



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Membership Handbook

GATEWAY REGION

STRONG COMMUNITIES BEGIN HERE



MEMBERSHIP TYPES

When you join the Y, you become part of our cause to strengthen the foundation of our community. However, joining is just the first step.

Get to know your Y!
For a better you, for a better community, for a better us!



Teen: (ages 13-17)

- **Young Adult:** (ages 18-29)
- **Adult:** (ages 30-64)
- **Senior Adult:** (age 65+)
- **Senior Two Adult:** Two adults living in the same household one of whom must be 65+
- **Two Adult:** Two adults living in the same household
- **Single Adult Household*:** One adult and their dependents through age 25 living in the same household
- **Household*:** Two adults and their dependents through age 25 living in the same household

*Child Watch is included with Household and Single Adult Household membership

MEMBERSHIP BENEFITS*

- Access to all 24 Gateway Region YMCA locations
- Free Group Exercise Classes (including Land and Water classes) - such as Yoga, BODYPUMP®, Pilates, Cycling, Zumba® and many more
- Free Health and Wellness Consultation
- Free Child Watch during workout - we'll watch the kids while you work out (available with Household and Single Adult Household memberships)
- State-of-the-art fitness equipment
- Member friendly Personal Training pricing
- Reduced rates for various programs such as swim lessons, youth sports, adult sports and more
- Priority program registration
- Guest passes for your friends and family
- Free towel service, WiFi and coffee (available at most locations)
- Financial assistance available for those experiencing a financial hardship

*Available at most locations:

Clinton County YMCA, Randolph County YMCA and Tri-City YMCA please check with your service center for specified details.

HOLIDAYS AT THE Y

Each Y location is closed on Easter and Christmas. It is important to us that our staff have the opportunity to spend time with their family and friends.

Please check with your local branch for hours of operation on the following holiday:

New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Eve, & New Year's Eve.

MEMBERSHIP CARD

Your membership card is your "passport" to the Y. Cards are non-transferable and remain the property of the Y.

Please present your membership card to our team at the Service Center each time you enter the facility and when registering for programs.

Lost cards may be replaced for a nominal fee. Please be prepared to present your photo ID when requesting a replacement card.

CODE OF CONDUCT FOR MEMBERS, PARENTS AND VOLUNTEERS

Welcome to the Y! We are a leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Please help us create a safe, comfortable and inclusive environment at all times by following our code of conduct.

Please follow the golden rule:

Treat others the way you would like to be treated by upholding Y values of caring, honesty, respect, and responsibility.

- Members 12 and younger must be accompanied by an adult.
- Safety first. Be sure to follow the rules posted within each of our facilities and their respective program areas.
- Help us maintain our family friendly environment which is welcoming, genuine, nurturing and caring for all people. Profanity or unwelcome comments, conduct and actions will not be tolerated.
- Help us care for our environment that is welcoming, genuine, nurturing and caring for all people.
- We care for our environment: Please recycle at your Y and also use only the towels you need.
- Liquids in spill-proof non-breakable containers are welcome in Y program areas.
- We take pride in our family friendly environment. Please keep attire appropriate and modest.
- Be courteous to your fellow Y members by refraining from conversations on your cell phone.
- Program areas are designed with safety in mind.

HEALTH AND WELLNESS CONSULTATION

The Health and Wellness Consultation is an opportunity to meet with a trained fitness center attendant to help you get started on your journey to healthy living. Introduction to equipment is included based on the needs and wants of the member. An assessment can also be included in this visit if necessary. Contact the Service Center to set up an appointment.

