

Sauna Rules...

- Must be 14 years of age.
- Do not use if you have high blood pressure, pregnant, respiratory problems or have a heart condition.
- No one Under the age of 14 is permitted inside.
- Take a shower before entering.
- For Health Reasons, proper attire is required: a Towel or Bathing Suit Must be Worn. No sweaty outfits, jeans, or other inappropriate attire permitted.
- Limit use from 5 to 15 minutes for each session. You may return after a brief cooling off period or shower.
- If you feel faint or dizzy, leave immediately.
- Do not wear jewelry or metal objects.
- Do not drink alcoholic beverages before using sauna.
- Please keep the door closed at all times.
- No Food or Drink permitted inside.
- Do not leave newspapers, magazines, or paper products in sauna.
- Do not leave wet clothes or towels in sauna to dry. This is a fire hazard.
- No substance of any kind is to be placed on the heater (lava rocks). This includes; scented oils, water, etc.....

Guest Policy...

Photo ID is required for all guests!

Guest are welcomed up to 4pm daily

Fees are: \$7.00 per Adult
\$4.00 per child

All Guests must arrive before 4pm daily. No guests are permitted after 4pm.

Scanning Cards Policy..

We require that all members swipe their scan card at the scan key desk upon entrance. All members are required to have a photo taken, which will be stored in our internal computer system.

AWAY POLICY..Your membership is honored at most (not all) YMCA's across the country, however some restrictions may include: Members of YMCAs within 50 miles are limited to a certain the number of visits per month. Visiting members may use the facility only at certain times (to avoid conflicting with peak demand by local members). Visiting members may be charged a nominal fee. Visiting members are limited in the number of visits they are allowed per year. Because of safety considerations, certain equipment is not available for use by visiting members. Please call the YMCA you will visit before your trip or vacation to be sure they honor AWAY members. For a listing of YMCA's in the United States, call 1-800-872-YMCA.

Check Writing Policy

In order to process any check as form of payment, we require a photo ID (driver's license or state identification only) from the person whose name is printed on the check for us to accept the check. This is a requirement of the "State's Attorney Bad Check Restitution Program". All returned checks are subject to a \$35.00 Non Sufficient Fund fee.

Drop Off Policy...

Children under the age of 14 must be accompanied by an adult when utilizing

Racquetball Rules...

- Reservations by members only, can be made 3 days in advance.
- No one under the age of 14 is permitted.
- Court time is scheduled on the hour or 1/2 hour in hour block times.
- Protective eyewear must be worn.

Gym Rules...

- No food or drinks are allowed in the gym.
- The use of profanity is strictly prohibited.
- YMCA basketballs can be signed out & returned in the gym supervisor's office.
- Rubber sole shoes only.
- Courts are for basketball only.
- Courts are available to be rented out on an hourly basis for an additional fee.

For other information please refer to the YMCA program guide.

YMCA reserves the right to change any policy without prior notice.

YMCA of Cecil County



Membership Handbook

*"We Build Strong Kids, Strong Families,
Strong Communities"*

25 YMCA Blvd.
Elkton, MD 21921
(410) 392-9622(YMCA)
Fax (410) 398-0013
www.ymcacecil.org

Membership policy that allows for termination

Who shall be eligible to hold membership in this corporation?

Section 1. Any person who supports the purpose may become a member of this corporation in accordance with such provisions as may be established by the board of directors, and shall so continue to be a member unless the Board or its authorized agent concludes, in its sole discretion, that a member has failed to live up to the standards and commitments of being a member of this YMCA.

The YMCA reviews sex offenders lists and/or reserves the right to do background checks on its members. Any person found on a sex registry list may have their membership, and YMCA privileges terminated.

Fitness & Equipment Orientation...

This program is offered through our experienced fitness coordinators, who will provide an equipment orientation. In addition, a basic fitness program will be developed to fit your need.

The evaluation is a one time orientation, and is free to members.

For additional training please see our program guide for personal training information.

Membership Information....

