



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

Membership Handbook
YMCA of GLENDALE



Rev. 6.2026

LET'S GET STARTED

Welcome to the YMCA! You are now a part of a community of diverse people joined together by a shared commitment to nurture the potential of kids, promote healthy living and foster a sense of social responsibility.

This Handbook is a great tool to help you get acquainted with our facilities and understand our policies and age guidelines. We encourage you to take some time on your first visit to speak with any one of our helpful staff members to better understand the Y's amenities, rules, policies and age requirements.

COMMITMENT TO ALL

The Y is made up of people of all ages and from every walk of life working side-by-side to strengthen communities.

Together we work to ensure everyone, regardless of race, gender, gender identity, ideology, immigrant status, income, faith, sexual orientation or cultural background has the opportunity to live life to its fullest. The Y is a force for building bridges among all people as we share the values of caring, honesty, respect, and responsibility – they guide everything we do.

The Y is committed to providing programs and services that are inclusive and welcoming to all. We value an environment that fosters dignity, respect, fairness and appreciation for all aspects and dimensions of diversity.

To reinforce this commitment, among other things, we support members/participants in having the opportunity to use the locker room and/or restroom they select based on their gender identity.

DISABILITY ACCOMMODATIONS

At the Y, we believe our strength is in the diversity of our staff, volunteers, members and participants. We work proactively and collaboratively every day to build organizational and individual capacity towards providing the most inclusive and welcoming experience for every individual we employ, serve and engage. In that regard, the Y complies with all federal, state and local equal employment opportunity/non-discrimination laws.

Ensuring ADA compliance is the law and inclusion is critical to our strategy and impact. If you, or any of your family members who are participating in a program or an activity, have any type of special medical need (such as, a disability or a medical condition, including life threatening/severe allergies or other medical and/or dietary restrictions) that requires an accommodation, may impact the program experience, or requires additional staff training and/or staff supervision, please inform the Program Director prior to your participation in such activity.

In order for some reasonable accommodations to be provided, current documentation from a qualified individual knowledgeable about the disability or medical condition may need to be submitted. After receiving the request for the accommodation, a YMCA staff member will engage in an interactive dialogue with you or the relevant family member to explore potential reasonable accommodations.

MEMBER CODE OF CONDUCT

The Y is committed to providing a positive environment that is safe and inclusive to all in our community. We have adopted a Code of Conduct to govern the actions and behaviors of all members, program participants, and guests while in our facilities and while participating in Y programs. All individuals using any of our facilities are expected to conduct themselves in a manner consistent with the Y's Core Values of caring, honesty, respect and responsibility. Failure to do so may result in immediate dismissal from the premises and may result in termination or suspension of membership privileges.

As a member, program participant or guest, you agree to follow our Code of Conduct, which is rooted in our Core Values. By adhering to this Code of Conduct, we will be able to maintain an environment that is reflective of the Y's Core Values.

The actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities and programs. Other behaviors not listed below may, nevertheless, be considered unacceptable and may result in suspension or termination of membership privileges or of program participation.

