

WELCOME!

Welcome and thank you for being part of the YMCA of Southwest Illinois family. This handbook serves as a guide to get to know your YMCA and all it has to offer.

We seek to be a values-based organization that prepares, supports and encourages all children, families and communities to develop healthy and active lifestyles. The YMCA derives its strengths from its community roots and strong volunteers. Through collaborations with schools, hospitals and other non-profit organizations, we are able to further enhance and expand the programs and services we offer.

As a member, you are entitled to a variety of programs and services designed to help strengthen your spirit, mind and body! No matter what your age or fitness level, the Y has something for everyone.

We encourage you to take full advantage of your membership and get to know the team members at your Y. Please stop by any of our YMCA of Southwest Illinois locations or give us a call if you have any questions. We look forward to serving you.

Sincerely,

Your YMCA Staff and Volunteer Team

YMCA PHONE NUMBERS

Collinsville Maryville Troy YMCA
618.346.5600

Downtown Belleville YMCA
Robert L. & Elsie A. Kern Center
618.233.1243

East Belleville YMCA
618.236.9983

Monroe County YMCA
HTC Center
618.281.9622

O'Fallon YMCA
618.628.7701

Outdoor/Lakeside Center
618.233.1243 program office

Red Bud YMCA
618.282.9622

YMCA of Southwest Illinois
Corporate Office
618.233.9485

HOURS OF OPERATION VARY BY LOCATION

Please check with our Welcome
Center or online at

www.ymcaswil.org

FACILITY HOLIDAYS

The YMCA of Southwest Illinois
facilities will be closed in honor
of the following holidays:

New Years Day
Easter Sunday
Memorial Day
Independence Day
Labor Day
Thanksgiving Day
Christmas Day

FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Age Requirements

- **Children age 12 and younger** must be accompanied by a parent at all times in the facility. Our Child Watch areas have scheduled hours for children 6 weeks to 12 years old while a parent/guardian is participating in Y activities on site.
- **Youth Strength Training Certification** 13-15 year olds may use the Wellness Center and the Weight Room without a parent or guardian AFTER completing the Youth Strength Training Certification. Members 12 years of age may complete this training in order to accompany an adult in these areas. Visit the Welcome Desk to schedule this training.
- **Group Exercise Classes** - Participants must be 13 years or older to participate in Group Exercise classes unless otherwise noted on the Group Exercise schedule.
- **Running/Walking Track** - Participants should be at least 13 years old. Children ages 10-12 may accompany an adult age 18+ and must be supervised. Children under the age of 10 are not permitted for their own safety and the safety of all members.
- **Locker Rooms** - Must be at least 13 years of age or with an adult age 18+. Children of the opposite sex permitted if under the age of 4.
- **Family Changing Rooms** - The family changing rooms are for parents with children that cannot enter the opposite gender locker room (Fathers with Daughters or Mothers with Sons) or for special needs individuals.
- **Swimming Pool** - During Open Swim Sessions: Children ages 8-12 that have passed a swim test can be in the water unaccompanied as long as a parent/guardian or responsible adult age 18 or older remains in the facility. Children ages 7 and under and children ages 8-12 who cannot pass a swim test must be accompanied in the water by a parent/guardian or responsible adult age 18 or older.

Swim Test involves having the child jump into the water over one's head, return to surface and tread water for one minute, swim unassisted to the wall and climb out. Swimmers who pass the swim test are marked with a wristband.



Child Watch Guidelines

Child Watch Service

- Free member service for children ages 6 weeks-12 years* with a Household/Single Parent Household membership at full service facilities
*ages may vary by location
- Child Watch provides child care for up to two hours per day
- The responsible party must remain on the YMCA premises at all times
- Child Watch hours vary by location. Please check our website for details. www.ymcaswil.org

Child Watch Policies

- To use our Child Watch program, you must have a Household or Single Parent Household membership.
- We ask that sick children stay home and rest. Please do not bring your children in the Children Center if they have had nausea, vomiting, diarrhea, or a fever in the last 24 hours, or if they have a discharge from their eyes or nose that is not clear.
- Do not bring food, candy or gum with your child. Drinks with tops and child's name on container are permitted.
- If your child continues to cry for more than 10 minutes, you will be asked to come in to soothe him or her. The parent will be asked to intercede in the case of discipline. Repeated disciplinary problems may result in the removal of a child from the Child Watch program.
- Parents will be called to change diapers for all children. Please bring your child in a clean diaper and bring extra diapers and wipes with you...just in case.

