



## **New Member Packet**

2101 W. Perkins Ave  
Sandusky, OH 44870  
Phone: 419-621-9622  
Fax: 419-625-6166  
[www.ymca-sanduskyarea.org](http://www.ymca-sanduskyarea.org)

# WELCOME

Welcome to your Sandusky Area YMCA. As a new member of this YMCA, you are joining a movement that has been a vital part of Sandusky for over 50 years, and a world- wide movement for over 150 years. Your YMCA is **not** supported by any tax dollars, but instead must rely on memberships, program fees and donations from our members and benefactors.

The mission of your Sandusky Area YMCA is:

***“To put Christian principles into practice through programs that build a Healthy Spirit, Mind and Body for all.”***

To ensure that we attain our Mission, we instill the YMCA Character Development Program, which will emphasize the four core values of **Caring**, **Honesty**, **Respect** and **Responsibility** in our programs, business practices and lives. The YMCA offers an extensive variety of programs and opportunities to improve lives through program participation and volunteer service.

We mail a new brochure four times a year giving each member two free passes for friends to use (your first two passes are included with this letter). The brochure lists all current programming for children and adults. We currently run over 170 classes a week for children through seniors. We have fitness coaches available by appointment in the William J. Parker Fitness Center.

To make sure your experience is fun and exciting, we ask that you do bring your own **lock** to secure your items in one of our “day” lockers. We also ask that you bring your own **towel** and personal **toiletries**.

Thank you for joining us and we pray that you use our services to the fullest extent possible.

If you have any questions, please feel free to call us at 419-621-9622 and we will happily answer them for you.

Steve Snider  
Executive Director

**Sandusky Area YMCA Hours**

Monday—Thursday 5:00AM—9:00PM

Friday 5:00AM-8:00PM

Saturday 8:00AM—4:00PM

Sunday 1:00PM-5:00PM After Labor Day up to Memorial Day Week-  
end

Swimming Pools Closes 30 minutes prior to facility

**Holiday Schedule**

New Years Day 1/1—Closed

Easter Sunday—Closed

Sunday before Memorial Day—Closed

Memorial Day— Closed

Independence Day 7/4—Closed

Labor Day—Closed

Thanksgiving Day—Closed

Christmas Eve 12/24—Open-1PM

\*unless on a Sunday then YMCA Closed

Christmas Day 12/25—Closed

New Years Eve 12/31—Open-1PM

\*unless on a Sunday then YMCA Closed

**Annual Building Shut Down:**

The Sandusky Area YMCA conducts an annual building shut down to take care of the many projects that can not get done when we are open. Shut Down is the conducted the week before Labor Day.

**Pool Area Extended Shut Down:**

On occasion one or both pools maybe closed for two weeks These two weeks are generally the week before the annual building shut down and shut down week for major repairs or maintenance.

**Inclement Weather Policy**

The YMCA will base its decision on closing or cancellation of classes on the recommendation of the Erie County EMA advisement and weather level classifications.

**Class Cancellations:** If the Sandusky City Schools are closed, the YMCA will cancel all morning classes including any that start at NOON. The renting individuals will make decisions on rentals and the coach will make the decision regarding high school swim team practice. By 2:00PM that same day, a decision will be made on the evening classes. Clear-Channel 102.7 will be notified (625-1010) regarding cancelled classes.



YMCA

We build strong kids,  
strong families, strong communities.

## **Code of Conduct**

In keeping with the Sandusky Area YMCA mission of providing programs that will help you grow spiritually, mentally, and physically, the Sandusky Area YMCA has established a code of conduct. In order to provide a positive atmosphere at the Sandusky Area YMCA it is essential that all participants:

- Show respect for other participants and staff
- Avoid altercations and fighting
- Avoid the use of abusive or offensive language
- Abide by the posed regulations in activity areas

Violations of the Code of Conduct may be grounds for suspension of membership privileges. Repeated or flagrant violations will be grounds for permanent revocation of membership privileges. Terminated memberships will not be refunded.