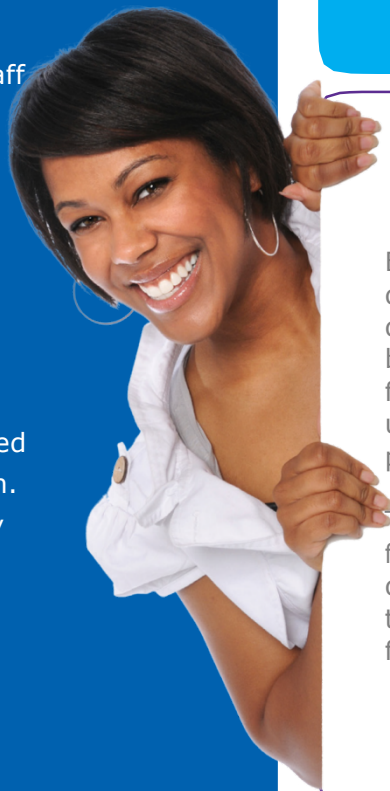
LOCKERS

Lockers are available for daily use during your visit to the Y. We strongly advise the use of locks to protect your personal items, as the Y cannot be held responsible or liable for articles damaged, lost, or stolen.

- Please bring your own lock to secure your clothes and valuables in your lockers while you are working out at the Y. Locks left overnight will be removed to allow use by other members.
- Some Y locations offer Locker Rental as an addition to your membership. Be sure to ask the Service Center for more information.
- Use the gender appropriate locker room with which you legally identify.

MEMBERSHIP DUES AND GUIDELINES

- We have two options for payment. You can pay for a full year up front or pay monthly using a credit, debit, checking or savings account.
- Memberships are not transferable or refundable.
- Any changes made to your membership, need to be made on or before the 20th of the month prior to your next draft date. You can visit the Service Center to make these changes.
- You will never be asked to sign a contract. We would never want to see you leave the Y; however, if you need to cancel your membership, please come in to the Y on or before the 20th of the month prior to your next draft date.
- Please join the Y location you and your family visit most often. If you are utilizing a Y 51% of the time, this Y will be considered your home branch. You will be subject to appropriate membership fees.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.
- The Y reserves the right to discontinue service at any time.
- Please check your statements regularly. A service fee will be charged on any returned transaction. If you notice a discrepancy on your statement, please notify us promptly.
- Refunds are not issued for discrepancies more than 90 days.



GUEST PASS POLICY

Guests are welcome to visit the Y two times per year, at no charge before they join. Once they have tried the Y, we think they will fall in love.

Guests under the age of 18 must be accompanied by a parent/guardian age 18 or older upon their first visit. Guests 12 and under must be accompanied by a parent/guardian upon each visit.

Guests 13 years of age and older need to provide a photo ID. (18+ Years of age must provide a government issued photo ID)

MEMBER GUEST FEE

After a guest uses their two free guest passes for the year, they are welcome to visit the Y with a member up to three times per year.

Member Guest Fee means your guest is a member for the day and will need to pay a guest fee. Guests are welcome to use Child Watch as well as take Land and Water group exercise classes:

\$10 for youth 12 and under
\$15 per adult
\$25 for household

FINANCIAL ASSISTANCE

Every day, the Gateway Region YMCA offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds from our Annual Campaign to ensure that those unable to pay the stated amount are able to participate.

Those unable to pay the full fee may receive financial assistance based on their demonstrated ability to pay and the Y's ability to fund the subsidy. Please contact your local Y for more information.

All records are kept confidential.



CHILD WATCH RULES OF THE ROAD

- Child Watch is available for children ages 6 weeks to 12 years who are active on a Household or Single Adult Household membership.
- Please check your child in & out upon each visit.
- You will need to remain on the Y premises while your child is checked into the Child Watch area. Child Watch is available for up to 3 hours per day (time varies by location).
- Please refrain from bringing in food, personal toys, electronics, car seats and strollers.
- You will be notified if a child is upset and cannot be soothed after 10 minutes.
- Children who are ill must be free of all symptoms for 24 hours before returning to our care.

