



# Welcome

## to the Sarasota Family YMCA

Welcome to membership in the YMCA. You are now a member of one of the finest and largest human-service organizations in the world! We are a mission-driven YMCA committed to providing programs that build healthy spirit, mind, and body for all.

We are here to serve you. We invite you to join our programs, volunteers, and the caring spirit of our organization, as we help to make our community a healthier and happier place to live.

This handbook has been designed to answer your questions and to help you become more involved in the YMCA. Please don't hesitate to call upon one of our caring staff if you have additional needs or if we can be of assistance in any way!

Welcome to the Sarasota Family where we have something for every one.

Carl Weinrich  
President & CEO

# your YMCA

## A HOME AWAY FROM HOME

We consider it our privilege to serve you as a member of the YMCA. We are committed to building strong kids, strong families, and strong communities by providing programs based on four basic character values — caring, honesty, respect, and responsibility. For over 60 years, the Sarasota Family YMCA has contributed to the lives of thousands of boys and girls, and men and women of all ages, races, religions, and economic backgrounds. We are a not-for-profit organization with the unique opportunity of touching lives from infants through seniors.

Part of a worldwide movement in more than 130 countries, our mission is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Through the years, lifestyles and family structures have changed and will continue to do so — our programs will always reflect the changing needs of the communities we serve.

Thank you for choosing the Sarasota Family YMCA for your family's recreational and fitness needs. We consider it our privilege to serve you!

## SUGGESTIONS/COMMENTS

Your suggestions and concerns are always welcome. YMCA staff are known for being friendly, responsive and caring people. Please feel free to contact any of our staff to ask questions as well as to make suggestions in the suggestion box at each branch. If you have a specific concern which has not been resolved by our membership service staff, please feel free to ask to speak to the Executive Director.



# youBelong

The Sarasota Family YMCA is a membership organization. "Belonging" to the YMCA means sharing in the values and mission the YMCA has offered its members since it originated in 1844. Today the Sarasota Family YMCA offers the following member benefits:

- Unlimited access to four YMCA branch locations
- Free orientation and use of our Wellness Center
- Free babysitting at two branches
- Free open swim for adults and families
- Free open gym time
- Free towel service
- Priority registration for all programs/classes
- AWAY privileges (Always Welcome at YMCA)
- Discounts on fee-based programs at all three locations
- Free aerobic classes, racquetball and some aquatics programs

#### Access to:

- Bari Brooks Teen Center and Youth Fitness Center located at Berlin Branch
- Welch Family Teen Center, Youth Fitness Center, Selby Aquatic Center, and Josephine Lofino Splash Park all located at the C.J. Lofino Family Complex

## VOLUNTEERS

Thousands of volunteers every year support the YMCA's overall purpose of helping people reach their potential in spirit, mind and body. Volunteers are needed today in:

- Special Events
- Leading Programs
- Branch Boards of Management
- Teaching Skills
- Serving on Special Interest Committees
- Office work
- Fundraising
- Maintenance
- Youth Sports Coaches and Referees

Become a vital part of the YMCA - your special talents will really make a difference!

Contact us at 951-2916 ext. 1050 or [volunteer@sarasota-ymca.org](mailto:volunteer@sarasota-ymca.org) for more information.



# your YMCA

## CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines prohibited action, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing illegal chemicals or alcohol on YMCA property, in YMCA vehicles or at YMCA sponsored programs
- Smoking on YMCA property – the YMCA and its property is a smoke-free environment
- Carrying or concealing a weapon or any device or object which may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name calling or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA
- No cellular phone usage is allowed in the locker rooms and bathrooms

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender or predator, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person or the building supervisor on duty. YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.

In order to carry out these policies, we ask that members and guests identify themselves when asked.

The Branch Executive (or designee) will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Branch Executive if, in his or her discretion, a violation of the Code of Conduct has occurred.



# Just the basics...

## Medical Checkup

A pre-participation medical checkup and an annual medical evaluation by your physician, are strongly recommended for participation in YMCA physical fitness activities.

## Special Needs

The YMCA provides opportunities for people with physical and mental disabilities to participate in our programs. So that we may provide a positive experience, please contact the YMCA about any accommodations needed for participation.

## Special Services

YMCA facilities may be reserved for special occasions (birthday parties, meetings, etc.). Reservations should be made at your YMCA.

