

# KEEPING YOUTH AND TEENS SAFE AT THE Y



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Program Area Age Requirements

### In the Fitness Center & Weight Room

**Ages 15+** may use all the fitness equipment without adult supervision.

**Ages 12 - 14** may use the strength equipment and cardio machines provided they are supervised by an adult member (18+).

**Ages 11 and under** are not permitted to use any equipment.



### Joining Group Exercise Classes

**Ages 15+** may participate in all group exercise classes; however, for all cycle classes they must meet the height requirement.

**Ages 12 - 14** may participate in exercise classes if they reach the height requirements and are supervised by an adult member (18+).

**Ages 11 and under** are not permitted to attend classes



### Playing in the Gym

**Ages 10 and up** may use all the space without adult member supervision.

**Ages 9 and under** may use the space provided an adult member is in the gymnasium with them.



### Fun in the Pools

**Ages 12+** may use all the pools without adult supervision.

**Ages 11 and under** must have a guardian (16+) in the pool area at all times.

**Non-swimmers 52" and less** must have a guardian (16+) in the water within arms reach at all times.



## WELCOME TO THE SUMTER FAMILY YMCA

The Y is a nonprofit like no other. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our neighbors in our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

We proudly participate in the Y-USA nationwide membership program. Nationwide Membership enables you to visit any participating Y in the U.S. through membership with us. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities. Ask a membership associate for additional information.

### Your YMCA Leadership Staff

Missy Corrigan	CEO
Denise Lewis	Operations Executive
Christeen Hodge	Finance Executive
Emily Sorrell	Marketing Executive
Derek Burress	Community Outreach Director
Christine McLeod	Human Resources Assistant
Kelley Torres	Aquatics Director
Fannie Georgia	Director of Youth Development
Tim Willhoite	Maintenance Director
Brittany Starling	Athletics Director
Jodi West	Gymnastics/Membership Director
Cathy Mason	Wellness Director
Nichole Bartrug	Fitness Director

### Not Sure Where to Go...



If you have not been given a tour, come by the Member Service Desk. We will be glad to give you one!!

### Don't forget...



The YMCA is not responsible for loss of unsecured property. Please remember to bring a lock to secure your items in lockers.

### Holiday Hours are posted for these days:

New Years Day, Easter, Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas Eve, Christmas and New Year's Eve

### FACILITY HOURS

Monday - Thursday	4:00 am - 9:00 pm	Friday	4:00 am - 8:00 pm
Saturday	6:30 am - 5:00 pm	Sunday	1:00 pm - 5:00 pm

Pool hours differ from hours of operations.

### KIDSCAPE & NURSERY HOURS

6 weeks to 11 years  
Monday - Friday 8:00 am - 1:30 pm & 4:00 - 7:30 pm  
Saturday 8:00 am - 11:00 am  
Reservations are strongly encouraged.

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

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## Membership Policy

The YMCA reserves the right to terminate membership because of misconduct, inappropriate actions or failure to abide by rules and policies. Refunds for membership or programs will not be issued in cases of dismissal or termination. The YMCA of Sumter will not knowingly accept or maintain a membership, allow participation in program, permit volunteerism or guest visits, or allow attendance at any Y activity at any affiliated site of the YMCA of Sumter for anyone who is on the national sex offender's registry.

## Membership Guidelines

- All members are required to bring their membership cards each visit.
- Only **you** may use **your** membership card.
- Replace and report lost/stolen cards immediately.
- Membership cards can be replaced for a fee of \$5.
- Payments returned will be assessed a \$25.00 returned payment fee.

A space has been provided for breastfeeding mothers in our women's health service locker room. Only the mother and child she is feeding are permitted to use this space. Staff are available for assistance in accessing this space.



## Code of Conduct

- Respect your YMCA facilities, programs, staff and fellow members
- Profane language, harassment and violence are strictly prohibited
- Abide by rules, policies and guidelines posted in each area of the facility
- Dress appropriate to the activity in which you are participating. Shirts are required in all areas.
- Tobacco, alcohol, illegal substances or weapons, including concealed weapons are not allowed on YMCA property or during YMCA programs
- We reserve the right to deny access to anyone who appears to be under the influence of drugs or alcohol.
- Children ages 9 and under may not be left unsupervised at the facility. They must be signed into Kidscape unless they are actively involved in a YMCA program and a parent must be on the premises.
- Registered sex offenders are not eligible for membership or program participation and are not allowed on Y property or within premises of Y activities.
- Respect the privacy of others by only taking photos/videos of your family members or consenting adults. Cameras are prohibited in locker rooms.