PROGRAM FEES AND REFUNDS

- Program fees are set to provide quality services and represent the cost of providing activities or services not included in your membership dues. However, members receive a reduced rate on almost all programs! Specific program fee information is available at your Y.
- For your convenience, you can also register online for programs.
- Please check your statements regularly. A service fee will be charged on any returned transaction. If you notice a discrepancy on your statement, notify us promptly. Refunds are not issued for discrepancies more than 90 days.
- Program refunds are made only when there is a cancellation due to insufficient enrollment or verified medical illness of the participant.

HEALTH AND WELLNESS GUIDELINES

- Ages 13 and up are welcome in group exercise classes, weight rooms & cardio rooms.
 - Ages 13-15 should complete an orientation or MyFitness appointment prior to use.
- Children ages 10-12 years of age are welcome to participate in non-weight bearing group exercise classes with a parent/guardian.
 - See your local branch for a list of specified classes.
- Appropriate clothing and athletic footwear (closed toe and heel) must be worn at all times.
- Please wipe off equipment after each use.
- Collars should be used at all times on bars and weights. Please put back all accessories after use.
- Please refrain from dropping the weights.
- Allow others to work in with you when performing multiple sets.
- Please use a spotter when performing heavy lifts.
- Thank you for leaving cell phone conversations outside of the fitness center.
- Liquids in spill-proof non-breakable containers are permitted.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.



AQUATICS GUIDELINES

- For safety purposes, please be certain to shower before swimming.
- Please keep the pool area free from glass, food or chewing gum.
- The lifeguard is on duty to ensure the safety and enjoyment of all. Please respect his/her decisions.
- If clothing in addition to a swimsuit is required, a shower must be taken in the clothes prior to entering the pool.
- Breath-holding activities, including long periods of underwater swimming are not permitted.
- To help prevent the spread of infection, individuals with open sores are not permitted to use the pool.
- Swim diapers are required for those who use diapers.
- Pool and wet areas must be cleared and closed until 30 minutes after the last evidence of lightning and thunder is present.
- Swimming without a lifeguard is prohibited.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.
- Please wear modest swimwear.

Age Requirements:

- Ages 7 years and under must have an adult (age 18 and up) in the water within arm's reach.
- Ages 8-12 years must have an adult in the building. For the safety of your child, a swim test is required to swim without adult supervision.
- Ages 13 years and up may swim independently.

ANNUAL CAMPAIGN

The Y is a nonprofit, 501(c)(3) charity that works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

One of the ways we do that is by providing financial assistance to children, adults and families who may be unable to afford a membership or participation in our programs.

The Y counts on the generous donations from the public to ensure everyone has the opportunity to participate in our services.

When you give to the Y, you're doing your part to strengthen our community—and a strong community is good for everyone.

Whether you're helping a child in need attend summer camp or giving someone the assistance they need to make a healthy change in their life, your gift will let us continue to affect positive change in our region.



VOLUNTEERING

Every year, thousands of volunteers support the YMCA's overall purpose of helping people reach their potential in spirit, mind, and body.

Volunteers are needed today in various roles. Do any of the opportunities align with your passion and skillset?

- Branch Boards of Advisors • Teaching Skills • Special-Interest Committees • Office Work • Fund- Raising • Maintenance • Youth Sports Coaches and Referees • Special Events • Leading Programs • Mentoring • TOGETHERHOOD®

Become a vital part of your community—your special talents will really make a difference!