## Attire

Appropriate shirts, shorts, and footwear are required during exercise in the workout rooms, gyms, or racquetball courts. Street shoes are not permitted. In the swimming pool and whirlpool, proper swimming suits are required. Cut-offs and gym shorts are not permitted in the pool. For racquetball, it is strongly recommended that "eye guards" be worn.

## Lockers

Lockers are available for daily use during your visit to the YMCA. We strongly advise the use of locks to protect your personal items. Please use your own lock to secure your clothes and valuables in your "day use" lockers while you are working out at the YMCA. Locks left on overnight may be removed to allow use by other members. Valuables are best left at home.

## Lost and Found

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Please check at your YMCA for the location of the lost and found.



## Childwatch

Childwatch is available for children of YMCA members while parent(s) is/are on the premises using facilities. This is a free service for members only and is offered at the Evalyn Sadlier Jones and Frank G. Berlin, Sr. branches. Childwatch is open to children 6 weeks to 9 years old with a daily cumulative two-hour maximum. Additional rules and restrictions do apply. For more information please visit one of our member services desks.

# your YMCA

## PASSPORT TO MEMBERSHIP

All members (10 years or older) are issued membership key fobs which are used to scan in when entering the facility. All member photos are taken and stored for retrieval to validate membership. Membership info is handled with the utmost care and confidentiality. Photo images and other membership data are not sold to other parties but are used in the administration of YMCA activities. Photo I.D. is required if entering facility without your YMCA membership card.

### Corporate Membership Plan

The YMCA is very proud of the many companies who invest in the good health of their employees through endorsing and supporting the YMCA Corporate Membership Program. Please contact the Membership Director at your YMCA if your company is interested in a corporate membership.

### Away at Another Y

The AWAY (Always Welcome at YMCA) program logo is located on the back of your membership card. When you travel and want to work out, or use the services at a YMCA in another city, you may do so on a short-term basis at over 2,000 Y's. Guest fees and privileges may vary.

We invite members of other YMCA associations to visit our facilities. Upon presenting a current membership card, first visit is free and thereafter members may receive a discounted short term rate. No other discounts apply.

### Member Status Changes

Changes to your membership — including additions or deletions of individuals from your membership; or name and address changes — can only be made by the primary member at the YMCA Member Service Desk.

### Membership Categories

#### Family

A family is any two adults, married or life partner, living in one household, and any dependent children under the age of 21 or up to 24 (if full time student) residing at the same address.

#### Adult

An adult membership is for an individual 22-61 years old living independently.

#### Youth/Teen

A youth membership is available for adolescents ages 6-21.

#### Senior

62 + years of age.

### Schedules of Classes

Brochures, program schedules, and flyers describing YMCA classes and programs may be obtained at each branch.

Some programs run on a session schedule. Upcoming sessions are:

Session #11	October 9 - November 5
Session #12	November 6 - December 3
Session #13	December 4 - December 31
Session #1	January 1 - January 28
Session #2	January 29 - February 25
Session #3	February 26 - March 25
Session #4	March 26 - April 22
Session #5	April 23 - May 20

NOTE specialty programs such as gymnastics and youth sports run on different session dates. See specific programs.

## Continuous Monthly Rates

Rate	Joiner's Fee*	Monthly EFT
Individual	\$100	\$46
Family	\$100	\$73
Senior	\$100	\$38
Senior Family	\$100	\$59
Youth	\$50	\$18

\*Joiner's fee is a one-time, non-refundable administration fee for annual membership.

▲ Each year a non-refundable reinstatement fee of \$25 may be paid if terminated. This allows the member to rejoin within one year and not pay a joiner's fee. No contracts.

## Program Fees

Program fees are set to provide quality services. Program fees represent the cost of providing program activities or services not included in your membership dues. However, members receive a reduced rate for almost all programs!



## Credit Policy

- ▲ The YMCA reserves the right to cancel programs because of insufficient enrollment or conditions beyond our control. If a program in which a participant is enrolled is cancelled, a full credit will be issued. The participant will be required to provide proof of payment (receipt) when requesting a credit.
- ▲ No credit will be issued for classes missed by the participant.
- ▲ If the participant is unable to attend or is not satisfied after the first class or league practice (prior to the first game of the league), then a full credit will be issued. Any requests for credits after the first session are at the discretion of the Program Director.
- ▲ Credits will be valid for a period of three to six months at the discretion of the Program Director.
- ▲ Credit applies to programs only and cannot be applied to membership fees.

