

CELL PHONES

Cellphones, cameras, video recorders, or any other visual recording devices are not allowed within the YMCA locker rooms. Taking photos or video of another person without their permission or knowledge is not allowed. Please be aware if someone has a device of this nature pointed in your direction. Please report any incident of this nature immediately to a staff member.

RENTING 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.

FITNESS CLASSES

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.

POOL SCHEDULE

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.

VISITING ANOTHER YMCA

The YMCA has changed to nationwide membership meaning you can use other YMCAs across the country. Be sure to bring your Southern Prairie YMCA membership card with you.

FOOD AND DRINK IN THE Y

Water is allowed throughout the facility. No other food or drink is allowed downstairs and into the gym.

GYM EQUIPMENT

Equipment in the gym is limited to the activity level of the gym. Front desk will determine what equipment can be available during open times. Basketballs are located in the gym. Ask the front desk attendant if one needs additional air.

(No baseball/softball equipment is to be used at anytime in the gym or hallways.)

FACILITY AGE GUIDELINES

(Adult is someone 18 years and older)

FACILITY/POOL:

10 years and older without an adult

POOL LAP & EXERCISE:

14 years and older *(unless with approval from life-guard)*

WALKING/RUNNING TRACK:

10 years and older. *(Exercise equipment on track follows same rules as weight/cardio rooms.)*

RACQUETBALL COURT:

10 years and older. Anyone under 18 without a parent/guardian must wear safety goggles.

WEIGHT/CARDIO ROOM:

16 years and older
(13—15 year olds can take the equipment orientation to use the rooms, please schedule at front desk).
No children under age 13 are allowed in the cardio/weight room even with parent permission and supervision. No exceptions.

CHILDREN IN THE BUILDING

Children must be 10 years old to be in the facility without an adult. Any child 7 and under must be in Child Watch unless participating in an activity with an adult. Child Watch is a free service for members while the adult is exercising. Check at the desk for a current Child Watch schedule. Older children can participate in fitness classes at the discretion of the instructor. Children can play basketball, foosball, ping pong, swim and use the Wii.

DRESS CODE IN THE YMCA

Wear comfortable clothes and athletic shoes. Sports bras are not considered tops. Please wear something in addition to the sports bra. 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.

GUEST PASSES

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBER INFORMATION

CODE OF CONDUCT AND GENERAL INFO ABOUT THE SOUTHERN PRAIRIE YMCA



LOCKING UP PERSONAL 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.

TOWEL SERVICE

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.

WEIGHT AND CARDIO ROOMS

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.

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.

**PLEASE FOLLOW OUR CODE OF CONDUCT.
WE WANT EVERYONE TO HAVE AN ENJOYABLE
EXPERIENCE AT THE YMCA.**

DISCIPLINARY ACTIONS

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance. Please notify a staff member if assistance is needed.

Violators will be removed from the facility. Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

The CEO will review all reported incidents. The decision to suspend or terminate YMCA membership privileges will be made at the CEO's discretion if a violation of the code of conduct has occurred.

MEMBER CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all persons to act appropriately at all times when in our facilities, on our property or participating in our programs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities or programs:

- Using or possessing alcohol or illegal drugs
- Smoking on YMCA property – This includes vaping and e-cigarettes
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property
- Use of social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law.

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, or is currently under the influence of illegal or dangerous drugs or chemicals, narcotics, or intoxicating beverages.

NON-DISCRIMINATION/ HARASSMENT AND TRANSGENDER POLICY

It is the policy of the Southern Prairie YMCA to comply with all federal and/or state laws and to operate in accordance with those laws. The Southern Prairie YMCA does not discriminate against members, guests, or employees on the basis of race, color national origin, sex, age, disability, religion, sexual orientation, or gender identity. Additionally, it is also unlawful and contrary to this policy to retaliate against any person objecting to, or supporting enforcement of legal protections against all members, guests, or employees.

All members, guests, and employees have the right to use the locker room that corresponds to their gender identity. Any member, guest, or employee who has a need or desire for increased privacy, regardless of the underlying reason, can be provided with a reasonable alternative changing area such as the use of the family restrooms, private changing areas, or single stall private restroom. Any alternative dressing arrangement for a member, guest, or employee with special needs or privacy concerns will be provided in a way that allows the member, guest, or employee to keep this concern confidential.

The Southern Prairie YMCA is committed to creating a safe environment for transgender and gender nonconforming and conforming members, guests and/or employees. Any incident of discrimination, harassment, or violence based on race, color, national origin, sex, age, disability, religion, sexual orientation, gender identity or expression will be given immediate and effective attention, including but not limited to, investigating the incident, taking suitable corrective action, and providing member, guest, and/or employee with appropriate resources and follow up to that incident.

FAMILY LOCKER ROOMS

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.