FOR HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING

Wellness Center and Weight Room Policies

- Wear appropriate attire for a family facility
- Exercise shorts/pants no street clothes
- T-shirts without inappropriate logos
- Athletic tops covering midriff
- Athletic shoes (no sandals or street shoes)
- No swimsuits allowed
- No food or drinks (other than water) are allowed in the Wellness Center and the Weight Room
- Please be considerate of other members
- Wipe off machines after use
- Report violations of the rules or damaged equipment to the YMCA staff immediately
- Children under 16 are not permitted in the Wellness Center or the Weight Room without Youth Strength Training Certification. Please see the Welcome Center for details
- Gym bags must be placed in locker rooms
- While others are waiting, there is a 30-minute limit on cardio equipment
- Please do not drop or bang weights. This could damage or crack the weight stack
- Replace weights after use
- Cell phones are not permitted in these areas

Group Exercise Classes

All Group Exercise classes are FREE for YMCA members unless otherwise noted. Members and guests must wear appropriate attire for a family facility:

- Workout shorts or pants
- T-shirts
- Non-revealing tank tops or sports bra covering the midriff
- Aerobic or Tennis shoes (non-marking) unless otherwise instructed by class instructor

Running/Walking Track Guidelines

Running/walking tracks are available at the following locations:

- Collinsville Maryville Troy (Outdoor)
- Downtown Belleville (Indoor)
- East Belleville (Indoor)
- Monroe County (Indoor)
- O'Fallon (Indoor and Outdoor)

The tracks are open during facility hours for member use. Running and walking is permitted. No strollers or other equipment due to the safety of all members. Please do not stand on the track as this hinders individuals from exercising. Track etiquette and rules are posted for your safety and the safety of all members. Swimsuits and open toed shoes are not appropriate for the track.



Pool Guidelines

- Swimming permitted only when certified Lifeguards are on duty
- All swimmers must shower before entering the pool area
- Walk in the pool area no running allowed.
- Horseplay, profanity and unnecessary roughness are not permitted in or around the pool area
- Underwater distance swimming and breath-holding contests are not permitted
- A clear, clutter-free walkway must be maintained around the perimeter of the pool
- Please do not pull chairs or tables to the edge of the pool
- Appropriate swimsuits must be worn at all times when in the pool area
- No diapers are permitted in the pool. "Swim Diapers" or plastic pants are required
- An adult must be directly accompanying a non-swimmer in the water at all times
- Only Coast Guard approved flotation devices are permitted. Non-swimmers requiring a flotation device are not permitted in the deep end
- Circle swim is expected when three or more individuals are utilizing one lane
- Hanging on and crossing over the lap lanes is prohibited
- During inclement weather, if at any time lightning is present, we are required to close all areas of the aquatics area
- Branches offering a sauna will have the safety guidelines posted in the aquatics area
- We encourage you to fill out our aquatics "quick-checks" to help us ensure safety regulations are being followed

FOR SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT FOR OUR NEIGHBORS

VOLUNTEERISM & GIVING BACK MAKE A DIFFERENCE AT THE Y

Our programs depend on volunteers and your help is needed! We utilize volunteers in all areas of the Y – day camp, fitness instructors, special events, school-age programs, coaches and more. Experience the joys of helping a child learn a new skill, contribute to the quality of life for a senior, or help tell the Y story in the community. We provide you with a format to use your skills while making an impact on others. The Y offers great opportunities for volunteering! Be a Game Changer. Visit the Welcome Center for a volunteer application or contact Amy amoran@ymcaswil.org or 618.233.9485 x25.

Partner with Youth Campaign

Your gift to the YMCA of Southwest Illinois' Partner with Youth Campaign ensures that every child, teen, family, and older adult can participate in Y programs and activities. The Y turns no one away due to the inability to pay. When you get asked, please make a pledge to the Partner with Youth Campaign or donate online at www.ymcaswil.org. Contact: Financial Development Department 618.233.9485.



Membership for All

If you are unable to pay the full cost of your YMCA membership or program fees, you may apply for assistance based on your financial situation. Funds for financial assistance are raised by the volunteers and donors of the annual YMCA Partner with Youth Campaign.

Healthy Kids Day

Watch for more details on this fun, free family event! We host this event in April each year.

Backpack Attack

Each year, the YMCA and a variety of community partners come together to provide school supplies for every child right here in your own backyard. Ask the Welcome Center how you, your family, your church, or your team can help make sure every child has the proper tools before they show up for the 1st day of school.

