



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEMBERSHIP HANDBOOK

## YMCA OF GEORGIA'S PIEDMONT

Brad Akins Branch (updated 11/2/2022)

First Bank Draft Date: \_\_\_\_\_

Amount of Monthly Draft: \$ \_\_\_\_\_

Membership Type: \_\_\_\_\_

Fitness Orientation Date: \_\_\_\_\_ at \_\_\_\_\_ am/pm



# HOURS OF OPERATION:

Monday – Friday	5:00AM – 9:00PM
Saturday	8:00AM – 5:00PM
Sunday	1:00PM – 5:00PM

## INDOOR POOL HOURS:

Monday – Friday	5:00AM – 7:30PM
Saturday	8:00AM – 4:30PM
Sunday	1:00PM – 4:30PM

## **HOLIDAY SCHEDULE:**

The YMCA of Georgia's Piedmont branches will be closed for the following holidays unless otherwise posted:

New Year's Eve – 8:00AM to 1:00PM  
New Year's Day  
Easter Sunday  
Memorial Day – 8:00AM to 5:00PM  
Fourth of July – 8:00AM to 5:00PM  
Labor Day  
Thanksgiving Day  
Christmas Eve – 8AM to 1:00PM  
Christmas Day



## OUR MISSION:

“To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.”

Your YMCA, reflecting its Christian principles and heritage, is an association of volunteers, members, and staff open to serving ALL. We are a 501C-3 not-for-profit organization that raises funds annually for program and membership assistance. Financial assistance is available for all YMCA programs based on need. The YMCA actively seeks to identify and involve those in need of YMCA services.

## OUR PROMISE:

- A well trained and caring staff team available to serve you
- Clean, attractive, and safe facilities and equipment
- Exceptional and innovative programs to meet your ever changing needs
- A well-maintained facility
- Opportunities to evaluate your YMCA regularly
- Opportunities to expand involvement through boards, committees, and program leadership

## OUR VALUES:

Caring. Honesty. Respect. Responsibility. Faith.

We teach these core values in all of our programs. We also expect our staff and members to model these values when working with other staff, members, families and guests at the YMCA. These five core values are the cornerstone of our member philosophy.

## FINANCIAL ASSISTANCE

Financial assistance is available based on need. The YMCA holds an annual campaign to raise funds for this purpose. At the YMCA, no one is turned away from membership or program participation due to the inability to pay.



# TYPES OF MEMBERSHIPS

Membership Categories have been designed to meet your specific needs.

All memberships require a valid, state-issued I.D. card for all adults. Names will be entered into our system as presented on I.D. Nicknames will not be used or permitted. Proof of residency is required.

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 deny membership, cancel membership, end program participation and remove visitation access.

## Youth/Teen

A membership designed for a child from infant to 18 years of age.

## Adult

A membership designed for one person 19-64 of age.

## One Adult + Dependent Children

A membership designed for one (1) adult with biological/legal dependent children under the age of 24.

## Two Adults

A membership designed for two adults (18 & older) with no dependents.

## Two Adults + Dependent Children

A membership designed for two adults (18 & older) residing in the same household with biological/legal dependent children under the age of 24.

## AOA (Active Older Adult)

A membership designed for a person 65 years of age or older.

## AOA (Active Older Adult) Couple

A membership designed for two traditionally married adults with at least one spouse 65 or older. No dependents.

## Silver Sneakers / Renew Active

An individual qualifying for a facility membership paid for through specific Insurance providers. This eligibility is determined by healthcare provider.

## Additional Adult

Only available with two adult and two adult + dependent memberships. Allows one (1) extra adult to be added onto the membership, for an additional cost. A maximum of four adults are allowed per membership.

# MEMBERSHIP POLICIES

**MEMBERSHIP CARDS** Upon joining, you will receive a YMCA keycard. This is your passport at the YMCA. A YMCA membership card will only be issued with proof of a valid state-issued identification. It is required that you and each member of your family scan their card each time you enter the facility. This policy protects your membership and allows the YMCA to monitor and measure peak usage times. Membership cards are non-transferable. It is against our policy to allow anyone other than yourself to use your membership card. This action can result in the immediate suspension or cancellation of your membership.