- Sign/check in and registration is required with every visit. All members and guests will be required to sign the YMCA Assumption of Risk, Release and Waiver of Liability and Indemnity Agreement and have their picture taken with their face visible on their first visit. Membership cards must be presented each time a member enters a facility. Members without a valid membership card may be denied entry. In addition, a government-issued photo ID is required for Nationwide Members.
- Safety. All members, program participants, and guests are required to follow all posted rules and staff directives.
- Appropriate attire must be worn at all times. Shirts or cover-ups are to be worn over sports bras. Shirts and shoes are to be worn at all times, with the exception of in locker rooms and aquatic areas. However, athletic shoes, or closed-toe shoes are required in all healthy living center areas. Shirts and shoes are not required where bathing suits are permitted. No clothing with vulgar language, obscene gestures, racial slurs or anything that contributes to a hostile environment or would be considered inappropriate in a family environment may be worn.
- Cameras and video equipment is prohibited; mobile phone use is limited. Camera and/or video equipment use is not allowed inside of the facility without express approval from a Y staff member. Phone calls should only be made or taken away from program areas, healthy living centers, pool areas, classrooms, the child watch center, and locker rooms. If you do need to make or take a phone call, please do so in authorized areas, speak quietly, and be respectful of other members.
- Media and entertainment should be family-friendly and should not disrupt other members. Music devices should be used with headphones and set at a volume that does not disturb other members or create a safety hazard. Watching videos and movies is allowed as long as they are family-friendly, non-violent, appropriate and do not create a safety hazard.
- Threatening physical contact or language is prohibited. Physical contact with another person in any hostile or threatening manner is not permitted. Hostile or vulgar language, including swearing, name-calling, or shouting is also prohibited. Use of social media platforms in a manner that is contrary to the Y's mission, is detrimental to the community, or is in violation of the law also is not permitted.
- Tobacco, smoking, vaping, drug and alcohol use is not permitted. Using, possessing or being under the influence of alcohol or illegal drugs, including marijuana or any substance containing THC, cannabis, or similar substance (whether or not legal under California law) in or outside of Y facilities or programs or on Y property is prohibited at all times. Similarly, smoking or vaping any substance (whether or not legal under California law) in or outside of Y facilities or programs or on Y property is prohibited at all times. Smoking is defined as the "act of lighting, smoking or carrying a lighted or smoldering cigar, cigarette or pipe of any kind." Vaping refers to the use of electronic nicotine delivery systems or electronic smoking devices, such as e-cigarettes, e-pipes, e-hookahs, and e-cigars.
- Any demonstration of sexual activity, contact or conduct is prohibited.
- Theft or behavior that results in the destruction of property is prohibited.

- Loitering is not permitted inside or outside of the Y facilities or programs. The Y limits solicitations, surveys, petitions, distributions and conducting non-Y business on its premises. Individuals who are not employed or authorized by the Y may not solicit or distribute literature on Y property at any time for any purpose nor may they use the Y's facilities or premises to conduct their own personal business. Personal training by instructors not employed by the Y, and the selling of home and business products is prohibited.
- Weapons are prohibited. Bringing dangerous or unauthorized materials, such as explosives, firearms, knives, or other sharp objects, weapons, guns, hazardous materials or other similar items, into a Y facility or onto Y property is strictly prohibited. This includes items that appear to be real, such as toy guns.
- Certain criminal convictions may result in immediate termination of Y membership. The protection of our members, program participants and guests participating in our programs and/or using our facilities is of paramount importance to the Y. The Y conducts regular sex offender screening on all of its members and program participants. If a sex offender match occurs, the Y reserves the right to cancel membership, end program participation, and remove visitation access.

If a member, program participant, or guest feels uncomfortable due to behavior displayed by an individual that is in violation of the Code of Conduct, please report the behavior to a Y staff member.

The Y is committed to creating and maintaining a space that embodies our Core Values. Suspension or termination of membership may result from violation of this Code of Conduct by you or your family members and/or invited guest(s). While an incident is being investigated, the membership of the person(s) accused of violating the Member Code of Conduct may be temporarily suspended pending final decision. The Y reserves the right to make situational decisions based on the nature and severity of the incident and/or consistent with its mission and values.

MEMBERSHIP POLICIES

The YMCA of Glendale is committed to a culture of diversity and inclusion. All persons are welcome to become members at the YMCA of Glendale; membership is open to all and financial assistance is available for those who cannot afford the full membership fee. Please speak with any one of our helpful staff members on how to apply.

Membership Categories and Definitions

- Family (1-2 adults, ages 18+) Up to 2 adults and children. Children: Ages 17 and under. Must be living in same household.
- Family +1: Up to 3 Adults & children.
- Family +2: Up to 4 Adult & children.
- Adult (Ages 30-61): Allows one adult, age 30-61.
- Senior Adult (62+): Allows one adult, age 62+.
- Young Adult (18-29): Allows one young adult, age 18-29.
- Youth (0-17): Allows one youth, age 0-17.

Your membership is non-transferable. For family memberships or adding an additional adult, all participants must live in the same address. Verification may be required i.e. drivers' license, electric bill, etc. Children in family memberships may only be the children of the two adults in the membership. Legal documentations may be required. Any violations will be an automatic termination of memberships and will be considered as fraud and if needed, legal actions will be taken.