### **Benefits of Your YMCA Membership:**

- Discounted Programming Fees
- Early Registration Dates for Programming
- Eligibility for the AWAY Program at other YMCA's
- Free Aerobics Classes both Land and Water (some restrictions may apply)
- Free Racquetball
- Two (2) Free Guest Passes Every Three (3) Months
- Meeting new people and building friendships that last a lifetime.

**Suggestion Box:** The suggestion box is located on the pillar across from the vending machines in the lobby. Suggestions slips are located above the suggestion box. You may write your questions, comments, concerns, and suggestions on the slip and place it in the box. The executive director will empty the box and respond to items addressed on the slips. The responses will be posted along with the suggestion slip on the Communication Station.

**Communication Station:** In an ongoing effort to effectively communicate with members, keep fees low, and save the environment; the Sandusky Area YMCA has started to actively use our new Communication Station. The Communication Station is where information will be posted and made available to member. It is located in the lobby near the Welcome Center. Items available at the Communication Station include but not limited to:

- Suggestion Box Responses
- Gym, Pool, Childcare, and Aerobic Schedules
- Extra Program Books
- Individual Program Information Sheets
- Notifications about almost anything YMCA Related

### **Your YMCA Administrative Staff**

Executive Director: Steve Snider ext. 17

Business & Membership Director: Janet Dahlgren ext. 21

Sports Director/ Rental Coordinator: Dwayne Henson ext. 22

Childcare Director: Brooke Jones ext. 23

Aquatics Director: Erica Hoelzer ext. 15

Property Manager: Bill Higgins ext. 25

Health and Fitness Director: Kathleen Schoder ext. 20

Gymnastics Coordinator: Barb Rose ext. 24

# **POLICIES & GUIDELINES**

## Membership Card and Program Passes:

1. The membership card and potential member program passes are proof of membership and program participation in the YMCA and shall be presented to enter into the YMCA facility.
2. There will be a \$5.00 replacement fee for lost membership cards and potential member program passes.

## Unsupervised Youth Policy:

- Children Ten (10) and under must be supervised at all times while in the facility by an adult (21 years of age or older) or be in a supervised program. *(If children are swimming, the adult has the option to observe at the pool observation deck located by the vending machines.)*
- Children (11) and (12) must have an adult (21 years of age or older) in the facility or be in a supervised program.
- Children 13 and older may use our facility without adult supervision
- **YOUTH AGES 17 AND UNDER MUST BE ACCOMPANIED BY AN ADULT (21 YEARS AND OLDER) AFTER 8:30PM.**

Cancellation of Classes: To ensure a quality experience for all participants, the YMCA may combine or cancel a class or program due to low enrollment. Most programs require a minimum of three participants. A class credit or refund will be issued if the YMCA cancels a class (see class refunds).

Class participants must contact the YMCA as soon as they decide to cancel for whatever reason. 100% credit will be given only if individuals cancel prior to the first class. A 50% credit will be available if cancellation occurs after the first class. No refund or credit will be available after two classes have been attended. The only exceptions are documented medical limitations or if the remainder of class is cancelled by the YMCA.

Corporate Memberships: The Sandusky Area YMCA is proud to work with the companies who invest in the good health of their employees. The YMCA requires only 10 or more employees from one company to qualify for our corporate membership rate.

Membership Refunds: Membership dues are non-refundable and non transferable.

Class Make-ups: A make-up class will only occur when the instructor is unable to attend or for weather cancellations. If a

make-up cannot be scheduled, or you are unable to attend the scheduled make-up, then a YMCA class credit will be issued for the class missed.

Guest Passes: Current YMCA members will be issued 2 guest passes per season totaling 8 per year. You may find your guest passes on the back cover of each program booklet.