**SilverSneakers:** A card will be issued and mailed to those eligible for SilverSneakers by Healthways Inc. All SilverSneakers participants must scan their card upon entering the facility.

**Renew Active:** A card will be issued by the YMCA for those eligible for Renew Active. All Renew Active participants must scan their card upon entering the facility.

**PeachState / Wellcare:** Eligible participants will receive a family membership. PeachState/Wellcare will issue approval documentation to participant. (voucher)

**JOINING FEE** All new memberships require an enrollment fee. If a member allows their membership fee to lapse for more than ninety (90) days, they will be required to pay the enrollment fee again. A prorated monthly fee will be due at the time of joining. If there is a previous outstanding balance, the balance must be paid in full in addition to the joining fee before reinstating. The joining fee is non-refundable.

**MEMBERSHIP FEES** Membership fees vary with each type of membership. Members may choose to pay their membership fees semi-annually, annually, or on a monthly automatic draft method. Automatic draft members may choose the 1st or 15th of every month. A voided check and bank draft authorization signature is required for those interested in a EFT draft method. Credit card number, expiration date, and authorized signature is needed for credit card draft method. We reserve the right to resubmit any rejected credit card payment on automatic draft method and charge a \$30 fee to rejected payments. The YMCA of Georgia's Piedmont reserves the right to cancel any account with a past due balance over thirty (30) days old. All balances and extra fees must be paid in FULL before reactivation of membership. Any membership reinstated after ninety (90) days of cancellation will be subjected to the membership joining fee. Automatic Draft Memberships are continuous until cancelled by the member with thirty (30) days notice. Memberships paid annually and bi-annually will receive an invoice. Membership fees are non-refundable and non-transferable. The YMCA of Georgia's Piedmont reserves the right to increase membership fees. Members will receive thirty days notice in the form of a letter.

# MEMBERSHIP POLICIES (continued)

## CHANGES IN MEMBERSHIP TYPE

### Automatic Draft Members

When upgrading your membership, additional fees may be due at the time of upgrade. Additional family members will gain access to the YMCA at the time of upgrade. Membership privileges for a cancelled or downgraded membership will take place upon the date of the next draft.

### Semi-Annual & Annual Paid Members

When upgrading your membership, additional prorated fees are due at the time of upgrade, allowing additional family members to gain full access to the YMCA at the time of upgrade.

## CANCELLATIONS

There are no long-term membership contracts at the YMCA. Thirty (30) days written notice is required to allow the YMCA time to complete the processing of an automatic draft cancellation. You must complete and submit a cancellation form to the Welcome Center. Verbal/phone cancellations are not valid. Your signature is required to be on file with the cancellation form. No refunds are issued for membership fees.

Corporate Accounts - The YMCA will notify the appropriate personnel of the cancellation of membership. After cancelling with the YMCA, it is the employee's responsibility to follow up with employer for the conclusion of their payroll deduction.

## CHANGING BANK/CREDIT CARD INFORMATION

Each member is responsible for notifying the YMCA in writing of any bank/credit card changes thirty (30) days prior to the monthly draft date. Failure to notify the YMCA will result in returned draft charges or cancellation of your membership. Please complete a change of information form at the Welcome Center.

## MEMBERSHIP HOLD

At any point, you may place your membership on hold for up to three (3) months at a time due to financial reasoning, medical difficulties, vacation, etc. (3 month limit per calendar year) Membership draft will resume automatically once the hold has completed. No refunds will be issued for membership fees.

## GUEST POLICY (The YMCA may decline guest access during busy times without advanced notice)

- All guests are required to check in at the Welcome Center
- All adult guests must present valid, state-issued identification
- All guests must be accompanied by a member eighteen (18) years of age or older
  - Adult member can sign waiver for minor guest, assuming responsibility for minor during the duration of their visit
- Adult member must accompany guest for the entire duration of their visit
- \$15 adult (19 yrs & older) guest fee is associated with every visit... \$10 youth fee.
- Limit of 2 guests per membership unit . Prior approval must be obtained for Exceptions

# MEMBERSHIP POLICIES (continued)

## NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your "home" YMCA (your home Y is the local association that enrolled you as a member and 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 mission to strengthen communities.