Guest Policy

Guests are always welcome at the YMCA! Local, in-town guests, accompanied by members, may use the facility a maximum of two (2) times per calendar year at no cost. There is no maximum number of guests per member per visit. To ensure the security of our participants, we require a photo ID for each guest unless the guest is under 18 years of age. Any guest 0-17 years of age must have a legal parent or guardian, age 18 or older, sign him or her into the Y and must remain in the facility with the member. Any member who signs in a guest is fully responsible for the guest and their guest's actions while on all YMCA premises. Members with out-of-town guests may contact the Membership Director 24 hours before their visit to arrange guest visits during these times. All guests are required to provide a picture ID and must have their picture taken on their first visit. Our facility does not allow guests to utilize the Youth Activity Center. Please call the YMCA before bringing a guest with children to the facility.

The YMCA is a private membership organization who reserves the right to remove members whose behavior does not conform to the requirements of the YMCA including the Y's core values of caring, honesty, respect and responsibility.

The YMCA reserves the right to terminate or cancel membership at any time in its sole discretion.

Caregivers

We encourage individuals who require assistance while using our facility to bring their own caregiver. The caregiver will be required to sign the Assumption of Risk Release and Waiver of Liability and Indemnity Agreement at the time of each visit and may only enter with the member. Caregivers who wish to use the facility for their own personal use must have a valid membership.

Nationwide Membership

The YMCA of Glendale participates in the Nationwide Membership. Nationwide Membership allows all Y members, from participating locations, to visit facilities other than their "Home Y" to be able to utilize all areas/programs of the visited facility that are available to and included in the member's membership. Please contact the YMCA you plan to visit to learn about their specific policies. In Southern California you have access to more than sixty-two (62) Y locations.

Cancellation Policy

The Y requires a thirty (30) day written notice before your next draft date to cancel a current Y membership. If less than a fifteen (15) day written notice is given, your membership will be drafted one more time, at which time you will have access to the facility for the remainder of the month. Members have three (3) months to rejoin without being charged another joining fee. If you decide to cancel any Y program after the first day of classes, only a 50% refund will be given with the exception of Resident Camp. Please see the Director of the program for more details.

Membership Hold Policy

Your YMCA membership may be placed on hold for 1 to 3 months per calendar year. All holds require a seven (7) day written notice before your next draft date to process for the next month. Hold fee is \$5 per month that your membership is placed on hold.

Change of Information Policy

Any changes to your current membership information, address, bank information, adding or deleting members, or changing your membership type requires a fifteen (15) day notice before your next draft date. If you draft from a debit or credit card, please remember to visit the Member Services Desk and update your card information if you receive a new credit or debit card.

Transferring your Membership to Another YMCA

Please see the Member Services Desk if you wish to transfer your membership outside of the YMCA of Glendale so we can provide you with a letter of transfer. This letter may allow you to waive your joining fee at many Y's across the Nation. Please cancel your membership with the YMCA of Glendale before transferring to another YMCA.

Payment

The YMCA offers two options for payment.

- ❖ **Drafts:** members can draft their membership fees monthly from a checking account, savings account, debit or credit card. Should your draft be returned to us for any reason, you are responsible for that draft payment, including a \$10 YMCA service charge in addition to any fees your bank may charge.
- ❖ **Annual:** members can pay the full year (12 months) at the time of registration or in six (6) months increments.

Parking Policy

The YMCA offers on-site parking for members of the YMCA of Glendale. Please make sure to have your membership ID card ready for access. You may not use your ID card to allow access to other members or visitors. The YMCA parking garage is open 15 minutes before the facility opens and 15 minutes after the facility closes. Any vehicles left after business hours, parked in restricted areas or no parking zones will be towed at owner's expense. Guests and visitors of other Y's have local off-site parking on the street and public parking lots. Please keep in mind that public parking has time limitations.

FACILITY RULES AND AGE REQUIREMENTS

Facility Access Age Requirements

- 0-11 years olds: Child must be participating in a YMCA program or directly supervised by a parent or guardian 18 years of age or older.
- 9-14 year olds: May use the family fitness center with parent/guardian who is also a member.
- 15 years and older: Individual may be on the YMCA premises without a parent or guardian.

Locker Rooms

All of our facilities have locker rooms for changing, showering and safely storing your items while you are at the Y. Locker rooms are being monitored by managers or directors daily during working hours. Please do not leave your belongings in the lockers overnight as they will be removed by our custodial staff at the end of each day. Locks are not provided. We encourage you to bring and use padlocks to secure your belongings. The Y is not responsible for lost or stolen items.