Non-Member Day Passes: Day passes will be sold for non-YMCA members at a rate of

- \$5.00 per day for youth (NOTE: no day passes will be sold to youth under 13 unless accompanied by an adult 21 years or older)
- \$7.00 per day for young adult (ages 16-23)
- \$9.00 per day for adult
- \$15.00 per day for family
- \$8.00 per day for Seniors.
- \$2.00 per day for military with current Military ID

*Note: Ask your Welcome Center Attendant about how to purchase a low cost memberships. If you frequent the YMCA—a membership is far more economical. We will be happy to assist you.*

This pass is for the use of YMCA facility including the gymnasium and swimming pools. The weight rooms, fitness center and racquetball courts may only be used by those pass holders 16 years old and older. Please see the enclosed schedules for open gym and open swim times. **The YMCA reserves the right to limit or stop sales of day passes during peak seasons.**

Locker Room Policies: Full lockers may be used for daily use ONLY. The YMCA reserves the right to remove unauthorized locks from lockers left overnight. Items must be redeemed in 30 days. Members need to bring their own locks to secure personal items. The Sandusky Area YMCA is not responsible for lost or stolen items. ***Ages 16 and older only are permitted to use the upstairs adult locker rooms. Parents with children ages 4 and older of the opposite gender are required to use the family locker room at the end of the pool.***

Family/Special Needs Locker Rooms: Located off the Frohman Pool Deck near the shallow end. These locker rooms are handicap accessible. Also, any parent bringing a child over 4 years of age of the opposite gender needs to use these locker rooms.

Kit Lockers: May be rented on a yearly basis. Annual rent is due September 1st of each year. Locker rentals purchased mid-year will be pro-rated. Cost: \$15 per year for small lockers, and \$30 per year for large lockers (located in the downstairs locker room only). Contents on non-renewals must be redeemed in 90 days.

**Racquetball Courts:** Two racquetball courts are available for use by individuals age 16 and older at no additional fee. The courts may be reserved up to one week in advance at the welcome center for 1 hour increments. Children under 16 must be accompanied by an adult (21 years old and older).

**Refreshments:** Food and drinks may be consumed **ONLY** in the main lobby. Water is permitted in the fitness areas. **NO FOOD OR DRINKS ARE PERMITTED PAST THE SECURITY DOORS AT THE WELCOME CENTER.**

**Away Program:** This association participates in the AWAY program and honors visiting members as an AWAY member for up to 10 visits per year. Check the YMCA's website at www.ymca.net for other participating YMCA's when traveling.

**Fitness Center / Weight Room Policy:** Fitness facilities are available to individuals ages 16 years and older. (Fitness facilities include cardiovascular center, free weight room and nautilus center). Appropriate workout clothing and shoes must be worn at all times. (Appropriate clothing includes shirt and shoes or sweat pants). Absolutely no horseplay will be tolerated. Courtesy to other members and guests is expected. You must wipe down the pieces of equipment you used as you move from one machine to another.

**Fitness Center Under 16 Exemptions:** Youths under the age of 16 that decide they would like to use the Fitness Center and Weight Room must attend an equipment orientation. These orientations need to be scheduled through Dwayne Henson. Upon successful completion of the equipment orientation the youth will receive a wristband/badge that **MUST** be worn when in the Fitness Center and Weight Room. A parent or guardian 21 years of age or older must be in the Fitness Center or Weight Room with them at all times.

**Equipment Orientation:** YMCA Fitness Coaches are available in the Cardiovascular / Nautilus Center for your assistance during the following times: **Monday through Friday 9:00AM-1:00PM, Monday through Thursday 5:30-9:00PM & Friday from 5:30-8:00PM.**

**SWIMMING POOLS / General Rules:**

- Swimmer must take a shower before entering pools.
- No Water Wings
- No Running.
- No Horseplay.
- No Pushing, Pulling, or Hitting Anyone.
- No Diving in Swallow Water.
- No Foul Language.
- When Entering the Pool from Deck when not using the stairs or ladders; Face Toward the Pool and Enter Straight into the pool. (No Flips or Backwards Dives).
- Equipment and Toys Must Be Used Properly. Item will be taken away if not used properly.
- No Hanging on Lane Markers or Safety Lines

-Proper Swimming Attire Required. (See Proper Swimming Attire).

-No Food, Drinks, or Gum. (Water Okay).

-Only YMCA Staff is permitted to open or enter the garage.

-Lifeguards cannot be responsible for personal items.

-Disrespectful behavior will not be tolerated; you will be asked to leave the pool, repeat violators may be banned from the pools or the YMCA.

-Parents / Guardians must be responsible for their children at all times.

**Springer-Senn Pool Specific Rules:**

-Patrons Must Swim Laps, unless otherwise specified by lifeguard or Aquatic Director.