- Nationwide Membership is valid for active, full facility YMCA members whose home Y participates without restriction or blackout periods
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants (including Silver Sneakers, Renew Active or other like programs) are not eligible for nationwide membership
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address
- Members will need to sign a universal liability waiver and privacy policy
- Ys should allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Ys for a period greater than 28 days must transfer membership affiliation for continued use
- All Ys reserve the right to restrict or revoke these privileges
- Registered sex offenders are prohibited from participating

## CONDUCT AND DRESS CODE POLICY

The YMCA expects all members and guests to behave in an appropriate manner as stated on our guest and membership applications. Members and guests not following the YMCA code of conduct will be asked to leave the premises. In order to maintain a Christian emphasis and family environment in the facility and at all YMCA functions, the dress code prohibits members or participants to wear any clothing that contains abusive language or obscene depictions. Also, all apparel must be appropriate for a family environment.

## SPECIAL SERVICES FOR THOSE WITH DISABILITIES

The YMCA provides opportunities for those with disabilities to participate in programs. We are handicapped accessible and special assistance is available upon request.

## SMOKING/TOBACCO/VAPES/ALCOHOL

The YMCA is a NON-SMOKING facility. Smoking and smokeless tobacco forms are not allowed on YMCA property. Alcohol is not permitted on YMCA property.

## PICTURE POLICY

Pictures are taken by YMCA staff for promotional purposes. Your picture can be used at any time for use in YMCA publications.

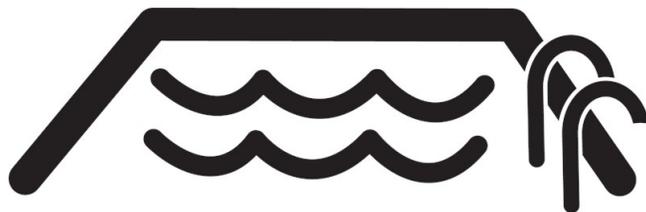
## LOST AND FOUND

All lost and found items will be held until the end of the month, at which time they will be donated to the local thrift shop. Please see the Welcome Center for lost and found locations. The YMCA of Georgia's Piedmont is not responsible for lost or stolen items.

# FACILITY USE GUIDELINES

## SWIMMING POOL

- Do not enter the water without a lifeguard on duty
- No running on deck, rough play, throwing objects, or slapping equipment on water
- Children under the age of 13 must complete swim test
- NO DIVING
- Jumping into the pool is only allowed in the deep section
- Lap swim lanes are to be used by lap swimmers and classes only. Family swim is to be held in the open areas
- Appropriate swimwear must be worn
  - No cutoff jeans/shorts, no T-shirts, or disposable diapers
  - Infants and those children who are not fully potty-trained must wear swim diapers when in the pool
  - Swim suits must be family friendly (bottoms and tops must be full coverage)
- No glass containers
- Persons with open wounds or under medication are advised to stay out of the water
- No hanging on or playing on the lane lines, pool steps, dive boards, or chair lifts
- No water wings, floats, rings allowed.... Pool noodles are okay.
- Kickboards, pull buoys, hand paddles, barbells, and hand weights are for instructor/class purposes ONLY
- Lap swimmers must share lanes if needed
- During swim lessons, parents must watch classes from observation area outside of pool deck
- During severe weather (thunder and/or lightning) both pools (indoor and outdoor) will be closed
  - The pools will be closed for thirty (30) minutes after each sound of thunder or lightning
- Only YMCA swim instructors are allowed to teach swim lessons at the YMCA



# FACILITY USE GUIDELINES

## SWIM TEST POLICY

- All Children 0-4 years old must have a parent with in arms reach at all times, regardless of swimming ability
- All Children ages 4-12 must have a parent on the pool deck at all times regardless of swimming ability
- All Children 13 and up may swim without a parent on the pool deck

### The Swim Test

Every swimmer under the age of 13 that has passed a swim test must check in with a lifeguard upon arrival to receive their wristband.