Universal Locker Room Rules

- We require members under the age of seventeen (17) to use the youth locker rooms. Adult males may accompany children 6 years old and younger into the boy's locker room and adult females may accompany children 6 years old and younger into the girl's youth locker rooms.
- Everyone's privacy is worth respect. Please keep your cell phones in your gym bag, pocket or purse while you are in the locker room.
- Electronic devices may not be used while in the locker rooms.
- As a family-friendly locker room, we do not allow nudity at any time. This policy is strictly enforced when minors are present in the locker rooms.
- Lock your locker. Unlocked lockers are easy for any one to access. The Y is not responsible for lost or stolen items.

Adult Locker Room Rules

- We require members age of eighteen (18) and older to use the adult locker rooms.
- Everyone's privacy is worth respect. Please keep your cell phones in your gym bag, pocket or purse while you are in the locker room.
- Electronic devices may not be used while in the locker rooms.
- Lock your locker. Unlocked lockers are easy for anyone to access. The Y is not responsible for lost or stolen items.

Valuables

Unfortunately, not everyone lives up to the Y's Core Values of Caring, Honesty, Respect, and Responsibility. Do not leave valuables in your car! The Y provides FREE Day Lockers for your use. Simply bring your own lock, and take it with you when you leave. Please use them! The Y is not responsible for lost, damaged or stolen property.

Lost & Found

Our facility is not responsible for lost, stolen, and unattended personal items. Members and guests are encouraged to keep personal belongings with them at all times. Items found will be turned in to the front desk.

- Lost & Found items will be held for 30 days from the date they are turned in.
- After 30 days, the unclaimed items will be donated to our closest donation center.
- Perishable items, water bottles, and items posing a health or safety concern may be discarded sooner.
- Valuables (such as wallets, keys, or electronics) should be reported to the front desk as soon as possible.
- To claim a lost item, member must provide clear description of the item. Proof of ownership may be required.

Healthy Living Center Rules

- Please be courteous to others by following the Y's Code of Conduct and Core Values: Caring, Honesty, Respect and Responsibility.
- As a courtesy to others:
 - Please wipe off equipment after use with YMCA supplied cleaning products.
 - Return all equipment to its proper storage area.
 - Limit your time on all cardiovascular equipment to 30 minutes when others are waiting.
 - Allow others to take turns (work in) while using strength equipment.
- For your safety and the safety of others:
 - Please use hand-free device.
 - Ask a staff member for assistance when using unfamiliar equipment or beginning a new exercise program.
 - Wear appropriate athletic attire and shoes at all times. Open-toe or open-heel shoes and jeans are not appropriate.
 - Please help keep our floors clear by storing your personal belongings in a locked locker.
- Stay hydrated with a beverage in a spill-proof, unbreakable container.
- At any time, sparring is strictly prohibited at the YMCA. Engaging in sparring is a violation of our policy and may result in immediate termination of your membership.
- Only YMCA staff are allowed to provide personal fitness instruction.

Healthy Living Center Age Requirements (15-17 years old)

Individual does not have to be accompanied by a parent and may use the cardio equipment, weight machines and free weights. An orientation with Wellness Staff is required.

Family Center Age Requirements (9-14 years old)

Individual have to be accompanied by a parent and may use the weight machines excluding free weights. An orientation with Wellness Staff is required.

Free Weights Room Rules

- Please be courteous to others by following the Y's Code of Conduct and Core Values: Caring, Honesty, Respect and Responsibility.
- Only YMCA staff are allowed to provide personal fitness instruction.
- Stay hydrated with a beverage in a spill-proof, unbreakable container.
- Chalk usage is prohibited.
- As a courtesy to others:
 - Please wipe off equipment after use with YMCA supplied cleaning products.
 - Return all equipment to its proper storage area.
 - Allow others to take turns (work in) while using strength equipment.
 - Allow others to enjoy their workout by refraining from talking on cell phones and taking pictures
 - All music devices must be used with headphones.
 - Refrain from yelling or grunting unless it is an emergency.
- Use precautions when lifting free weights:
 - Ask a staff member for assistance when using unfamiliar equipment or beginning a new exercise program.
 - Ensure you have a good grip.
 - Maintain a stable sitting or standing position.
 - Use proper technique and form.
 - Avoid lifting too much weight.
 - Consider a training partner or a Y staff member as a spotter.
 - Use collars to secure weights from sliding off of bars.
 - Set weights down gently.
- For the safety of all members:
 - Keep the floors clear by storing your personal belongings in a locked locker.
 - Wear appropriate athletic attire and shoes at all times. Open-toe or open-heel shoes and jeans are not appropriate.
 - Use hand-free electronic devices.
 - No usage of outside gym equipment without prior approval from the Healthy Lifestyle Director.