Any violation of the above referenced acts will be subject to sanctions including, but not limited to:

- Removal from the YMCA facility
- Suspension of up to one year from the facility or from participating/attending in any and all YMCA sponsored programs and functions
- Termination of membership privileges or employment with the YMCA

## Guest Policy

Adult members (18+) may bring one guest per visit. Guests over 16 must present a photo I.D. and sign in each visit at the front desk.

- Guests that are local (within 45 mile radius) are welcome 3 times per calendar year. The fee for local guests are:  
1st visit – free      2nd visit - \$10      3rd visit - \$10
- Guests that are visiting from **out-of-town** (45 miles or more away) may visit for up to two weeks or a total of 14 days per year for \$10 per week. The guest must visit with the member. See the member services with inquiries.

## Our Mission

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

## Our Vision

To impact life successes of all individuals, strengthen family bonds, develop youth, promote healthy living, and foster a strong sense of belonging and community connectivity through social responsibility.

## Our Cause

The Y is a powerful association of men, women and children of all ages, and from all walks of life, joined together by a shared passion: to strengthen the foundations of community.

## Programs

- For programs and activities requiring an enrollment fee to be paid at the time of registration, the fee is to be paid in its entirety. Program fees more than 5 days past due will be assessed a \$10.00 late fee.
- Reoccurring programs in consecutive week sessions require a \$25 enrollment fee to cover costs of payment tracking and collections. All registration and enrollment fees are non-refundable.
- The YMCA reserves the right to cancel classes or programs at any time due to scheduling conflicts or insufficient enrollment.
- Program fees are non-refundable unless the YMCA cancels a class or program, then a refund or credit will be issued.
- Multiple children of the same family enrolled in the same session of the same program are entitled to a \$5 multi-child discount. The first child will be charged the full rate and each additional child receives the discount.
- Financial assistance is available; see member service associate for more information.
- Only one discount per program registration applies. (i.e. if receiving a scholarship discount, a \$5 multi-child discount will not apply).



## Aquatics

Pool rules and regulations are posted in the pool areas.

- Swim diapers **MUST** be worn with a regular suit by toddlers who are not yet potty-trained.
- All patrons must wear attire specifically marketed for swimming. Shorts, sports bras, t-shirts and other cotton apparel may not be worn in place of a swim suit.
- Please respect others and wear swim suits that are appropriate for a family environment. Any t-shirts worn over a swim suit are to be in synthetic material (no cotton) and preferred to be light in color.

## Basketball gyms and track

- Basketball gyms are open to all members. Members ages 10+ may use the gyms independently.
- Members under age 10 must have adult supervision at all times.
- Proper decorum and conduct is expected at all times.
- Please abide by our age guidelines for the track
  - Children 15+ may use the track independently
  - Children 10 - 14 may use the track with an adult guardian
  - Children under 10 are not permitted



## For Healthy Living

The world of health and well-being may be new to you or you may be returning to making efforts toward a healthier lifestyle. We have designed several programs to help you set and reach your health and wellness goals. In addition to our state of the art fitness center, we also offer a multitude of group exercise classes, both on land and in the water, designed to meet a variety of needs. These classes are all included in your membership. The fitness staff here at your Sumter Family YMCA is committed to help you achieve all of your goals physically, mentally and spiritually. Please see any of our fitness staff or front desk staff for more information regarding these programs.

- Open to all members ages 15 and older. Members between ages 12-14 may use the fitness center and weight room with adult supervision. Kids under age 12 are not allowed in the weight room at any time.
- Any personal training or instruction must be done so with a YMCA employee.
- Proper attire is required. Follow posted rules.
- Please observe a 30-minute time limit on cardio equipment when others are waiting.
- Proper decorum and conduct is expected at all times.
- Medical clearance may be required.