Thanksgiving Food Drive

With a little help from neighbors, families in our community can enjoy a Thanksgiving meal in the comfort of their own home. Look for more information at the beginning of November.

Angel Tree

Give a child the opportunity to smile on Christmas morning. The Angel Tree gift program is a way for members to give back to a child right here in Southern Illinois. Information is available at the beginning of December.

Recycle

The YMCA of Southwest Illinois has implemented a recycling program at each of our facilities. If you would like to get involved, please talk to a team member to see how you can help.

STRENGTHENING THE FOUNDATION OF OUR COMMUNITY

EVERYONE BELONGS

Membership Types

- **Youth** - ages 6 weeks to 18 years (children 12 and under must be accompanied by an adult 18+)
- **College Student** - ages 19+ and a full time college student. Verification required on an annual basis.
 - Undergraduate 12+ hours per semester
 - Graduate Degree 6+ hours per semester
- **Adult** - ages 19-64
- **Senior Adult** - ages 65+
- **Senior Couple** - ages 65+ Two adults residing in the same household one of which must be at least 65
- **Single Adult Household** - Any one adult and his/her dependent children through age 22 who are living at home. Children age 19+ must be a full-time college student. See requirements above.
- **Household** - Two adults age 19+, residing in the same household and their dependent children through age 22 who are living at home. Children age 19+ must be a full-time college student. See requirements above. **Household Add On** - Additional adults may be added to the Household membership for an additional monthly fee. Verification of residency is required.

Membership Benefits

As a member of the YMCA of Southwest Illinois you will benefit from:

- YMCA Personal Fitness (YPF) a free 12-week personal wellness program
- Use of all YMCA of Southwest Illinois locations-See details on the back of the handbook
- Three free guest passes will be available upon your initial join date
- FREE group land and aquatic exercise classes: Pilates, Yoga, Cycling, Zumba etc.
- Open gym, swim, racquetball, volleyball, basketball (where available)
- Unlimited use of fitness, cardio and strength training equipment
- Full-service locker rooms
- Child Watch with Household and Single Parent Household membership at full-service facilities
- Reduced rates for fee-based classes such as swim lessons, sports leagues, etc.
- Early registration opportunities
- FREE adult and family activities and events
- Active Older Adult activities
- Always Welcome at the Y - A.W.A.Y. program entitles you to utilize the Y nation-wide. If you are at least 50 miles away from home, you can present your Y membership card and utilize the local Y for free or a reduced fee (St. Louis, Edwardsville and Granite City sites require you to pay the guest fee).
- And much more!

What you can expect from us:

- A friendly caring staff to assist you at anytime
- A family-friendly environment
- Support in achieving your wellness goals
- To make new friends with similar interests
- Volunteer opportunities

Locks & Lockers

Lockers are to be used for your clothes and personal items while you are using the facility. You should provide your own lock and you may use any unused locker while you are in the building. Locks must be removed after use; otherwise, they will be cut each evening. For your safety, please do not leave items in unlocked lockers. Cell phones are not permitted in locker rooms.

Conditions of Membership

- Access to the building, including the indoor pool, is via the front lobby only.
- Everyone, including children, must wear shoes or sandals to enter the building.
- All members, when using the facilities and programs, require presentation of a valid membership card or photo ID.
- Membership privileges and cards are not transferable.
- Membership dues, joining fees and program fees are subject to change. You will be notified 30 days prior to any such changes.
- If your membership card is lost or stolen, the Welcome Center will provide you with up to 2 free cards per calendar year. There will be a \$5 charge per card thereafter.
- The YMCA reserves the right to revoke any membership at any time.

Rules of the Road

Changes to Your Membership

Please advise us in writing of any changes to your membership as soon as possible to ensure no interruption in your YMCA membership. Changes should be made in person at the Welcome Center or via email to your branch Membership Director. Please submit any banking changes or termination requests to your account prior to the 20th of the month. Failure to do so will result in your bank draft taking place for one more draft cycle.

Joining Fee

This fee is charged to new members and returning members who let their membership lapse for a period greater than 30 days.

Payment of Dues

Payments can be made in the form of cash, check or credit card for a year in advance or they can be paid each month with a draft from a checking account or credit card. Annual membership purchases are non-refundable and non-transferable. Monthly charges are processed through an electronic system and clear your bank on the deposit date. Returned drafts will incur a service fee.

