



We build

*strong
kids,*

*strong
families,*

*strong
communities.*

MEMBER'S HANDBOOK

**YMCA of
Central
Kentucky
since 1853**

www.ymcaofcentralky.org

YMCA Services and Locations

Service	Beaumont Centre	High Street	North Lexington	Jessamine County	Scott County
Adult locker room	•	•	•		
Aquatic instruction and water exercise	•	•	•	•	•
Child Development Center.			•		
Cycling room	•	•			
Dedicated Saint Joseph Wellness Center	•		•		
Family locker room	•	•	•		
Full-size gymnasium	•	•	•		
Group exercise studio	•	•	•		
Indoor pool	•	•	•		
Indoor running/walking track	•	•			
Martial Arts Room	•				
Multi-purpose room/classroom	•	•	•		
Nursery (Kids Corner)	•	•	•		
Outdoor Basketball			•		
Outdoor pool	•			•	
Racquetball courts		•			
Sauna	•	•	•		
Starter fitness area	•				
Steam room	•	•	•		
Wellness Centers (including cardiovascular & strength training equipment)	•	•	•		
Wellness and health programs (including group exercise and screenings)	•	•	•		
Whirlpool	•		•		
Youth Arcade	•				
Youth and adult instructional programs	•	•	•	•	•



The mission of the YMCA of Central Kentucky is to put
 Christian principles into practice through programs that
**build healthy spirit,
 mind and body for all.**

Welcome

TO THE YMCA OF CENTRAL KENTUCKY

Welcome to the YMCA of Central Kentucky! We are so happy you are here, and we welcome you to the YMCA family.

We hope you'll enjoy our state-of-the-art workout equipment and the expertise of our highly-trained wellness staff, but there is much more than that to your YMCA. We are a mission-driven, non-profit organization devoted to building strong kids, strong families and strong communities by providing programs that build a healthy spirit, mind and body for all.

We believe that, through YMCA services and programs:

- Every child and youth will deepen positive values, their commitment to service and their motivation to learn.
- Every family will build stronger bonds, achieve greater work/life balance and become more engaged with their communities.
- Every individual will strengthen his or her holistic health.
- Every community will be positively influenced by our leadership, collaboration, resources, and commitment to youth development, lifestyle health and family strengthening.

By becoming a member of the YMCA, you have joined a worldwide fellowship of people of many ages, genders, races and abilities dedicated not only to health, but also to uplifting the human spirit. It is this worldwide community spirit that makes membership in the YMCA unique and it is this spirit that binds us to our mission to serve all people.

One of our goals at the YMCA is to not exclude anyone because of an inability to pay. We offer financial assistance to individuals and families so that YMCA programs are accessible to every person in our community. Lives are impacted every day through YMCA community outreach, thanks to the generosity of our members and donors to our annual fund-drive known as Campaign for Kids.

This handbook contains information that will better help you understand who we are, what our policies are and what your membership can do for you. It is designed to answer your questions and to encourage you to take advantage of all that membership offers. If you have further questions, our staff is here to help. Please do not hesitate to call upon one of us for any additional needs.

Sincerely,

Gail Glasser
President, CEO
YMCA of Central Kentucky



YMCA Support

You can make a difference and support your community through the YMCA.

YMCA Heritage Club

Leave a Legacy

The YMCA of Central Kentucky's Heritage Club was established to increase the awareness of the endowment fund and to recognize those who have demonstrated their long-term commitment to the YMCA through planned charitable giving in the form of wills/bequests, charitable trusts, cash/direct gifts or life insurance. The purpose of the endowment fund is to provide the YMCA of Central Kentucky with a stable financial base to carry out its mission today, while also allowing for growth in the future.

Choosing to be a part of the YMCA Heritage Club involves making a commitment that adds to the endowment fund, whether it is now or in the future. Your charitable gift contributes to a future of new possibilities for families and children throughout our growing community.