SMOKE FREE

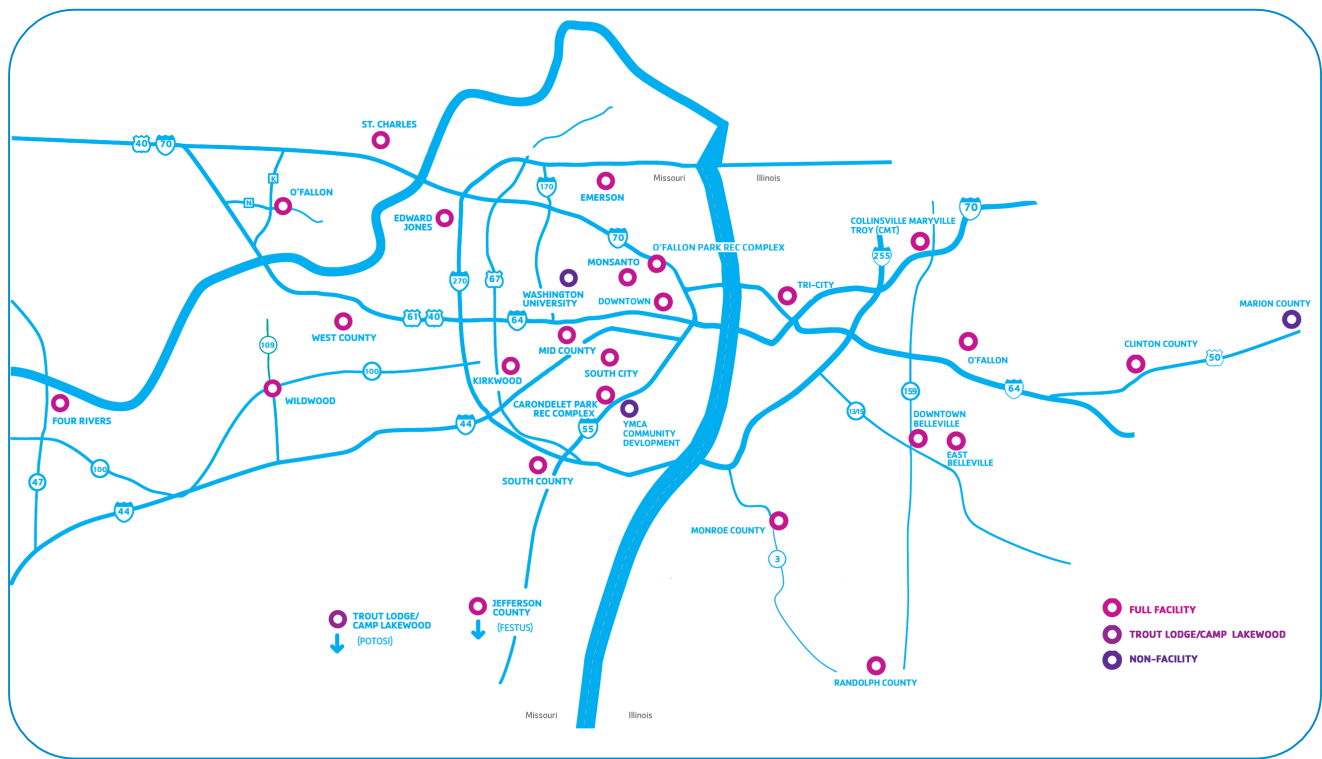
The Gateway Region YMCA requires a tobacco-free environment. No smoking, dipping, chewing or other usage of tobacco is allowed in our building, at our pool, in our parking lot or on our grounds. In addition, using E-cigs, pipes and vapor products on our grounds is also prohibited.

SEX OFFENDER POLICY

The Y is the nation's leading nonprofit strengthening communities through youth development, healthy living and social responsibility. Important to this effort is our ability to provide a safe and threat-free environment. For this reason, the Y monitors sexual offender registries. Persons on the list will not be eligible for Y membership, program participation, volunteer or employment opportunities at the Gateway Region YMCA.

LOST OR STOLEN PROPERTY

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Please check at your Y for the location of the lost and found. Items will be kept as space allows, then given to charity.