Any swimmer under the age of 13 that does not have a wristband must be in a Coast Guard Approved lifejacket AND must stay within arm's reach of a parent.

### Shallow Water Swim Test

Children who are at least four feet tall and can stay upright for one minute in four feet of water unassisted. This can be done by treading water or standing. These children will receive a wristband and will be documented. These children will not have to retake the shallow water swim test, however they must stay on the shallow side of the buoy rope/depth marker.

Children who are unable to pass this swim test must wear a Coast Guard Approved lifejacket AND must be within arm's reach of a parent at all times. All swimmers in a lifejacket must stay on the shallow side of the buoy rope/depth marker and be within arms reach of parent at all times.

### Deep Water Swim Test

Children who can swim 25 yards continuously unassisted will receive a wristband and will be documented. These children will not have to retake the swim test on each visit. These children can swim in any depth of the pool. Children who are unable to pass the Deep Water Swim Test must proceed to the Shallow Water Swim Test.



# FACILITY USE GUIDELINES

## General

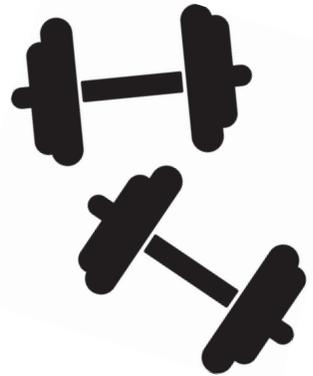
- No guns or weapons are allowed on premises
- We are a tobacco-free, alcohol-free, and drug-free facility/campus
  - Smokeless/vaporized tobacco devices are not allowed
- Foul language will not be tolerated
- Please leave your pets at home. No pets are allowed on premises
- YMCA property (trail, pond, pavilion, parking lots, fields, etc.) are not available for usage during non-business hours
- Members utilizing tennis / pickleball courts must check in at the Welcome Center
- It is unlawful to video tape, photograph, or record persons in the locker rooms
- Cover-ups and shoes are required when leaving the pool area
- Personal trainers / coaching for wellness or athletics must be approved by the YMCA of Georgia's Piedmont. We do not allow members, non-members or guests to train in our facility

## YOUTH AGE REQUIREMENTS

Members ages 0-12 must be accompanied by a parent at all times or signed into the Child Watch OR Activity Center with a parent on premises. Members ages 13 and up have full access to YMCA facility and do not have to be accompanied by a parent.

## WELLNESS CENTER

- Allow others to use machines in between sets
- Shirt and close-toed shoes must be worn at all times
- No flip-flops/open-toed shoes
  - No work boots
  - No belts on padded equipment
  - No wet clothing
- Wellness area is designed for ages 13 and up
- Children 10-12 years old can utilize the cardio equipment only and must be accompanied by a parent
  - A parent must remain on the machine directly adjacent to child
  - Child must have on wristband identifying child as 10-12 years of age
  - Wristband can be obtained at the Welcome Center OR Fitness Desk
- Re-rack all free weights and plates after each use
- Do not slap or drop weights
- Appropriate workout attire must be worn
  - Shirt and shorts are required
  - No midriff revealing shirts, no crop tops, sports bras cannot be worn as shirts
- Wipe down equipment after each use
- Ask for assistance if you are unsure of how to operate equipment
- Food and gum is prohibited in Fitness Center
- Drinks must be in a container with a sealable lid
- See fitness attendant to have the stereo volume adjusted or fan assistance



# FACILITY USE GUIDELINES (continued)

## GROUP EXERCISE STUDIO & SPIN ROOM

- Children age 10+ are permitted to participate in group exercise classes with a parent. However, children must be 13 to participate in Group Power and Group Cycle classes.
- Be courteous; do not enter a class if more than five (5) minutes late
- Children under the age of 13 not participating in a class cannot be in studio during a scheduled class time