You can leave a legacy and join a very special group of people dedicated to ensuring the availability of YMCA programs and services for future generations.

To learn more about YMCA support, please call the Development Office at 367-7328.



Campaign for Kids

Every Kid Deserves the Y

The YMCA of Central Kentucky's Campaign for Kids makes it possible for the YMCA to respond to community needs and be accessible to everyone, regardless of financial circumstances.



YMCA membership fees, United Way program support and other income sources do not cover the full cost of programs and services provided by the YMCA. Each year, YMCA volunteers work as partners with our staff to secure charitable gifts from individuals, corporations and foundations. Every year gifts to the YMCA's Campaign for Kids help enables thousands of children and families to participate in positive, life-enriching programs.

Send Kids to Camp – Summer-time learning and fun at YMCA Day Camps provide life-changing experiences for over 2,000 youth.

Health and Fitness Programs – We develop health and fitness programs and initiatives that encourage healthy lifestyles. Programs such as Activate America are designed to combat childhood obesity throughout Central Kentucky.

Youth Sports Programs – More than 8,500 children participate in youth sports – many receive Campaign for Kids scholarships to do so.

Safe, Caring Childcare – We strengthen families by providing safe, affordable childcare for over 3,000 children.

No One Turned Away – Inability to pay does not restrict access to YMCA programs and services. Our unique mission includes investment in our community that exceeds \$800,000 in financial assistance each year

Your investment in YMCA children and teens helps them grow up strong, supports families in their efforts to be successful, and makes your neighborhood a healthier place to live and work. Please join us and support your local YMCA.



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YMCA OF CENTRAL KENTUCKY

YMCA of Central Kentucky Branches

www.ymcaofcentralky.org

Beaumont Centre Family YMCA

3251 Beaumont Centre Circle
Lexington, KY 40513
859-219-9622

High Street YMCA

239 East High Street
Lexington, KY 40507
859-254-9622

North Lexington Family YMCA

381 West Loudon Avenue
Lexington, KY 40508
859-258-9622

Jessamine County YMCA

Program Center

220 East Maple Street
Nicholasville, KY 40356
859-885-5013

Scott County YMCA

Program Office

160 East Main Street
Georgetown, KY 40324
502-863-4841

YMCA Black Achievers

644 Georgetown Street
Lexington, KY 40508
859-226-0393

YMCA Child Development Offices

239 East High Street
Lexington, KY 40507
859-367-7333

**** For membership rates, please stop by one of our branches or visit our website at www.ymcaofcentralky.org.**

Facility Hours

Beaumont:

Mon – Fri 5:30 am – 10:00 pm
Sat. 6:00 am – 8:00 pm
Sun 10:00 am – 8:00 pm

High Street:

Mon – Thurs 5:30 am – 10:00 pm
Fri. 5:30 am – 9:00 pm
Sat. 7:00 am – 6:00 pm
Sun. 12:00 – 6:00 pm

North:

Mon – Fri 5:30 am – 10:00 pm
Sat. 7:00 am – 8:00 pm
Sun 12:00 – 8:00 pm

• Hours may vary at times. Please check the current program schedule for changes.

• The swimming pool areas close 15 minutes prior to the posted building hours at all YMCA facilities. This allows members time to shower and change and leave the building on time.



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Getting Started

What it means to be a member of the YMCA and how to use your membership

Mission Statement: The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership Statement

A member is a person who agrees to cooperate with others in the accomplishment of the Association's accepted purposes, recognizes the fact that membership embraces all types of individuals, and involves identification with a worldwide fellowship. An individual may become a member of the Association after application is made and accepted.

Membership Categories

We offer a variety of membership categories based on age and household status:

- Adult (19+)
- Household
- Youth (6 months – 13 yrs.)
- Teen (14 – 18 yrs.)
- College Student (full-time only)
- Senior Adult (65+)
- Senior Household (one person in the household must be 65+)

Note: Membership is also available through the Silver Sneakers program, which is offered by some local insurance agencies.

