After our initial efforts have failed, we will contact parent(s)/guardian(s) for additional assistance.

In the event that a member or guest is unable to adhere to the YMCA policies (as outlined in the Membership Application and the Non-Member Waivers), the following action steps will be put into effect:

**MINOR MISBEHAVIORS:** Being loud and disruptive to the membership as a whole, using profanity, wrestling, being disrespectful to friends, staff and/or other members, using a part of the facility in a way it was not intended, etc...

#### **1<sup>st</sup> Offense:**

- YMCA staff will have a conversation with the member/guest regarding behavior expectations.
- A note will be put in the member/guest's profile in CORE

#### **2<sup>nd</sup> Offense:**

- YMCA staff will contact the parents of the member/guest
- The parent/guardian will be expected to pick the member/guest up immediately
  - If a parent/guardian is not available, the member/guest will be expected to sit in the lobby until a parent/guardian is available
- The member/guest will be asked to take a break from the Y for a week
- A note will be put in the member/guest's profile in CORE

#### **3<sup>rd</sup> Offense:**

- YMCA staff will contact the parents of the member/guest
- The parent/guardian will be expected to pick the member/guest up immediately
  - If a parent/guardian is not available, the member/guest will be expected to sit in the lobby until a parent/guardian is available
- The member/guest will be asked to take a break from the Y for a month
- A note will be put in the member/guest's profile in CORE

#### **4<sup>th</sup> Offense:**

- YMCA staff will contact the parents of the member/guest
- The parent/guardian will be expected to pick the member/guest up immediately
  - If a parent/guardian is not available, the member/guest will be expected to sit in the lobby until a parent/guardian is available
- Membership and/or guest privileges will be revoked.
- A Low Priority Alert will be put in the member/guest's profile in CORE

**ZERO TOLERANCE BEHAVIORS:** The following negative behaviors are unacceptable and require arrangements for the member/guest to be picked up upon receiving knowledge of the behavior. Any of these behaviors will also require a parent meeting with the Membership Director and/or the Executive Director to determine whether privileges will be revoked:

- Possession or drugs, drug paraphernalia, alcohol, cigarettes, or weapons
- Aggressive physical contact (hitting, punching, pushing, kicking, etc.)
- Theft or vandalism
- Endangerment to self or others
- Inappropriate intimate contact with other members/guests
- Verbal threats to other members, guests or staff

PLEASE UNDERSTAND THAT ALL BEHAVIORAL SITUATIONS ARE VERY DIFFERENT FROM ONE ANOTHER AND MAY REQUIRE MORE SPECIFIC ACTIONS OR EARLIER CONSEQUENCES BASED ON THE SEVERITY OF THE BEHAVIOR(S).

## **JUST THE BASICS**

### **ANIMALS/PETS**

With the exception of YMCA Camp Sloper, only service animals are allowed into the facilities. For the safety of everyone, please leave your pet at home.

### **ATTIRE**

As a family organization, the Southington-Cheshire Community YMCAs encourage members and their guests to maintain an appearance that is not disruptive, distracting, nor offensive in any regard. Clothing that pose health or safety concerns will not be permitted.

- Clothing and jewelry that carry sexual, vulgar, or offensive messages or references, including, pictures of the use of alcohol, tobacco, drugs, and gang affiliation will not be permitted.

### **AMAZING KIDS CLUB (BABYSITTING)**

Our Amazing Kids Club (AKC) is available for children ages 6 weeks (after 1<sup>st</sup> immunizations) to 12 Years. AKC is free to Family Level Memberships and is \$5.00 per child or \$8.00 per family for all other membership types. There is a 2-hour time limit per visit. If this is exceeded there will be a \$10 charge for every 15 minutes you are late. After second tardy, your AKC privileges may be suspended or terminated.

### **FOOD & BEVERAGE**

Outside food and beverages are permitted to be brought into the lobby area and Katie's Place. The YMCA reserves the right to limit outside food to members and guest if they are not cleaning up after themselves.

### **PARKING**

The YMCA provides a parking lot for its members while using the facility. The Y is not responsible for stolen or damaged items. The YMCA parking lot is not available for long-term or overnight parking. Cars left in the parking lot over-night may be towed at owner's expense.

### **RISK MANAGEMENT/ACCIDENTS**

In the event of an accident or illness while on YMCA property, please make sure to report the incident to the closest YMCA staff available.

## **LOCKERS**

We recommend you do not bring valuables as the Y is not responsible for lost or stolen items. Lockers are available for daily use by members and guests. You must bring your own lock and remove it at the end of each visit. Items left overnight will be removed and placed in the Lost and Found. Locks are available for purchase at the Front Desk.

## **SPECIAL SERVICES/EVENTS**

Y facilities may be reserved for special occasions such as birthday parties, meetings, weddings, etc. Please contact the branch or YMCA Camp Sloper for details.

## **TOBACCO/VAPE/DRUG/ALCOHOL FREE**

Smoking, vaping, drinking, and drug use is all prohibited in all Southington-Cheshire Community YMCA facilities, including, but not limited to:

- All buildings and enclosures
- Parking lots and driveways (even while in your vehicle)
- Lawns and gardens
- Walkways
- Pool areas
- Play areas

In addition, the YMCA reserves the right to remove a member from the premises if, based on behavior, a staff member has reason to believe the member is intoxicated. If a member under the age of 18 has been asked to leave for intoxication, a phone call will be made to the member's parent or guardian.

## **USE OF ELECTRONIC DEVICES**

For the privacy and protection of all our members we ask you to adhere to the following guidelines:

- Set phone to vibrate or silent when working out
- Limit phone conversations while in Health & Wellness to 5 minutes or less
- Limit longer phone conversations to the lobby or non-workout areas
- Taking photos or video at any time in the locker rooms or work areas such as Health and Wellness, the Weight Room or Group Exercise classes is prohibited. **Phones are not permitted in the locker rooms.**
- Check with an instructor before taking photos in youth programs.

## **WEATHER CANCELLATIONS**

Please check our website, social media pages, mobile app or call the branch voicemail for information regarding weather cancellations. Weather cancellations will also be listed on the Southington-Cheshire Community YMCA website, NBC-CT website and on the NBC Weather Alerts on TV.

The pool will be closed in the event of lightning. The Y will make every effort to make up cancelled classes.

## **EMERGENCY PROCEDURES**

### **MEMBER RESPONSIBILITY**

All emergency exits are clearly marked. Please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, please follow the instruction of YMCA staff to ensure a safe and orderly exit from the building.

### **INCIDENT REPORTS**

In the event that first aid is provided, the staff member responding is required to ensure that proper documentation is provided for our records.

### **SUGGESTIONS OR COMMENTS?**

Your suggestions, comments and/or concerns are always welcome at the YMCA! Please feel free to contact any of our staff members to ask questions or to voice your concerns. Should you have a concern that has not been resolved by our staff members, please feel free to reach out to our Membership Director and/or our Branch Executive Director.