Code of Conduct

The YMCA prohibits behavior that is considered inappropriate, including:

- Profanity or abusive language
- Physical contact with other members, guests and staff
- Criminal conduct
- Possession of a firearm on Y property
- Consumption of illegal drugs or alcohol while on YMCA property
- Being under the influence of illegal drugs or alcohol while on YMCA property

The YMCA Board of Directors has directed the staff to monitor activities and behavior of YMCA members. Violation of the Code of Conduct may result in membership termination and if necessary legal action.

Emergency Procedures / First Aid

Please report all emergencies, injuries or illnesses to YMCA staff. Automatic External Defibrillator (AED) and First Aid Kits are located throughout the Y for certified staff use. Staff members are trained in CPR and emergency procedures.



Membership and Guest Admittance Policy

The YMCA of Southwest Illinois seeks to help strengthen this community. Important to this effort is our ability to provide a safe and threat-free environment.

To that end, the YMCA of Southwest Illinois reserves the right to terminate the membership and/or refuse admittance to our facilities and programs to anyone who fails to conduct themselves in a manner that is in keeping with the standards, practices and commitments of the YMCA.

In addition, the YMCA of Southwest Illinois shall refuse admittance to our facilities and programs and/or terminate or deny the membership of anyone found to be listed on a "Sex Offender Registry".

Smoke Free

The YMCA of Southwest Illinois 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.

Lost & Found

See the Welcome Center or Pool staff for lost and found items. After 30 days, the Y will donate these items to local organizations in need.

The YMCA is not responsible or liable for articles that are damaged, lost or stolen. We strongly urge you to leave all valuables at home.

WAYS TO CONNECT

“DOING LIFE TOGETHER”

With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body. Contact the location nearest you to begin or enhance your journey toward healthy living!

PROGRAMS AND CLASSES

Our specialty classes and notorious youth programs typically run for seven weeks at a time. As a member, you receive special pricing for our fee-based classes and you have early registration privileges three weeks prior to the start of the class. Talk with the Welcome Center Team to find out when the next program registration dates are.

REGISTRATION IS EASY!

Come on in! Register at the Welcome Center during our hours of operation.

Give us a call! Have a charge card & your program guide handy!. (This option is not available the first day of member registration.)

**Coming this Fall-
Online Registration!!!**

Facilities and Programs

	Collinsville Maryville Troy (CMT)	Downtown Belleville	East Belleville	Monroe County	O'Fallon	Outdoor Center	Red Bud
Children's Center	x	x	x	x	x		
Climbing Wall		x			x	x	
Day Camp	x	x	x	x	x	x	x
Family Changing Area	x	x	x	x	x		
Family Nights	x	x	x	x	x		
Fitness Center	x	x	x	x	x		x
Group Exercise Classes	x	x	x	x	x		x
Gymnasium	x	x	x	x	x		
Indoor Swimming Pool	x	x	x	x	x		
Indoor/Outdoor Track	x	x	x	x	x		
Lake/Beach						x	
Lap/Open Swim	x	x	x	x	x		
Older Adult Programming	x	x	x	x	x		x
Party Rentals	x	x	x	x	x	x	x
Picnicking						x	
Racquetball Courts		x			x		
Sauna		x		x	x		
School Age Child Care	x						
Swim Lessons	x	x	x	x	x		
Team Challenge/ Ropes Course						x	
Teen/Tween Center				x	x		x
Water Aerobics	x	x	x	x	x		
Youth/Adult Sports	x	x	x	x	x		x

YMCA of Southwest Illinois Branch Locations:

Collinsville Maryville Troy (CMT) YMCA

1 Town Center Drive
Maryville, IL 62062
618.346.5600

Corporate Support Office

424 Lebanon Avenue
Belleville, IL 62220
618.233.9485

Downtown Belleville YMCA

Robert L. & Elsie A. Kern Center
200 South Illinois Street
Belleville, IL 62220
618.233.1243

East Belleville YMCA

2627 Carlyle Avenue
Belleville, IL 62221
618.236.9983

Monroe County YMCA

HTC Center
9514 Caring Way
Columbia, IL 62236
618.281.9622

O'Fallon YMCA

284 North Seven Hills Road
O'Fallon, IL 62269
618.628.7701

Outdoor/Lakeside Center

2437 Park Road
Belleville, IL 62220
618.233.1243
ask for the Program Office

Red Bud YMCA

130 South Oak Street
Red Bud, IL 62278
618.282.9622

