

## 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 foreign substance of any kind is to be placed on the heater (lava rocks), this includes; scented oils. You may use water on the heater.

## 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 on file which is stored in our internal computer.

## Fitness & Weight Room Rules....

- No one under the age of 14 is permitted. 13 year olds are permitted to use the fitness room upon completion of the **Strength Training Class**.
- Always use spotters.
- Proper attire and athletic shoes required. No bathing suits, boots, jeans, sandals, inappropriate shirts.
- Return all weights to racks. Loose bags are not permitted. Please use locker room to store all loose bags.
- Wipe down equipment when finished.
- There is a 30 minute time limit on **all** cardio-equipment.
- Do not mishandle or throw weights.
- Inappropriate language, disrespect to staff, members or guests, failure to follow rules, procedures or policies may result in you being asked to leave the Fitness Area.
- If unsure how to use any piece of equipment, please consult with a YMCA staff member.

## 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.

## Bounce Center/Toddler Zone Rules..

- **Bounce Apparatus for ages 2-13years old!**
- **2-5 yr olds may bounce in the Animal Kingdom!**
- **Toddler Zone is for Ages 3years & under!**
- No shoes allowed. Must wear socks at all times.
- No sharp objects or jewelry allowed.
- No food, drinks, chewing gum.
- No climbing on the outside of bounce apparatus.
- Slide safely! Feet first when sliding and no climbing on slides.
- Parents or guardians are responsible for the supervision of their children at **all** times.
- Management reserves the right to refuse entry at its discretion for safety of others. ☹
- Entry will be refused for failure of Parent or Guardian to sign a waiver & indemnification form at desk. **Parents and/or Guardians must accompany children 5 years and under.**
- BOUNCE APPARATUS' & Toddler Zone ARE NOT FOR ADULTS .

## Membership Information..

The "EZ Pay" method automatically debits your personal checking/savings account on a monthly basis. 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. College Student Rate may remain on a family or single parent membership until 24 years of age with documentation.



# YMCA of Cecil County

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(410) 392-9622(YMCA)  
Fax (410) 398-0013  
[www.ymcacecil.org](http://www.ymcacecil.org)

# Membership & Guest Handbook

Providing you with pertinent Facility information.

*"Youth Development, Healthy Living, Social Responsibility"*

## Hours

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

*Pool opens & closes 1/2 hour before & after times listed above.*

*\*\* Gymnasium Area(& racquetball) closes 1/2 hour before listed time.*

Please Follow us on **Facebook & Twitter!**

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**Act of God..**The YMCA of Cecil County is not responsible for refunding or crediting day(s) that are lost based on **Force majeure**- when an extraordinary event or circumstance beyond the control of the YMCA of Cecil County, such as utility disruptions or an event described by the legal term **Act of God** such as hurricane, flooding, earthquake, volcanic eruption, snow storms, etc., which occurs that causes the YMCA to close the facility or disrupts services.

## Membership policy that allows for termination

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 the sex offenders list and criminal history, and/or reserves the right to do background checks on its members and guest. Any person found on a sex registry list will have their YMCA privileges terminated.

## FULL MEMBERSHIP BENEFITS:

- FREE Unlimited and full use of the YMCA facility.
- State-of-the-art Fitness Center.
- FREE 2hours of Childwatchy.
- FREE "Smart Start" session: FREE individualized fitness center orientation by one of our Personal Trainers.
- FREE access to the Bounce Center/Splash Park/Go Kart activities for kids. (See scheduled times and dates.)
- FREE use of racquetball courts.
- Family pool opened & lap lanes available.
- Reduced fees on classes and programs.
- FREE Special Events.
- Volunteer opportunities.
- \*AWAY YMCA program (Membership is honored at most YMCAs outside of a 50 mile radius across the country, free of charge or at reduced rates).
- Y members now have the flexibility to use other Y facilities throughout the state of MD, at no extra charge.

## Guest Policy...

Guest Card & Picture must be completed/taken!

**\$10.00** per Adult

**\$5.00** per child

Guests are welcomed all day, and do not need to be accompanied by a member. However, all guests under **14** must be accompanied by an adult.

\*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.

