

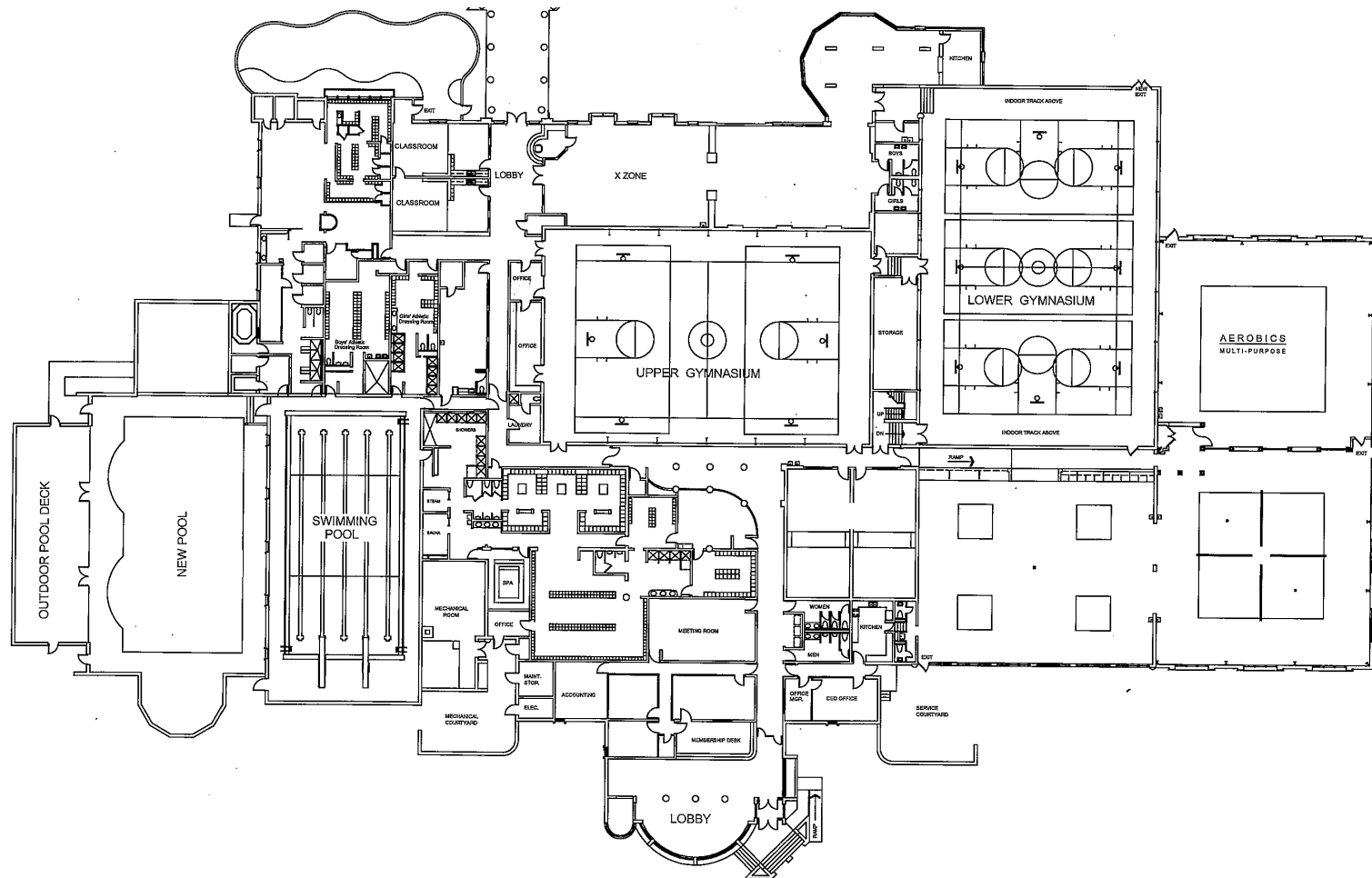
Sumter Family YMCA Age Guidelines

Children, ages 9 and under, must be accompanied by a parent or guardian over age 18 at all times while in the building unless checked into our Kidscape or Childwatch** program or participating in a supervised Y program. Upon request, youth ages 10 and up who are active members on a family membership are entitled to receive their own Y membership card but must abide by the age allowances listed below.