Group Exercise Class Age Requirements (15 years old and older)

Individual may participate in group exercise classes. Exceptions can be made at instructor's discretion.

Group Exercise Classes Group Exercise Class Rules

- Please be courteous to others by following the Y's Code of Conduct and Core Values: Caring, Honesty, Respect and Responsibility.
- Anything that disturbs others or the instructor during class will not be tolerated this includes leering or spectating.
- Please keep talking to a minimum during class and refrain from using head phones while participating in a group fitness class.
- Please arrive early or on time for all fitness classes; it is disruptive to interrupt a class once it has started.
- Please take cell phone calls outside of the group exercise class. Use of cell phones is not permitted during class time, including texting.
- Tennis shoes are required (no open-toe and open-heel shoes with the exception of mind/body classes, such as Yoga or Pilates). Appropriate clothing is required. No bare midriffs or jeans.



- Place all bags, coats, extra shoes etc., in the locker room or on designated shelving/hooks.
- If you find it necessary to leave class early, please exit the class in a manner that does not disturb the rest of the class.
- Please follow the instructor's lead as the instructor will include modifications.
- All classes are subject to change due to instructor substitutions/availability, class attendance or if emergency situations arise. Class cancellation may occur in extreme situations and every effort will be made to avoid these circumstances.
- Some classes may require participants to sign up ahead of time. Please check your facility's schedule to know which classes require a reservation.

AQUATICS



Aquatics Age Requirements

- 0-7 years old: Children this age must have a parent or responsible adult (16+ years older) in the water within arm's reach at all times.
- 8-14 years old: Children this age must have a parent or responsible adult (16+ years older) with them on the pool deck at all times or in the facility at all times.
- 15 years of age and up: Children this age may be in the pool without a parent present.

Pool Rules

- Take a full shower before entering the pool.
- Use the locker rooms to change and shower. Swimmers are not allowed to change on the pool deck.
- Swimmers must wear appropriate swimwear at all times. T-Shirts and shorts, cutoffs or ripped suits, revealing and see through swimsuit, and underwear are not allowed. The Y asks all members to remember the family environment and choose the style of your swimsuit accordingly.
- Swimmers wearing inappropriate swim wear may be asked to leave the aquatics area. No shoes or flipflops in the water, however we allow the use of water fitness shoes. The pool deck and the gutter covers must be clear at all times for safety. Leave your belongings in the lockers.
- A small bag may be hung on the pool hangers and flip flops may be put against the wall.
- Non-swimmers:
 - Must stay in the shallow end where the water is under their armpit.
 - May use approved Type 2 Coast Guard life jackets. No inflatable flotation devices will be allowed. This includes water wings, tubes, rafts, etc.
 - Are not allowed to use pool noodles and swim in the deep end.
- Pool noodles are not a Coast Guard approved flotation device, however they may be used in the water walking area as a workout device.
- Anyone requiring a diaper should wear a special swim diaper under swimsuit in and around the water at all times. Regular diapers are not allowed.
- Photo and videography are not allowed anywhere in the pool and surrounding areas such as the patio, balcony, hallways, and locker rooms.
- Using a cellphone is prohibited in the pool area.
- Lap lanes are for lap swim only. The lanes will be set up according to the schedule in session.
- The lifeguard may ask you to move to another area of the pool if needed.
- Ask the lifeguard before using any pool equipment and put the equipment away after each use neatly.
- The lifeguard has the authority to keep the patio door open or closed. The lifeguard reserves the right to remove any person from the pool area if the individual is acting in an unsafe manner or creating an unsafe or dangerous situation for themselves or others.
- If the whistle blows, stop, look and listen to the lifeguards.