Citywide Membership

Do you live in one part of town and work in another? Do you like to swim outdoors, play racquetball or play basketball outdoors? Then a Citywide membership is designed just for you. Citywide membership provides access to all YMCA of Central Kentucky branches in Lexington. Our Beaumont Centre Branch has an outdoor pool. Our High Street Branch has 3 racquetball courts. Our North Branch has 2 full size outdoor basketball courts. Upgrading is easy. See Member Services for assistance.

Joining Fee

The joining fee is a one-time fee for current memberships. Joining fees that are waived are only for the initial membership. Should your membership payment lapse more than 30 days, another joining fee will be charged. Joining fees are used to fund the maintenance, repair and replacement of equipment utilized by our members. Currently, 50 percent of the joining fee payment is tax deductible.

Methods of Payment

Electronic Fund Transfer

This convenient payment method consists of a once per month debit from your savings, checking account, Visa, MasterCard or Discover.

Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card (MasterCard, Visa or Discover).

Returned Payment Fee

A fee of \$15 will be charged for all returned checks or electronic fund transfers.

Financial Assistance

The YMCA recognizes the need to serve all members of the community regardless of their ability to pay the full cost of a membership or program fee. Financial assistance is available for those who demonstrate financial need based on household income and number of dependents. Assistance is available for membership and programs. Applications may be picked up at any YMCA Member Services. Please return the completed application and required documentation to your branch you will be using. Application processing takes 10 days after the YMCA receives the completed application.

Membership Card

Your membership card is a very valuable and important part of your YMCA membership. Photo ID must be presented to pick up new cards. You will receive a key tag card and wallet size card. Proper use of membership cards ensures the use of YMCA facilities only by you and other members. Your membership card is for your use ONLY. Therefore, please scan your card every time you visit the YMCA. If you forget your card, a Member Services employee will confirm your membership status. Lost or damaged cards may be replaced for a fee of \$3.00. Any member that allows another person to use his or her membership card will have his or her membership revoked.

Volunteer Opportunities

No matter what your talents, interests or schedule, you can help change someone's life at the YMCA. To share our commitment to the continued well being of our youth and community, please consider becoming a YMCA volunteer. Ask at Member Services or visit www.ymcaofcentralky.org.

Program Registration

Program schedules are published 3 times per year: Winter/Spring, Summer and Fall. For most programs, a 3-day priority registration is given to members for registration for most programs. See the current program schedule for exact dates. Members are only allowed to sign up for themselves during the member registration timeframe. Registration may be done over the phone with a Visa, Discover or MasterCard; please have your credit card number available. **On-line registration is available at www.ymcaofcentralky.org.**

Membership Options

How to maintain and make changes to your membership

Membership Changes

Please complete and submit a Change of Information form to keep the YMCA up to date on address, phone or name changes. If you need to change your payment information or make any other changes to your membership status, i.e. adding an individual to a household or cancellation, we need 15 days WRITTEN notice prior to your draft. Change of Information forms are available at Member Services.

Membership Hold Procedures

Your YMCA of Central Kentucky membership may be placed on hold for a minimum of 1 month and maximum of 4 months during any calendar year. Hold forms are available at Member Services. Membership holds must be for medical or travel-related reasons or be otherwise approved by a YMCA director. The hold form must be completed and turned in a minimum of 15 days prior to your next draft. Membership privileges such as facility usage and discounts on programs are not permitted while on hold.

Membership Transfers

The YMCA of Central Kentucky has 3 full facility branches. You can choose to be a member of one branch (your home branch) or you can be a Citywide Member and have privileges at all 3 branches. If you have a single branch membership and wish to switch to a different branch, please fill out a Change of Information form. Your bank draft amount will be adjusted to reflect the rate at your new home branch.