GATEWAY REGION YMCA LOCATIONS

FULL FACILITY LOCATIONS

CARONDELET PARK REC COMPLEX*
930 Holly Hills, St. Louis, MO 63111
314-768-9622

CLINTON COUNTY YMCA**
14160 Jamestown Rd., Breese, IL 62230
618-526-5628

COLLINSVILLE MARYVILLE TROY YMCA
1 Town Center Dr., Maryville, IL 62062
618-346-5600

DOWNTOWN BELLEVILLE YMCA - KERN CENTER
200 S. Illinois St., Belleville, IL 62220
618-233-1243

DOWNTOWN ST. LOUIS YMCA
1528 Locust St., St. Louis, MO 63103
314-436-4100

EAST BELLEVILLE YMCA
2627 Carlyle Ave., Belleville, IL 62221
618-236-9983

EDWARD JONES FAMILY YMCA
12521 Marine Ave., Maryland Heights, MO 63146
314-439-9622

EMERSON FAMILY YMCA
3390 Pershall Rd., Ferguson, MO 63135
314-521-1822

FOUR RIVERS FAMILY YMCA
400 Grand Ave., Washington, MO 63090
636-239-5704

JEFFERSON COUNTY FAMILY YMCA
1303 YMCA Dr., Festus, MO 63028
636-931-9622

KIRKWOOD FAMILY YMCA
325 N. Taylor Ave., Kirkwood, MO 63122
314-965-9622

MID-COUNTY FAMILY YMCA
1900 Urban Dr., Brentwood, MO 63144
314-962-9450

MONSANTO FAMILY YMCA
5555 Page Blvd., St. Louis, MO 63112
314-367-4646

MONROE COUNTY YMCA - HTC CENTER
9514 Caring Way, Columbia, IL 62236
618-281-9622

O'FALLON YMCA - ILLINOIS
284 N. Seven Hills Rd., O'Fallon, IL 62269
618-628-7701

O'FALLON FAMILY YMCA - MISSOURI
3451 Pheasant Meadows Dr., O'Fallon, MO 63368
636-379-0092

O'FALLON PARK REC COMPLEX*
4343 West Florissant, St. Louis, MO 63115
314-932-1423

RANDOLPH COUNTY YMCA
130 S. Oak St., Red Bud, IL 62278
618-282-9622

ST. CHARLES COUNTY FAMILY YMCA
3900 Shady Springs Ln., St. Peters, MO 63376
636-928-1928

SOUTH CITY FAMILY YMCA
3150 Sublette Ave., St. Louis, MO 63139
314-644-3100

SOUTH COUNTY FAMILY YMCA
12736 Southfork Rd., St. Louis, MO 63128
314-849-9622

TRI-CITY YMCA
451 Niedringhaus Ave. Granite City, IL 62040
618-876-7200

WEST COUNTY FAMILY YMCA
16464 Burkhardt Pl., Chesterfield, MO 63017

636-532-3100

WILDWOOD FAMILY YMCA
2641 Highway 109, Wildwood, MO 63040
636-458-6636

TROUT LODGE/CAMP LAKEWOOD
13528 State Hwy AA, Potosi, MO 63664
314-241-9622

NON-FACILITY LOCATIONS

ASSOCIATION RESOURCE OFFICE
326 S 21st Street 4th Fir. St. Louis, MO 63103
314-436-1177

MARION COUNTY YMCA
Youth & Adult Programs in Marion County, IL
416 E Oglesby St., Salem, IL 62881
618-548-6261 ext. 2

WASHINGTON UNIVERSITY CAMPUS YMCA
Student Led Community Service
One Brookings Dr., Box 1076, St. Louis, MO 63130
314-935-5010

YMCA COMMUNITY DEVELOPMENT
Literacy Tutoring for Youth and Adults
Outreach Programs for Youth and Teens
600 Loughborough Ave., St. Louis, MO 63111
314-776-7102

*The Carondelet Park Rec Complex and the O'Fallon Park Rec Complex are owned by the City of St. Louis and operated by the Gateway Region YMCA

**The Clinton County YMCA is owned by St. Joseph's HSHS and operated by the Gateway Region YMCA