- For your safety and the safety of others follow the pool rules.
 - The pool deck and stair cases leading to swimming pool might be wet and slippery.
 - Please use the hand rails on the stairs for safety.
 - No running on the pool deck.
 - No exercising, dancing and jumping on the pool deck.
 - Enter backwards when using the pool ladders. Use the hand rails.
 - Jumping and diving in the pool is not allowed.
 - Do not hang on to the lines and safety ropes.
 - Breath holding and prolonged underwater swimming is prohibited.
 - Pushing, dunking, splashing, rough play and fighting are prohibited.
 - Playing on, climbing on or swimming on lane lines is not allowed.
 - Glass containers are not allowed in the pool area.
 - Chewing gum, eating and drinking is prohibited in the pool area. However, drinking water or sports drink in a non-breakable or plastic bottle is allowed as long as they are kept away from walkways.
 - Standing, sitting, wandering around on the pool deck is not allowed. You may wait in the lobby or the pool patio.
 - Do not scream or yell for unneeded help.
 - The air temperature and water temperature is set to a standard level that cannot be changed upon request.

Lap Swimming Rules



- All general pool rules listed above applied.
- Check the lap swim schedule before you come to the pool.
- Lap lanes are available for Adult swimmers who are able to perform a proper stroke and are able to tread water for one minute in the deep end.
- The lifeguard may ask you to move to the water walking area if your swim stroke is not strong enough.
- Minimum age for lap swimmers is 18 years of age and older. YMCA Swim Team swimmers ages 15-17 may swim laps under their coach's supervision and by approval from the Aquatics Director during the family swim.
- Swimmers under the age of 18 who are willing to swim laps may register for swim programs such as swim team and pre-swim team.
- Lap lanes can be shared by maximum four (4) swimmers per lane unless otherwise is approved by the lifeguard.
- Choose the appropriate lane that matches your speed. (Slow, Medium or Fast)
- Notify other swimmers in the lane before entering the lane.
- Always enter feet first from the shallow end of the pool.
- Two (2) swimmers must split the lane.
- Three (3) or more swimmers must swim in a counter-clockwise circle pattern keeping a reasonable distance.
- Lap lanes can support up to 4 adult swimmers of same speed, unless otherwise is instructed by the lifeguard. (You must wait until the lane becomes available).
- You must choose a stroke that fits in one side of the lane only.
- You may swim any stroke, unless your stroke interferes with other swimmers in the lane. The lifeguard may ask you to change your stroke for the safety of others. If using open turn or flip turn during lap swimming, you must pay attention to newcomers who are willing to share the lane.
- One or two lanes are designated for water walkers. The lifeguard has the authority to change the number of walking lanes and move the lane lines.
- Lanes can be used up to a maximum time of 50 minutes one time per day.
- For your safety and the safety of others follow the pool rules.
 - No jumping and diving are allowed for lap swimmers.
 - No spitting anywhere in the pool area including the floors and the gutters.
 - Walking, exercising, socializing in the lap lanes are not allowed, or you will be asked to move to water walking lane immediately.
 - No underwater lap swimming is allowed.
 - Using swim fins and kickboards are at the discretion of the lifeguards.
 - No noodles, water weights, or any kind of inflatables in the lap lane.
 - Do not touch the lane lines, and do not hang on, or climb on them.

- Shoulder length hair must be tied back or use a swim cap.
- The lane by the lifeguard tower is designated for private swim lessons or lifeguard training at all times. You may be asked to move to another lane.
- Emergency drills may be scheduled without advance notice.
- Once emergency buzzer is activated evacuate the pool immediately. In case of an emergency or drill all swimmers must stop swimming, follow the lifeguard's instruction, evacuate and exit the pool.

Family Swim/Camp Swim

- All general rules applied to family/camp swim.
- During family swim a responsible adult parent/guardian (18+ years old) need to be in the water for non-swimmers ages 0-14 years old.
 - All non-swimmers must wear Type 2 Coast Guard approved life jacket and be within arm reach of parent/guardians.
 - One non-swimmer per adult/guardian at all times.
 - Non-swimmer children must take turn entering the water with their parent/guardians.
 - All non-swimmers must stay in the shallow water where the water depth is under the armpits.
- No toys and any equipment in the water. No throwing, tossing goggles and inflatables, balls in the water.
- Swim test is required to pass the safety rope.
- The lifeguard may ask swimmers to take a swim test that includes:
 - Jump into the pool, submerge fully, return to the surface and begin swimming.
 - Swim 25 yards without stopping or touching the bottom of the pool in a horizontal position using a forward crawl stroke.
 - Tread water for 60 seconds.
 - Exit the pool without assistance, using the wall.
- Swim wrist bands may be given to swimmers and non-swimmers during family/camp swim.
- Lifeguard has full authority in the pool and will enforce the rules. The lifeguard reserves the right to remove any person from the pool area if the individual is acting in an unsafe manner or creating an unsafe or dangerous situation for themselves or others.