Membership Cancellation

Membership cancellation requires a minimum of 15 days WRITTEN notice prior to your next draft. After receiving written notification, your electronic fund transfer will be cancelled. Please check your account statement to make sure your electronic fund transfer has been stopped. Annual members who cancel will have the balance of their membership fees refunded after receiving written notice of the cancellation. If you are moving to another community, submit your YMCA cancellation 15 days prior to your next draft. We can provide you a letter of good standing to present to your new YMCA branch.

Member Services

Understanding and utilizing the benefits of your membership

Free Member Services

We encourage you to sign up for a free equipment orientation and/or fitness assessment. We also offer many free group exercise and water fitness classes. Please pick up a schedule at Member Services. We hope you take advantage of these free member services.

AWAY (Always Welcome At YMCAs) Program

Do you travel frequently on business or vacation? As a YMCA member, the AWAY Program provides access to other YMCAs across the country. Take your membership card with you when planning to visit another AWAY participating YMCA. Call the YMCA you are visiting for details regarding their AWAY policy. To see if the town you are visiting has a YMCA, ask the Member Services staff for a listing. AWAY may only be utilized at YMCAs outside of the YMCA of Central Kentucky association.

Guest Passes

Your YMCA of Central Kentucky membership includes 5 guest passes per year to share with family and friends. You must accompany your guests at the time of their visit. Photo ID is required for all guests. Our hope is after their visit, your guest will want to join you as a YMCA member.

Gift Certificates

Gift certificates may be purchased for YMCA membership and programs.

Member Guests (Out of Town)

Out of town visitors (more than 50 miles) can accompany members to any YMCA of Central Kentucky facility by paying a daily guest fee. Guest fees are \$5 for age 18 and under, \$10 for 19 and over and \$15 for a family. Photo ID is required.

Member Comments

This is your YMCA. Make your comments known. Member comment cards are available. We pledge to acknowledge each comment and respond appropriately.

YMCA Kids Corner

One of the benefits of being a YMCA member is the free quality care provided for your children while you enjoy our facilities. Non-member program participants who utilize the Kids Corner must pay a \$5 fee. YMCA Kids Corner is staffed with trained, qualified childcare staff. It provides short-term sitting services for children ages 6 weeks to 9 years who accompany parents to the facility. There is a 2 hour per day limit. All parents must remain on the premises while children utilize the Kids Corner service (running outdoors will be permitted, if you are able to leave a pager or cell phone number). Please help us meet the needs of your child by bringing necessary items such as diapers and wipes with each visit. You will be required to show your photo ID to a staff person to pick up your child.

Policies

Rules and guidelines to help you get the most out of your YMCA membership

Behavior Policy

All adults and children using YMCA facilities should feel comfortable and have positive feelings about their participation as members, program participants, and guests. Inappropriate behavior or language deemed to be in conflict with the welfare and safety of members and staff is strictly prohibited at YMCA facilities. Such behavior may take the form of cursing, abusive language, fighting, unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual or abusive nature. Additionally, persons who are under the influence of drugs or alcohol may be asked to leave the premises and may be subject to having their membership or participation privileges terminated. The YMCA also reserves the right to deny facility access or membership to any person who is a sexual offender or who has been convicted of any crime involving sexual abuse.

Revoked/Suspended Membership

The YMCA has the right to suspend or terminate a membership service if a member's behavior or language is judged to be in conflict with the welfare of other members or staff or in conflict with the YMCA's purpose and values. Any membership privilege that is revoked or suspended from one branch will result in suspension from all YMCA of Central Kentucky branches.

Attire

- Shoes and shirt/tops must be worn in all areas of the facility, except the pool.
- Street shoes are not permitted on any wood floors or in the pool area.
- Proper swimsuits must be worn when using the pool, sauna, steam room, and whirlpool.
- No swimsuits are allowed outside of the locker rooms and pool deck.
- We recommend the use of eye guards for racquetball.
- All attire must be consistent with our character values.

