

WELCOME TO THE Y

Sometimes there are things about the Southern Prairie YMCA that we forget to tell you when you join. These things may not come up all the time or may not be of interest to everyone, but here are some of the frequently asked questions we hear. We hope this will answer some questions you may have or educate you on what we have to offer.

If you have a question not addressed here, please ask!

WHAT DOES MY MEMBERSHIP INCLUDE?

Your membership gives you full access to the gym, racquetball court, pools, cardio and weight room, a wide variety of free classes and discounted programs.

WHAT CLASSES DO YOU HAVE AND WHAT DO THEY COST?

The Y has classes and programs for all ages and activity levels. The best way to view program offerings is either at our website or browse through the program guide. All group fitness classes are free with your YMCA membership.

DO YOU HAVE TRAINERS?

We have two personal trainers who can help you reach your health goals. We offer a personal training package for members for \$75.

Find out about what is going on at the Y by visiting our website:
www.southernprairieymca.com



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**LET US HELP
YOU FIND
YOUR WAY
AROUND
THE YMCA**
FREQUENTLY ASKED
QUESTIONS ABOUT THE
SOUTHERN PRAIRIE YMCA



DO YOU HAVE A PLACE WHERE I CAN CHANGE WITH MY KIDS?

Parents with young children and those with special needs may use the Family Locker Rooms located downstairs outside the pool area. Lockers are available immediately across from the locker rooms.

CAN I LOCK UP MY BELONGINGS?

Lockers are available for daily use at no charge. The Southern Prairie YMCA is not responsible for lost or stolen items. Please lock up your valuables. Padlocks are available at the Front Desk at no charge or may be furnished by the individual. Daily use lockers are not to have locks remain on them. Permanent locker storage is available for a fee of \$30 per year using one of our combination locks.

DOES THE Y HAVE TOWELS?

Members may use a bath towel or sweat towel at no additional charge. Bath towels are available at the front desk by asking the front desk attendant. Smaller sweat towels are located in the cardio room. Please place towels in designated hampers/baskets when finished.

CAN I BRING GUESTS?

Each member is given five guests per year. All guests need to be registered at the Front Desk. Day passes are also available to purchase.

CAN SOMEONE SHOW ME HOW TO USE THE MACHINES?

Members may sign up for cardio room and weight room orientations to become more familiar and comfortable using the cardio equipment and weight machines. One of our personal trainers will guide you through the process. Leave your name and number at the Front Desk.

CAN I BRING IN FOOD AND DRINK IN THE Y?

Water is allowed throughout the facility. We ask that no other food or drink be brought downstairs and into the gym.

WHAT ARE THOSE "CLICKER" THINGS I SEE ON THE TRACK?

Lap counters (or "clickers" as we sometimes call them) are available at the front desk to help you keep track of your laps around the track.

DO YOU HAVE BASKETBALLS?

Basketballs are located in the gym. Ask the front desk attendant if one needs additional air.

WHAT ARE THE CARDIO ROOM RULES?

As a courtesy to other members, we ask that you limit your time to 30 minutes on the cardio equipment. Disinfectant spray is provided in the cardio room to clean equipment after each use. Use the spray bottle and wipe off the machines. Children are not allowed in the weight and cardio rooms. Youth 13-15 may use them if they have taken the orientation.

CAN I RESERVE THE RACQUETBALL COURT?

The racquetball court may be reserved by calling the front desk. Please limit your reservation time to one hour.

CAN I RENT THE YMCA?

We do allow our facility to be rented. Some times may be unavailable during busy times of the year. Some parents host birthday parties at the Y. Keep in mind we do not have a separate party space. We do have group rates available. Ask for our Facility Usage information sheet for additional details and availability.

WHAT SHOULD I WEAR/BRING WITH ME TO WORK OUT?

Wear comfortable clothes and athletic shoes. Shoes don't have to be fancy or expensive, just clean. Street worn shoes are not permitted. This helps keep our facility clean. Shoes are required throughout the facility.

WHAT CAN KIDS DO AT THE Y?

In addition to all the program offerings available for kids, depending on their ages they can use the facility in other ways as well. We have Kid Care for the younger kids (7 and under) while you work out. Once they turn 13 they can take a weight room orientation and use the cardio and weight rooms.

CAN I JOIN A CLASS ANYTIME?

You are welcome and encouraged to participate in classes anytime. Most classes just keep going throughout the entire year. Let the instructor know you are a new member and they will help you get acclimated to the class.

WHAT DO YOU HAVE FOR SENIORS?

Check out the Silver Sneakers, Tai Chi or Cardio Splash classes. While all ages are welcome, these classes are great for the senior body.

WHEN CAN I SWIM ?

It's best to refer to the pool schedule to know when lap swim or open swim is offered. Open swim is for all ages. Lap swim is for adults or children over age 14.

CAN I USE OTHER YMCA'S?

Many Y's across the country participate in the AWAY (Always Welcome at the Y) program. Be sure to bring your Southern Prairie YMCA membership card with you.