Swim Test Policy

- Jump into the pool, submerge fully, return to the surface and begin swimming.
- Swim 25 yards without stopping or touching the bottom of the pool in a horizontal position using a forward crawl stroke.
- Tread water for 60 seconds.
- Exit the pool without assistance, using the wall.

Sauna and Steam Room Rules

- If you have a history of health problems, you must consult your doctor before using the sauna or steam room.
- Please shower before using the sauna or steam room. The sauna and steam room are for relaxing. Members must use the sinks or showers to shave.
- No lotions or oils are allowed while using the sauna and steam room.
- Please shower after using the sauna or steam room and before using the pool.
- No newspapers, magazines, books or other paper products are permitted in the sauna or steam room.
- Please wear or sit on a towel or wear bathing suits in the sauna and steam rooms. Shoes and clothes, including neoprene or plastic "sweat suits", are not permitted in the sauna or steam room.
- Allow a five (5) minute cool down period after exercise before entering the sauna or steam room.
- Limit your exposure to ten (10) minutes per sitting.

- Allow a five (5) minute cool down period after exiting the sauna or steam room. Avoid dehydration and drink plenty of water before entering and after using the sauna or steam room.
- For your safety, electronics are prohibited in the sauna and steam room.

PROGRAM AREAS

Gymnasium Rules



- All patrons must be checked in at the Welcome Center.
- Anyone under the age of eleven (11) must be accompanied by an adult.
- Non-marking indoor shoes are required for use of the gym.
- Shirts must be worn at all times.
- Any type of food or drink is prohibited in the gym. (Plastic water bottles are permitted).
- Basketballs are for playing basketball only and should not be kicked or thrown at others, walls or ceilings.
- Emergency exits are for emergencies only. Anyone using these doors for any other purpose will be asked to leave the facility and their membership may be revoked.
- Please be courteous to other members and staff.
- Rough play and/or profanity will not be tolerated. Any person/s caught fighting or using profanity will be asked to leave the facility and their membership may be revoked.
- No dunking or hanging on rims or nets.
- Full court pick-up games may only take place during designated times or if two or more courts are available for play. The YMCA has the right to discontinue a pick-up game if it is deemed necessary.
- All gymnasium rules and regulations are subject to change at the discretion of the YMCA. This will only be done to increase the quality of service provided and to ensure each of our members and guests are safe.

Gymnastics Center



- Registration is required prior to joining the class in order for us to monitor the number of students allowed in each class.
- Gymnasts are required to wear proper attire. Please talk with your Coach to determine what they should wear.
- For safety reasons, the following items are prohibited during gymnastics classes: dangling earrings, necklaces, rings, bracelets, etc., loose clothing, clothing with zippers, buckles or other sharp objects.
- Gymnasts will need to bring their own water bottles.
- No one other than class participants are allowed on the gymnastics facility. Do not show up any earlier than 5 minutes prior to your gymnastics lesson.
- Gymnastics Center and equipment will be cleaned daily Monday-Friday.
- The YMCA of Glendale strongly maintains that profanity, improper or threatening behavior has no place at the Y, and members or guests failing to control their behavior will be asked to leave.
- All other rules which are posted or printed for the YMCA of Glendale apply.
- Each student will progress at his/her own pace. It is not unusual for a student to repeat a level several times before mastering all the necessary skills to pass.

Youth Center (Ages 6-12 Years Old)

- This room is only to be used when there is appropriate staffing.
- The youth room is for older children to stay active while be supervised by the staff that is in charge of the class that is being taught or a supervisor.
- The YMCA of Glendale strongly maintains that profanity, improper or threatening behavior has no place at the Y, and members or guests failing to control their behavior will be asked to leave.
- All other rules which are posted or printed for the YMCA of Glendale apply.