Area of Facility	0 - 5 years	6 - 9 years	10 - 11 years	12 - 14 years	15 - 17 years	18 & up
Fitness / Weight Rooms	Red	Red	Red	Yellow *	Green	Green
Indoor Track	Red	Red	Yellow	Green	Green	Green
Gymnasiums	Yellow	Yellow	Green	Green	Green	Green
Racquetball	Red	Yellow	Yellow	Green	Green	Green
Pools	Yellow	Yellow	Green	Green	Green	Green
Health Service Centers	Red	Red	Red	Red	Red	Green
Locker Rooms	Yellow	Yellow	Green	Green	Green	Green
Group Exercise	Red	Red **	Yellow **	Yellow ***	Green	Green
Cycle	Red	Red	Red	Yellow **	Green	Green

 **Age Appropriate**  **Age Appropriate with Parent**  **No Access Allowed**

- * Allowance conditional upon successful completion of Family Fitness 101 Course
- ** Kidscape Childwatch is available for ages 6 weeks – 12 years old.
- *** Access allowed during Teen/Youth classes. Please check current schedule.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WELCOME TO THE SUMTER FAMILY YMCA

The Y is a nonprofit like no other. We are a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our neighbors in our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Your YMCA Leadership Staff

- | | |
|-------------------|----------------------------------|
| John Hoffman | Chief Executive Officer |
| Missy Corrigan | Executive of Community Health |
| Denise Lewis | Human Resources Specialist |
| Beth Kinney | Finance Director |
| Derek Burress | Community Outreach Director |
| Emily Sorrell | Member Engagement Director |
| Patricia Anderson | Member Engagement Administrator |
| Cam Bankhead | Member Engagement Coordinator |
| Igor Iovanovich | Senior Program/Aquatics Director |
| Fannie Lockett | Director of Youth Development |
| Daria Owens | Childcare Coordinator |
| Joe Wilson | Maintenance Director |
| Cathy Mason | Wellness Director |
| Sarah Knowlton | Fitness Director |
| Seth Waggoner | Athletic Director |

Not Sure Where to Go... ?

For your convenience, a map of the YMCA is on the back page. If you have not been given a tour, come by the Member Service Desk. We will be glad to give you one!!

Don't forget...

Please remember to bring a lock to secure your items in lockers. The YMCA is not responsible for loss of unsecured property.

FACILITY HOURS OF OPERATION

- | | |
|-------------------|-----------------|
| Monday - Thursday | 4:00 a - 9:00 p |
| Friday | 4:00 a - 8:00 p |
| Saturday | 6:30 a - 5:00 p |
| Sunday | 1:00 p - 5:00 p |
- Pool hours differ from hours of operations. Request a schedule for more detail.



KIDSCAPE HOURS

Ages 6 weeks - 12 years

- | | |
|-----------------|------------------|
| Monday - Friday | 8:00 a - 1:30 p |
| Monday - Friday | 4:00 p - 7:30 p |
| Saturday | 8:00 a - 12:00 p |

Holiday Hours

Closed: New Years Day, Easter, Independence Day, Thanksgiving, Christmas
Close at 2pm: Memorial Day, Labor Day, Christmas Eve and New Year's Eve

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org  

Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Membership Policy

The YMCA reserves the right to terminate membership because of misconduct, inappropriate actions or failure to abide by rules and policies. Refunds for membership or programs will not be issued in cases of dismissal or termination. The YMCA of Sumter will not knowingly accept or maintain a membership, allow participation in program, permit volunteerism or guest visits, or allow attendance at any Y activity at any affiliated site of the YMCA of Sumter for anyone who is on the national sex offender's registry.

Membership Guidelines

- All members are required to bring their membership cards each visit.
- Only **you** may use **your** membership card.
- Replace and report lost/stolen cards immediately.
- Membership cards can be replaced for a fee of \$5.
- Balances more than 5 days past due will be assessed a \$10.00 late fee.
- Payments returned will be assessed a \$25.00 returned payment fee.



A space has been provided for breastfeeding mothers in our women's health service locker room. Only the mother and child she is feeding are permitted to use this space. Staff are available for assistance in accessing this space.