## GYMNASIUM

- Proper athletic shoes must be worn, no hard-soled shoes on the court at any time
- Inappropriate behavior/language will not be tolerated
  - Removal from the facility will occur if issue persists
- Gym schedules are posted on door for open gym times
  - All members & guests will abide by these times
- Youth must be allowed to join games and shoot baskets
- The YMCA reserves the right to change any and all rules to continue to meet the demands of membership and programs of the YMCA
- Gymnasiums will close fifteen minutes prior to YMCA's closing (Mon -Fri: 8:45PM, and Sat & Sun: 4:45PM)



## LOCKER RENTAL

Two options:

- Authorize the YMCA of Georgia's Piedmont to deduct the locker rental fee in the amount of \$10 per month from my bank account / credit card monthly. The deduction and rental will continue as long as the membership is active or until the locker rental is cancelled in writing
- Pay \$100 for an annual locker rental. The rental will automatically expire twelve (12) months from the date of purchase
- Renter will supply own lock
- Unrented lockers are available for daily usage only
  - Member must provide own lock and must remove items after visit
  - Locks left on lockers overnight will be removed without notice
- The YMCA is not responsible for lost or stolen items
- Due to the photographic capabilities of cell phones, locker rooms/restrooms are cell phone FREE zones
- Children of the opposite sex over the age of three (3) are not allowed in locker room
  - Please use family restrooms

## SAUNA

- Users must be at least 18 years old
- Follow all posted sauna rules

# FACILITY USE GUIDELINES (continued)

## TENNIS / PICKLEBALL COURTS

- All members and guests utilizing the tennis courts must check in at the Welcome Center
- Courts will be closed fifteen minutes prior to YMCA's closing (Mon-Fri: 8:45PM and Sat & Sun: 4:45PM)
- Courts will be closed due to inclement weather and wet conditions

## SAND VOLLEYBALL COURT

- All members and guests utilizing the volleyball court must check in at the Welcome Center
- Courts will be closed fifteen minutes prior to YMCA's closing (Mon-Fri: 8:45PM and Sat & Sun : 4:45PM)
- Courts will be closed due to inclement weather



## PAVED WALKING TRAIL

- Open sunrise to sunset
- No Motorized Vehicles, No Skateboards, No Smoking, No Pets

## CHILDWATCH AND ACTIVITY CENTER

- The Child Watch and Activity Center are complimentary services to YMCA members
- Children utilizing this service must be included as a member on a household membership
- Parent must remain on premises
- There is a maximum of two (2) hours per day or eight (8) hours per week as mandated by state
- Parents may bring juice, snacks, and a change of clothes
- The YMCA does not provide diapers, wipes, or pull-ups
  - All necessary items must be provided by parents
- Children with contagious conditions are not allowed in these areas.
  - Children must be clear of all symptoms 24 hours before entering Child Watch or Activity Center areas
- See the Child Watch areas for complete policies and hours of operations

## PROGRAM OFFERINGS

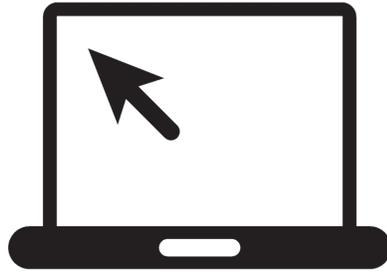
The YMCA of Georgia's Piedmont is proud to offer a variety of services to all ages. We support youth, teen, adult, family, and senior programs. It is easy to participate at the YMCA! Please visit [gapiedmtyca.org](http://gapiedmtyca.org) for information on all of our programs.

## VOLUNTEERS

Since the YMCA was founded in 1844, it has existed for only one purpose: to fulfill the needs of its members. To meet those needs the YMCA has relied on the members themselves as volunteers. The future of the YMCA, like its past, will be determined by vision, determination, and commitment of volunteers.

YMCA Volunteers are very important and work in many departments within the YMCA. They are the secret to our past and the key to our future. There are numerous volunteer opportunities available at the YMCA. Please see the Welcome Center for further information and a volunteer application.

# Contact Us:



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