## Daily Membership Rates

	Daily	Weekly
Individual	\$12	\$23
Family	none	\$36
Senior	\$12	\$19
Senior Family	none	\$28
Youth	\$7	\$11

- ▲ Photo ID is required on all daily passes.
- ▲ Visitors under the age of 18 must have signature of parent or guardian on the Short Term Membership Application.
- ▲ All visitors, guests and members are required to be screened through our VSoft Offenders software.

## Payment Options

- ▲ Member can pay annually in full by VISA, MasterCard, Discover, American Express, check or cash.
- ▲ Payroll deduction through qualifying employers.
- ▲ Electronic Funds Transfer (EFT) your annual fee is divided into small monthly payments which are automatically deducted from your savings account, checking account or a major credit card.

# Facility Use Guidelines

- For your safety, glass containers are not permitted in locker rooms, pool areas or hallways between the pool areas.
- Only non-marking shoes are permitted on wood floors.
- Proper exercise footwear must be worn in all areas.
- Proper attire must be worn (swim attire in steam/sauna).
- Children under 14 years of age are not permitted in fitness areas.
- There is a time limit on cardiovascular equipment of 30 minutes when members are waiting.
- Wipe off perspiration from equipment when finished and return weights to racks.
- For the health of all our members, no person having skin lesions, sores, inflamed eyes or mouth, nose or ear discharge, or who is known to the local health office as a carrier of microorganisms for any communicable disease, shall participate in group contact activities.
- YMCA facilities and grounds are smoke-free, drug-free and alcohol-free environments.
- Children ages 9 and under in the YMCA building or on the campus are required to be under the supervision of a parent or guardian, or registered and participating in a YMCA program. Youth ages 10 and over may, at the parents discretion, utilize the YMCA facility for up to three hours at a time in youth approved program areas.
- Certain areas of the YMCA facility are restricted to use by specific age groups or restricted by specific supervision guidelines — such as the fitness center, swimming pool, etc. Please check with your YMCA for details.
- The hours of operation vary from branch to branch and may change without prior notice — always check with your YMCA for details. We make every effort to give advanced notice whenever we must change our hours of operation.

## Accidents

Contact a YMCA staff person immediately if there is an accident, injury, or unusual incident. We are here to assist you. However, please be advised that you are participating in all activities at your own risk and are fully responsible for yourself, your children, and your guests. The Sarasota Family YMCA does not carry accident insurance on its members or participants. All expenses at the YMCA or through involvement in YMCA programs and activities are the responsibility of the member/participant and his/her own insurance carrier.



# Pool Policies

- Non-swimmers must be accompanied by a swimming parent/guardian **IN THE WATER**.
- Children must be at least 10 years old and able to swim to use the pools without parent/guardian supervision.
- Children under 10 must have parent/guardian with them **IN THE WATER**.
- Members must be at least 16 years of age to use the sauna, steam room and spa.
- All swimmers must take a shower before entering the pools or spas.
- Playing on lane ropes, ladders or other swim equipment is prohibited.
- Running, diving in undesignated areas and horseplay is prohibited.
- Children who are not toilet trained are required to wear a waterproof diaper with plastic pants over or non-disposable swim diapers.
- Appropriate swimsuits must be worn in and around pool, spa, steam room and sauna.
- LAP SWIMMERS must circle swim if there are more than two swimmers in a lane. Check pool schedules of lap swim times and lane availability.
- Swimmers having skin lesions or sores, inflamed eyes or mouth, nose or ear discharge; or are known to the local health department as a carrier of microorganisms for any communicable disease shall not use the swimming pools and spas.
- Food is only allowed in designated picnic areas. No food is to be brought in without prior approval of YMCA staff. (This includes indoor pools.)
- ALL GROUPS/BIRTHDAY PARTIES must be swim tested in order to use the laps pools, competition pool, diving boards and water slides.
- The pools will close at anytime due to weather or maintenance concerns.
- Urinating, spitting and blowing your nose are prohibited in the pool.
- SMOKING, ALCOHOL OR DRUG usage is not permitted in designated YMCA pool areas and facilities.
- Profanity will not be tolerated.
- The SARASOTA FAMILY YMCA, Inc. is not responsible for lost or stolen articles. Valuables are best left at home.



