

Waldo County YMCA

Program / Participant Information Sheet

The YMCA of the USA has instituted the following Core Values:

Caring, Honesty, Respect and Responsibility.

It is the intention of the Waldo County YMCA to integrate these core values into our programs and activities. To achieve this, the following is unacceptable:

- Disrespect of others, the facility or equipment
- Destruction of the building or equipment
- Swearing or inappropriate language
- Derogatory remarks or actions about race, creed, gender or appearance
- Fighting
- Clothing that portrays graphic violence/language
- Clothing/headgear found to be offensive
- Other behaviors/clothing deemed to be inappropriate
- Food and drink, with the exception of water bottles (vending products allowed only in designated areas)

Member/Program Participant Behavior Policy

The Waldo County YMCA is a drug-free facility, and we require that all members, employees and program participants refrain from using/bringing drugs or alcohol when at the YMCA. We reserve the right to refuse admission to, or remove from a program or activity, anyone suspected of being under the influence of drugs or alcohol.

The Waldo County YMCA is a non-smoking facility. NO smoking is permitted on YMCA property.

Appropriate Dress: Please dress appropriately for our family friendly facility.

Membership Ownership: The Waldo County YMCA encourages a feeling of ownership on the part of its members. Should you notice inappropriate behavior please report it to a staff person.

Rules for Children Using the Fitness/Wellness Rooms

Everyone who is upstairs...

- ***Must*** be a Waldo County YMCA member or a program participant in a specific program in the Wellness Room.

Anyone Under the age of 12...

- Is not allowed in the Fitness Room
- Is allowed in the Wellness Room only for a specific program with ***direct supervision*** from the instructor
- Is allowed on the Walk Track ***only under the direct supervision*** of a parent who is walking with him or her

Anyone Ages 12 – 14... (after successful completion of mandatory orientation)

- Is allowed in the Fitness Room if a Fitness Instructor is present or unless they are under the ***direct supervision*** of a parent
- Is allowed in the Wellness Room only for a specific program with an instructor present
- Is allowed on the Walk Track if there is a Fitness Instructor in the Fitness Area or with ***direct supervision*** from a parent

POOL RULES

- Listen to and obey all Lifeguards on duty
- Please remove street shoes before entering pool area
- Please shower ***before*** entering the pool
- NO running or horseplay
- NO food, drinks, glass or gum allowed in the Natatorium
- Children ages 6 and under must be kept within arm's reach of an adult at all times
- Children ages 7 to 10 must have an adult present in the Natatorium at all times
- Children ages 10 to 12 must have an adult present in the building at all times
- Babies and children who are ***not fully toilet trained*** must wear a swim diaper
- Inflatable floatation devices are ***not*** permitted
- Children may wear PFD's in the shallow end and must be accompanied by an adult
- Person using the Spa must be at least 16 years of age
- A swim test is required for deep-water swimming
- Forward facing jumping is permitted only in 7 feet or more of water
- Forward facing diving is permitted on in 9 feet of water

Hourly Rental Rates

Community Room— half \$25
Gymnasium— half \$40
Lap Pool*—3 lanes \$75

Community Room— full \$50
Gymnasium—full \$65
Therapy Pool*—\$75

*up to 25 swimmers