-Starting blocks are off limits during open swim, except for backstroke starts.

**Frohman Pool Specific Rules:**

*-Pool is closed during classes, unless instructor of class permits otherwise (SEE POOL SCHEDULE FOR OPEN SWIM HOURS).*

-If swimmer chooses to wear a floatation aid, then that swimmer must pass a swim test **without** the floatation aid before going into the deep end.

**Proper Swimming Attire:**

-One and two piece bathing suits. (Thong bottoms not permitted)

-Swim Trunks, Speedos, and Jammers permitted.

-Clean T-shirts maybe worn in addition to swim wear.

-Swim wear may not be see-through.

-No cut off shorts, gym shorts, boxers, or shorts with metal snaps or zippers.

-Violators will not be permitted to swim.

**Pool Area Age Requirements:**

-Children age 5 and under must have a parent or guardian in the water with them.

-Children ages 6-10 Must have a guardian on the pool deck or in the observation deck while in the pool area.

-Youths ages 11-12 Must have an adult in the building with them while in the pool area.

**Please Note:**

*Lifeguards reserve the right to limit which toys and/or the number of toys that can be used at a given time, to ensure the safety of all pool patrons.*

**Membership Revocation:** While the Sandusky Area YMCA is a non-profit organization, it is still a private entity. Membership is a privilege - not a right. Any person behaving in a manner that is not consistent with our values and mission may have their membership revoked. All matters will be handled through the Executive Director.

**Babysitting Service—Ages infant & up (04212)**

The YMCA provides babysitting services for children while their parents are using the YMCA facilities: This services is available **Monday through Friday from 9:00AM—2:00PM, Monday through Thursday from 3:30PM—7:00PM.** The parent / guardian must remain in the YMCA building. All children using the service must be pre-registered and registration forms must be kept current.

**Cost per child: \$2.00 per hour**

**Cost per additional child: \$1.00 per hour**

**(There is a limit of 2 hours per child, per day.)**

*Pre-paid cards may be purchased at the Welcome Center. Again, the parent / guardian MUST remain in the building.*

**Fitness Classes**

Fitness classes are FREE for YMCA Members. Community fees are \$5 per class and must be purchased prior to attending exercise classes. Punch cards may be purchased in value of \$5 to \$100. Purchase a full card for \$100 & receive one class FREE.

**YMCA Certified Personal Trainers:** ACE Certified Personal Trainers will work with you to establish personalized fitness goals, develop and supervise an individual exercise program and motivate you to a healthier tomorrow! **REGISTER AND PAY** for personal training at the Welcome Center. Available to YMCA members only.

## HELP WANTED—YOUTH SPORTS VOLUNTEERS!

Attention Parents...we need your help! The Sandusky Area YMCA is a Christian-based service organization that relies heavily on our volunteer support. We are recruiting volunteer coaches for Flag Football, Basketball and T-ball Leagues. The YMCA Sports staff will be there to assist you with coaching drills, suggestions and questions. YMCA sports leagues are structured around the philosophy of "EVERYONE PLAYS / EVERYONE WINS". No one plays the bench. There is an emphasis on learning, working as a team, playing and having fun rather than the score of the game.

Coaching your child's team is a very rewarding experience. If you are interested in coaching one or more of the above, please contact the Youth Sports Director.



**What the YMCA Means to You....**

*The YMCA Mission of putting Christian principles into practice through programs that build healthy spirit, mind, and body for all. Together we have enriched the lives of thousands of families and individuals in our community.*

*As a YMCA member YOU are part of a worldwide movement, which is in over 120 countries dedicated to making this world a better place—one person at a time. Collectively, YMCA's are the largest not-for-profit community service organization in America. YMCA's are at the heart of community life in over 2,800 neighborhoods and towns across our great nation. Y's are for people of all faiths, races, abilities, ages and incomes. No one is turned away for inability to pay. We believe that the YMCA's strength is in the people they bring together.*

Don't forget to visit our website!

[www.ymca-sanduskyarea.org](http://www.ymca-sanduskyarea.org)

Or

Friend us on Facebook!

We are doing everything possible to  
keep these up to date.

We will also be using these tools to send  
out information.