Youth Activity Center (Ages 2-8 Years Old)

One of the most valuable services the Y provides is FREE Child Watch for those who hold Family Memberships. Child Watch is generally for children ages two (2) years of age to eight (8) years old, but may vary at each branch. During Child Watch hours, you can bring your child in to play with other kids his or her age while you work out, take a group exercise class, or swim laps. You may bring your children to Child Watch for up to two (2) hours per day while you exercise or participate in programs. Parents must remain on-site at all times while their child(ren) is in our Child Watch. Parents who leave the premises may have Child Watch privileges revoked.

Youth Activity Center Rules

- The Youth Activity Center provides child watch services to children ages 2-8 years old. The center engages all children in activities in a safe environment by providing a 1:14 ratio. For the safety of all children involved in the program individualized attention cannot be accommodated.
- If a child who is attending Child Watch becomes upset, staff will try holding, soothing and entertaining the upset child. If the staff members are unable to soothe an upset child after five (5) minutes, a staff member will contact the parent to sign the child out of Child Watch for the day.
- Staff are not allowed to change diapers. The parent(s) will be notified if the child needs a diaper change or an accident happens.
- Communicate to staff regarding your child's individual needs.
- Assist in protecting your child by following your branch's sign-in/out policies.
- Adhere to the two (2) hour time limit per day for Child Watch services.
- Please do not enter the Child Watch area without permission from the staff members.
- The YMCA is not responsible for lost or stolen items so please leave personal toys and electronics (Kindle, iPad, phones, etc.) at home. The Youth Activity Center does not store personal belongings; please utilize the lockers provided throughout our facility.
- For the safety of all children, including infants and toddlers and children with mild to severe allergies, food, snacks and/or meals are not permitted into the Youth Activity Center. We have a lovely lobby area where families can enjoy food before coming to the center. Water bottles with lids, and baby bottles/sippy cups for infants/toddlers are always okay. This policy is for staff as well. Staff should eat their food, meals and snacks prior to or after their shift or during their break.

After School Program

You will receive a handbook for this program once you register. This program is not held at the YMCA and you will only register for this program if you receive an email from one of our staff.

Hotel

You will receive a handbook when you qualify to stay at our hotel.

Corporate Wellness Programs

At the YMCA of Glendale, building a healthy workforce is key to a successful bottom line. We know that employees are a company's most valuable asset. A growing body of evidence suggests that investing in the well-being of your workforce will yield powerful results. Contact us today for a partnership to help your company become healthier and more successful!

Operations Policy

The YMCA reserves the right to change all schedules and times as management sees fit without notice.

Animal Policy

Animals are not permitted on any Y property with the exception of service animals. The YMCA of Glendale follows the Americans with Disabilities Act (ADA) requirements for service animals.

Data Security/Privacy Statement

The YMCA is concerned about the privacy of its members and maintains their personal information in confidence. We collect information from members for the purposes of billing and providing information on upcoming events and program opportunities. Data is used to determine how well your YMCA is serving the community. Your records will not be released to a third party without your permission. You may inspect your records and update your personal information at any time. Please notify the Membership Director about any concerns regarding the privacy of your YMCA records.

Financial Aid

The Y embraces people of all ages, incomes, abilities, religions and ethnic backgrounds; we're for everyone. We work to break barriers of isolation and create the connections between people that add meaning to life. Children and families who cannot afford to pay full price for memberships or our programs still deserve the life-enriching experiences the Y offers. Participants with a financial need are encouraged to apply for scholarships for any portion of the membership or program fee that is not affordable. The YMCA uses a sliding scale to evaluate each applicant on an individual basis. Let us know your need, and we will work to help you. At the Y, we never turn anyone away because of an inability to pay.

Volunteer

There are many ways to volunteer your time at the Y. No matter what your special talents or interests are, you can make a difference in someone's life by volunteering at the Y. Coach a team, help build a trail, or serve on a committee...there are many great opportunities here. Please visit our website for a list of volunteer opportunities and how to get involved.

<https://www.glendaleymca.org/volunteer.html>

Your Input Counts

Help improve your YMCA! We value the input of all members, participants, guests and staff to help build a better facility for all. If you have any suggestions or comments on what we need to improve or what we are doing well at, we would like to know! Email us at membershipteam@glenymca.org to submit your input.

THERE'S SOMETHING FOR EVERYONE AT THE Y!

**Thank you for your involvement
with the YMCA of GLENDALE!**