## SWIM TEST

Swimmers must swim 25 yards unassisted on top of the water, and tread water for 20 seconds. Lifeguards have final say in swimming ability.

## DIVING BOARD GUIDELINES - CJ Lofino Family Complex

- Divers are to follow posted diving board rules. Check pool schedule to see when the diving boards will be open for recreational use.
- One person on the diving board at a time.
- Only one bounce per dive.
- Diver must wait until the person in front of them reaches the wall before diving.
- No swimming under or hanging on diving boards.
- Use closest ladder to exit the water.
- Dive/Jump only off the front of the board.
- No inward dives or backward dives without permission of a diving coach or lifeguard.
- Divers may be required to pass a swim test at the request of the lifeguard.

**LIFEGUARDS HAVE THE AUTHORITY TO ENFORCE ALL POOL RULES AND SAFETY SITUATIONS.**

# The best way to get *and stay fit!*

**Choose from several of our complimentary fitness-counseling programs to assist you on your road to better health:**

- Are you someone who has little or no experience with exercise?
- Are you someone who hasn't exercised in a long time and needs assistance to get back on track?
- Do you need help incorporating fitness as a permanent part of your life?
- Do you need some personal attention or motivation?
- Do you want to stick with a special program?

## Fitness Orientation

These free orientations are an educational tool that assists YMCA members in implementing safe and effective exercise guidelines. We highly recommend that new members make an appointment for their one-on-one fitness orientation that will explain the general components of exercise, proper use of equipment, and fitness area procedures.

## Personal Training

Fee based

**Motivation** - Our YMCA Certified trainers will coach, challenge and encourage your efforts for better health and fitness. The trainers will help you break through plateaus and help vary your routine to assist you in reaching the next level of fitness.

**Safety** - Our YMCA Certified trainers will instruct you on how to safely and effectively perform exercises suitable for your age, fitness level, physical limitations and desired fitness goals.

**Recommendations** - Our YMCA Certified trainers will develop a program that suits your individual goals and schedule. The trainers will recommend exercises and stretches that can improve your game in golf, tennis, basketball, baseball, or help with any other conditioning needed.

## Personal Training Policy

Based on the recommendations of the National YMCA of the USA, and due to the fact that personal training services are offered by the YMCA, only Sarasota Family YMCA certified personal training staff members will be allowed to utilize YMCA facilities for personal training services.

Our definition of personal training is any behavior perceived as one-on-one coaching, fitness training, and/or counseling that involves payment or a "trade-out" for services.

## Nutrition

The Sarasota YMCA now has a full-time licensed dietitian on staff and will be providing these great benefits to their members:

1. Free "Weekly Weigh-Ins" every Monday at all three locations to assist members with weight loss/weight gain goals.
2. Free Nutritional Orientations, which introduces members and families to basic and important nutritional information. Both initial and follow-up sessions are free for members.
3. Variety of seminars and educational series throughout the year.

For more information on any of these nutrition benefits or to schedule an appointment, please contact the dietitian at 941-809-1202.

**Register or make an  
appointment now!**



# your YMCA

	<b>Babe Weiller Branch</b>	<b>Evalyn Sadlier Jones Branch</b>	<b>Frank G. Berlin, Sr. Branch</b>
Aerobic/Fitness Classes	•	•	•
Beginning Exercise Programs	•	•	•
Free Weights	•	•	•
Machine Weights	•	•	•
Gymnasium		•	•
Family Gym		•	•
Running/Walking Track		•	
Outdoor Track			•
Racquetball		•	•
Indoor Pool		•	•
Outdoor Pool		•	
Whirlpool		•	•
Sauna		•	•
Steam Room	•	•	•
Adult Locker Rooms	•	•	•
Family Locker Rooms		•	•
Multipurpose Room	•	•	•
Childwatch/Nursery		•	•
Infant Programs		•	•
Toddler Programs		•	•
Youth Programs		•	•
Youth Sports		•	•
Teen Programs		•	•
Teen Center		•	•
Adult Sports		•	•
Alpine Climbing Tower		•	
Youth Fitness Center		•	•