The "EZ Pay" method automatically debits your personal checking/savings account on a monthly basis, and requires a one year contract. Automatic monthly withdrawal will remain continuous even after the one year anniversary date. Thirty (30) days written notice is required to cancel or make amendments to all accounts. Membership can only be upgraded one time in a twelve month time period. There is a \$5.00 upgrade fee. All upgrades need to take place before short term membership expires. College Student Rate May remain on a family or single parent membership until 24 years of age with documentation.

Hours.....

Monday-Friday 5:30 AM - 10:00 PM
Saturday 7:00 AM - 9:00 PM
Sunday 12:30 PM - 9:00 PM

*Pool opens 1/2 hour after, & closes 1/2 hour before times listed.** Gymnasium Area(& racquetball) closes 1/2 hour

Facility Rules & Policies...

The rules and policies of this YMCA are designed for the safety and enjoyment of our members and guests. In cases of inappropriate behavior, offensive/inappropriate language, disrespect to staff, members or guests, failure to follow rules, procedures or policies, may result in you being asked to leave the YMCA premises and your membership privileges may also be forfeited. Children under the age of 14 years must be accompanied by an adult. The YMCA reserves the right to change or alter any information in this brochure or any rules and regulations at any time for the safety of our patrons and staff. Damage to our facility or vandalism will not be tolerated.

The YMCA does not assume any responsibility for lost or stolen personal items. It is strongly suggested that each member/guest bring their own padlock to secure a locker provided in the locker room in order to safeguard their belongings.

Refunds/Credit...

Memberships are non-refundable and non-transferable. Full refunds/credits will be given only if a class or program is canceled by the YMCA. If you decide not to participate **prior to the beginning** of the class or program, a full credit may be given. *Any credits given will remain on account for up to one calendar year from date issued.*

Pool & Hot Tub Rules....

- No swimming when lifeguard is not on duty!
- *All swimmers must shower before entering the pool and/or spa.*
- Obey lifeguards at all times and enter/exit pool thru locker room.
- No gum, food, drinks, or smoking in locker rooms/pool area.
- No glass containers in pool or locker room areas.
- No running, pushing, dunking or horseplay at **ANY** time.
- The pool will close during thunderstorms—and will remain closed until threat has passed.
- Children 10 (ten) years old and under **MUST** take swim test to swim in deep end.
- Kick boards and pull buoys are for instruction, swim team, and lap swimmers only.
- Circle swim etiquette will be used when there are more than 2 (two) swimmers in a lane.
- Jumping and diving are only permitted off the green mat located in the deep end.
- No back dives, flips, or twists.
- No jumping or diving in shallow pool.
- Proper bathing attire must be worn **AT ALL TIMES.**
- *Children 5 (five) and under must be accompanied in water by an adult (minimum of 18 [eighteen] years old).*
- *Children 8 (eight) and under must be accompanied and supervised by an adult (minimum of 18 [eighteen] years old).*
- *An adult must sign-in children 9 (nine) to 13 (thirteen) years. Sign-in book is located in lifeguard office.*
- *Infants or young children that wear diapers MUST wear water-proof bathing suit liners/ swim diapers covered by a swimsuit.*
- A lap lane is always available except during home swim meets. Lap lanes are to be used by swimmers over 16 years of age.
- Must be 14 years of age to use the hot tub.
- When using the hot tub, observe time limits to avoid nausea, dizziness, and fainting..

Fitness & Weight Room Rules....

- No one under the age of 14 is permitted.
- Always use spotters.
- Proper attire and shoes required. No bathing suits, boots, jeans, sandals, inappropriate shirts.
- Return all weights to racks.
- Wipe down equipment when finished.
- There is a 30 minute time limit on all cardio-equipment.
- Do not mishandle or throw weights.
- If unsure how to use any piece of equipment, please consult with a YMCA staff member.

Locker Room Rules....

The use of cell phones in the locker-room is strictly prohibited. Due to cell phones having the capability of videoing, please utilize your cell phone in the hallway areas only.