Code of Conduct

- Respect your YMCA facilities, programs, staff and fellow members
- Profane language, harassment and violence are strictly prohibited
- Abide by rules, policies and guidelines posted in each area of the facility
- Dress appropriate to the activity in which you are participating
- Tobacco, alcohol, illegal substances or weapons, including concealed weapons are not allowed on YMCA property or during YMCA programs
- Children ages 9 and under may not be left unsupervised at the facility. They must be signed into Kidscape unless they are actively involved in a YMCA program and a parent must be on the premises.
- Registered sex offenders are not eligible for membership or program participation and are not allowed on Y property or within premises of Y activities.
- Respect the privacy of others by only taking photos/videos of your family members or consenting adults. Cameras are prohibited in locker rooms.

Any violation of the above referenced acts will be subject to sanctions including, but not limited to:

- Removal from the YMCA facility
- Suspension of up to one year from the facility
- Suspension of up to one year from participating or attending in any and all YMCA sponsored programs and functions
- Termination of membership privileges or employment with the YMCA

Guest Policy

Adult members (18+) may bring one guest per visit. Guests over 16 must present a photo I.D. and sign in each visit at the front desk.

- Guests that are local (within 45 mile radius) are welcome 3 per calendar year. The fee for local guests are:
1st visit- free 2nd visit- \$10 3rd visit- \$10
- Guests that are visiting from **out-of-town** (45 miles or more away) may visit for up to two weeks or a total of 14 days per year for \$10 per visit. The guest must visit with the member. See the Membership Director with inquiries.

Nationwide Membership

We proudly participate in the Y-USA nationwide membership program. Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities. Ask a membership associate for additional information.



Programs

- For programs and activities requiring an enrollment fee to be paid at the time of registration, the fee is to be paid in its entirety. Program fees more than 5 days past due will be assessed a \$10.00 late fee.
- Reoccurring programs in consecutive week sessions require a \$25 enrollment fee to cover costs of payment tracking and collections. All registration and enrollment fees are non-refundable.
- The YMCA reserves the right to cancel classes or programs at any time due to scheduling conflicts or insufficient enrollment.
- Program fees are non-refundable unless the YMCA cancels a class or program, then a refund or credit will be issued.
- Multiple children of the same family enrolled in the same session of the same program are entitled to a \$5 multi-child discount. The first child will be charged the full rate and each additional child receives the discount.
- Financial assistance is available; see membership associate for more information.
- Only one discount per program registration applies. (i.e. if receiving a scholarship discount, a \$5 multi child discount will not apply).



Aquatics

Pool rules and regulations are posted in the pool areas.

- Swim diapers **MUST** be worn with a regular suit by toddlers who are not yet potty trained.
- All patrons must wear attire specifically marketed for swimming. Shorts, sports bras, t-shirts and other cotton apparel may not be worn in place of a swim suit.
- Please respect others and wear swim suits that are appropriate for a family environment. Any t-shirts worn over a swim suit are to be in synthetic material (no cotton) and preferred to be light in color.

Fitness Center and Weight Room

- Open to all members ages 15 and older. Members between ages 12-14 may use the weight room if they have completed the Family Fitness 101 Class and with adult supervision. Kids under age 12 are not allowed in the weight room at any time.
- Any personal training or instruction must be done so with a YMCA employee.
- Proper attire is required. Follow posted rules.
- Please observe a 30 minute time limit on cardio equipment when others are waiting.
- Proper decorum and conduct is expected at all times.
- Medical clearance may be required.



For Health Living

The world of health and well-being may be new to you or you may be returning to making efforts towards a healthier lifestyle. We have designed several programs to help you set and reach your health and wellness goals. The following programs are available for your benefit and included in your membership.

Nutrition Consultations

ActiveTrax Nutrition

ActiveTrax Fitness Program

In addition to our state of the art fitness center, we also offer a multitude of group exercise classes, both on land and in the water, designed to meet a variety of needs. These classes are all included in your membership and a copy has been included in this welcome packet.

Let's not forget about youth! Family Fitness 101 class designed for youth ages 12-14. This class allows children to become familiar with the workout equipment and allows them to work out under parent/guardian supervision.

The fitness staff here at your Sumter Family YMCA is committed to help you achieve all of your goals physically, mentally and spiritually. Please see any of our fitness staff or front desk staff for more information regarding these programs.

If there is anything that we can do to make your experience better, please let us know.