Profanity Policy

Profanity is strictly prohibited in our YMCA facilities and programs. Any member, program participant or guest who uses profanity will be asked to leave the facility. Repeated behavior will result in membership termination.

Weapons

No weapons are permitted on YMCA property.

No Smoking Policy

The YMCA is a smoke free facility. This includes the front entrance, outdoor pool area, outdoor basketball courts, parking lot, fields and pavilion.

Food and Beverages

Food and beverages are only permitted in the lobby.

Cell Phone Policy

Some cellular phones now have the capacity to take pictures, so be aware if someone has one pointed in your direction. Any person caught taking inappropriate pictures of another person without that person's permission or knowledge, will have his/her membership terminated by the YMCA of Central Kentucky. Please be considerate of all who utilize our facilities by avoiding the use of a cell phone while in the locker room. Contact member services if you have any concerns or questions.

Child Supervision

- General: A responsible member at least 16 years of age must directly supervise any member under the age of 10 in all areas of the facility. The instructors and/or parents will monitor program participants during the duration of the class/program.
- Swimming: The following guidelines have been established for your health and safety in our swimming pools. All swimmers under the age of 10 must be accompanied in the pool area at all times by a responsible person at least 16 years of age. Any child who cannot pass the deep-water test must have the responsible person in the water supervising the child. Youth ages 10 – 12 unable to pass the deep-water test must have a responsible person accompanying them on deck.
- Wellness: No one under age 10 is permitted in the wellness center. In the wellness center, youth ages 10 – 13 who have successfully completed the Youth Fitness Training Course will be permitted to use the adult weight equipment. Treadmills and free-weights are prohibited for youth ages 10 – 13.

ADA

The YMCA complies with the intent and spirit of the Americans with Disabilities Act. If you need any special assistance or accommodations, please call or notify Member Services.

Sauna and Steam Room Usage

Members must be at least 19 years of age to use the sauna and steam room. Proper bathing attire MUST be worn.

Racquetball/Handball Reservations

The High Street branch courts may be reserved for one hour, up to four days in advance. You may reserve a court over the phone or at Member Services. If the court is not occupied within ten minutes after the hour, the court becomes available for others.

Parking

Parking stickers may be required for parking at specific YMCA branches.

Safety

Policies and guidelines to help keep your YMCA a safe place for all to enjoy

Safety

The YMCA of Central Kentucky prides itself on having safe and friendly facilities. Our members and program participants' safety and well-being are our number one priority. Our first-rate staff is highly trained and ready to assist you. Class size is limited for safety as well as to assure that everyone receives the individualized attention they deserve.

Exercise Safety Recommendations

There is some risk in exercising. The YMCA will not be responsible for injuries or accidents while participating in YMCA programs or facilities. It is strongly recommended that all members receive a comprehensive equipment orientation prior to using the exercise equipment. Check with your medical professional before exercise, particularly if you are being treated for a specific medical condition.

Surveillance

For your protection, many areas of the YMCA are under video surveillance.

Accidents/Incidents

If there is an accident, injury or unusual incident, contact a YMCA staff person immediately. We are here to assist you. Please be advised that you are fully responsible for yourself, your children and your guests. It is imperative that you cooperate with YMCA staff to complete an incident form in the event of an accident, injury or incident. A risk of injury exists when engaging in physical activity. Members and program participant are advised to use protective equipment where necessary and to be alert to the signals of overexertion.

Locker Rooms

Procedures, guidelines and branch-specific information

Locker Rooms

Locker rooms and showers are available at all YMCA branches. Adult locker rooms (for ages 19 and older) and family locker rooms (ages 18 and under) are available at the High Street and Beaumont Centre branches. Children ages 6 and under are permitted in opposite sex locker rooms at the North branch, and in the opposite sex family locker rooms at the High Street and Beaumont Centre branches. Members, ages 7 and over, must use the appropriate gender locker room. Children 6 and under should be accompanied by a parent and may use any family locker room the parent deems appropriate. The special needs locker room at the Beaumont Centre is for ages 19 and older unless accompanied by an adult.