**Children of the opposite sex over 5years old not permitted in locker room. Family changing room is available in the pool area.** The YMCA of Cecil County prohibits those members and guest who are transgender from utilizing the locker room from the sex in which they identify. Equivalent Space is available. This space is located in the pool area and is labeled All Gender Locker Room.

## 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.*

## 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.

## Member/Guests Non-Authorized Services

The YMCA of Cecil County does not permit services/programs/instruction provided by member or non-member without pre-authorization of the Executive Director. Services include but are not limited to; swim instruction, fitness instruction, sports instruction, product vending, etc...

## Child Watch Program...

**FREE** to our members. Our Security policy is that an **ID** is required for pick up of your child and doors are locked with a doorbell that is located outside for assistance. It is a **peanut free environment**. If you bring a snack for your child(ren), please read the ingredients to ensure the product does not contain any peanut products or has been manufactured in a plant that produces peanut products. The YMCA is always looking out for the safety of the children!

## Indoor 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 6(six)-8 (eight) must be accompanied and supervised on the pool deck 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 for lap lane swimmers only.
- 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. For current pool schedule (or updates) please check our website at [www.ymcacecil.org](http://www.ymcacecil.org).

## Outdoor Pool & Slide Rules....

- No swimming when lifeguard is not on duty! Obey lifeguards at all times
- All swimmers must shower before entering the pool.
- Enter/exit pool thru locker rooms. No bare feet or wet clothes allowed in hallway. Tiles are slippery when wet.
- No glass containers or gum in pool or locker room areas. No food or drinks within 10feet of the pool edge. Alcohol and Smoking are not permitted on YMCA property. No foul language.
- No running, pushing, dunking or horseplay at ANY time. No diving or jumping. No back dives, flips, or twists. Pool deck is slippery.
- The pool will close during thunderstorms—and will remain closed until threat has passed.
- On-deck changing of swim suits, diapers, and clothes are not permitted for any age, use designated changing areas.
- Children 10 (ten) years old and under MUST take swim test to swim past 3 ½ ft without a life preserver. USCG approved floatation only. Do not swim in designated slide area when waterslide is in use.
- Children 5 (five) and under must be accompanied in water by an adult (minimum of 18 [eighteen] years old). Children 6(six)-8 (eight) must be accompanied and supervised on the pool deck 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 at the lifeguard station. Adults must remain on YMCA property.
- Infants or young children that wear diapers MUST wear water-proof bathing suit liners/swim diapers covered by a swimsuit. The YMCA is not responsible for lost or stolen items.
- Appropriate, modest, and properly fitting swim attire (bathing suit) must be worn at all times. We understand that this statement could have many interpretations. The YMCA is a family oriented organization.
- No Prolonged Breath Holding or Underwater Swimming. Competitive and Repetitive breath holding can be deadly.
- Coolers or Bags on wheels are prohibited. No large coolers of any type are prohibited.
- Persons suffering from fever, colds, inflamed eye (pink eye), nasal or ear discharge, open sores, skin diseases, diarrhea, or any communicable disease, are by law not permitted in the pool area. The staff reserves the right to ask for documentation from a doctor before permitting such persons into the pool areas.

## SLIDE

- A lifeguard must be watching each participant as they use the slide each and every time. Slide use is at the discretion of the lifeguard.
- Must be at least 63" in height, wear a USGC approved life vest or have passed the swim test to use the slide.
- Only persons healthy enough for adventurous activities should use the slide. Please consult your doctor if you have a medical condition before using the slide. If you are pregnant, do not use the slide. Persons with physical or mental challenges should use caution and may require assistance.
- Only allow one rider to slide down at a time. Sliders wait on deck at the bottom of the slide, only one participant at a time is allowed to climb up the tower, use the slide and exit the splash zone BEFORE the next slider begins to climb.
- Make sure the pathway is clear. Do not slide until all swimmers, rafts, and other obstacles are removed.
- Always slide feet first, no twists, turns, stomach sliding or flips. There is a weight limit of 250 lbs. per slider. Every participant must be a competent swimmer. Do not roughhouse or engage in horseplay on the slide. Do not use the slide while under the influence of alcohol or drugs.
- Use the Buddy System- Never Swim Alone. Water Depth is 5ft.