Lockers are for daily use only. Locks left overnight will be removed. Kit lockers are available for members to rent at some YMCA locations. Payment can be made on an annual basis or by monthly bank draft. Invest in a strong lock and always secure your personal belongings. The YMCA is not responsible for lost or stolen items. We recommend that you do not leave valuables in your car or bring them into the facility.

North Lexington Family YMCA

- Male and Female locker rooms

Parents accompanying children 6 and under use the locker rooms based on the adult's gender. Children ages 7-18 use the appropriate gender locker rooms.

High Street YMCA

- Adult male and adult female locker rooms for ages 19 and older
- Male family or female family locker rooms are for youth, teens and families with children.

Parents accompanying children 6 and under use the family locker rooms based on the adult's gender. Children ages 7-18 use the appropriate gender family locker rooms.

Beaumont Centre Family YMCA

- Adult men's and adult women's locker rooms are for ages 19 and older.
- Male family or female family locker rooms are for youth, teens and families with children.
- Special needs locker area has 4 individual changing rooms, for ages 19 and older unless accompanied by an adult. Parents accompanying children 6 and under use the family locker rooms based on the adult's gender. Children ages 7-18 use the appropriate gender family locker rooms. Moms with boys and dads with girls can always use the Special Needs locker area.
- Free use of security lockers available in the Wellness Center.

Saint Joseph Health System

SAINT JOSEPH HEALTHY LIVING CENTER

Saint Joseph HealthCare, in collaboration with the YMCA of Central Kentucky, is proud to offer a full range of Wellness Services for YMCA members and the community. Our experienced staff consists of registered dietitians, an exercise physiologist, registered nurses and massage therapists.

The Saint Joseph facilities at the Beaumont Centre and North Lexington YMCAs include a classroom, a massage and screening room. Programs include health education, health screenings, nutrition classes; presentations on a variety of health specific topics and much more. To receive information on all Saint Joseph programs, services and fees, please contact Saint Joseph Healthy Living Center at the YMCA at 859.219.0530.

The mission of Saint Joseph Health System and Catholic Health Initiative is to nurture the healing ministry of the Church by bringing it new life, energy and viability in the 21st century. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we move toward the creation of healthier communities.

I'm Exercising for Two

This is a prenatal water exercise class designed for women to maintain their physical fitness levels throughout their pregnancy. This energetic, water fitness class will keep you in shape and provide a social support environment during your time of pregnancy that will enhance your workout experience even more.

One-on One Nutritional Consultations

Sit down with our registered dietitian and let her answer your nutritional questions and concerns. A nutrition evaluation along with counseling will be given. Please call SJHLC at 859.219.0530 to make an appointment.

The Cooper Clayton Method to Stop Smoking

The Cooper Clayton Method to Stop Smoking involves nicotine replacement, nicotine reduction and behavioral modification. Three key components of smoking are outlined: the addiction aspect, the habitual part of smoking and the emotional aspect. The addiction to nicotine is the most important thing a smoker needs to deal with. Instructor Pam Simpson-Shaw, a Health Educator for the National Cancer Institute, is a former smoker herself. She knows the pleasures of smoking and has a passion for helping smokers become nonsmokers.

Massage Therapy

Massage therapy is appropriate for all ages, body types and various levels of health and can be applied as a complementary therapy or stand alone as treatment for a number of health issues. Saint Joseph Healthy Living offers sport massage, pregnancy massage, CranioSacral therapy, deep tissue, general relaxation and rehabilitative treatments. Call 859.219.0530 to schedule an appointment.

An Exercise Program for Diabetics (Beaumont Y only)

This exercise program is designed specifically for diabetic patients. The class includes a pre and post blood pressure and glucose monitored reading which is recorded and kept on file for all participants to take to his or her physician. The program helps diabetics control blood sugar levels through proper exercise and strength training. Saint Joseph also works with the Diabetes Treatment Center to educate patients on how to control and live with diabetes.

Cholesterol Profile/Glucose Screening and Consultation

A registered nurse will check your lipid profile; that includes total serum cholesterol, HDL cholesterol (good), LDL Cholesterol (bad), glucose, and triglycerides. A consultation on your results will be provided. No fasting required.

Peripheral Vascular Disease Screening

Peripheral Vascular Disease, or PVD, is a condition in which the arteries that carry blood to the arms or legs become narrowed or clogged, interfering with the normal flow of blood. We are offering the most common test called the ankle-brachial index (ABI), which is a painless non-invasive exam used to measure the ratio of blood pressure in the feet and arms.

Wise and Well Water Therapy (Beaumont YMCA only)

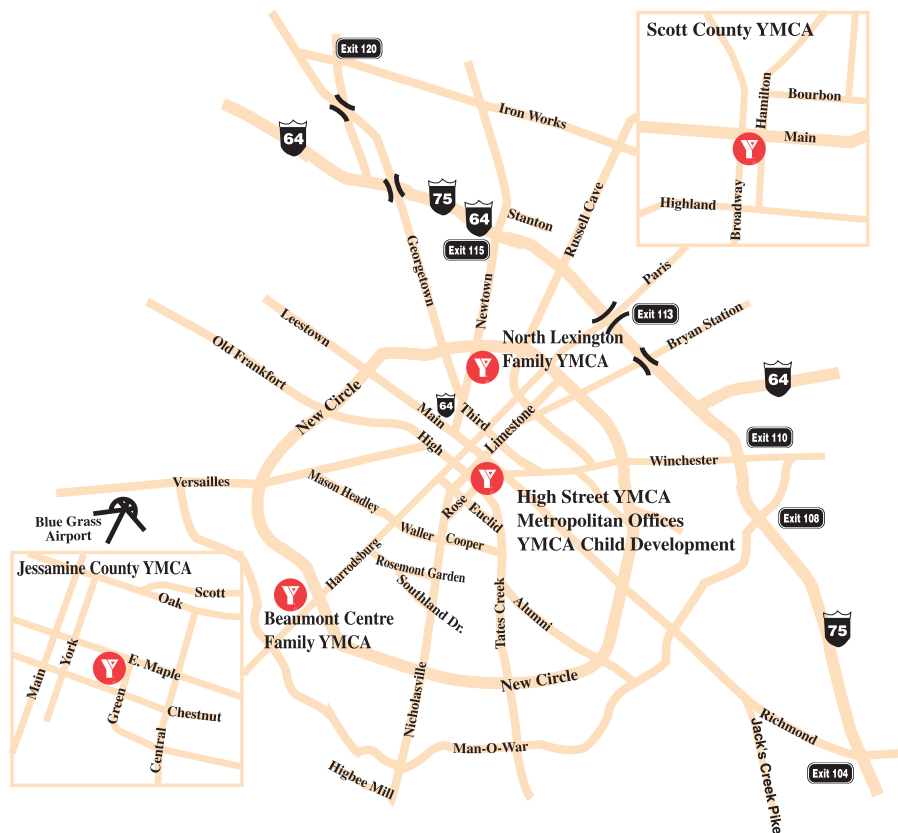
This is a water fitness class for Seniors (age 50 and over) of various fitness levels. The low-impact exercise is fun and easy on the joints. This class is held in the warm water therapy pool, which is great for those with arthritis, joint replacements and fibromyalgia.

Body Recall

Body Recall is a physical fitness program designed to help participants of all ages achieve agile, flexible bodies while promoting good circulation and increasing range of motion in joints. The program helps participants reclaim muscle tone and flexibility with movements that are slow, precise and specific.



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