



CENTRAL BUCKS FAMILY YMCA
MEMBERSHIP
HANDBOOK

WELCOME

Thank you for joining Central Bucks Family YMCA and welcome to your new Y family. We are a diverse group of community members joined together by a shared commitment to nurture the potential of kids, promote healthy living, and support our neighbors. As a new member, I hope you feel connected to this cause-driven community of people as you get more involved at the Y.

We believe everyone deserves the Y, so we make accessible the support and opportunities that empower people of all ages and backgrounds to reach their personal potential and live life to the fullest. To fully realize our mission and cause, we ensure that everyone feels welcome as participants, members, staff and volunteers. So, I want to assure you of the Y's commitment to provide membership and services regardless of one's ability to pay. The Y's assistance program is supported through meaningful and generous gifts from our members and community and has a positive impact on the lives of hundreds of individuals every year.

The Y has listened and responded to this community's needs for almost 50 years, and we are committed to keep doing so. Based on the feedback of our members and community, the Y will design and deliver new programs and services that address critical issues in the areas of youth development, healthy living, and social responsibility.

We know of the lasting personal and social change that the Y makes possible – we see it every day. I hope you realize your full potential as a member of the Y, and in turn, you may be inspired to join the staff, Board of Directors, and hundreds of volunteers at the Y to help advance our cause.

Thank you for your membership and participation at Central Bucks Family YMCA. If you have any questions or suggestions, please let us know. There are suggestion forms at the Welcome Center, you may respond on our website, www.cbfymca.org or you may reach me directly at 215-348-8131, x 1133 or zmoore@cbfymca.org.



A handwritten signature in black ink, appearing to read 'Zane Moore'.

Zane Moore
President/CEO

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Our Mission

Central Bucks Family YMCA is a charitable, nonprofit organization whose purpose is to improve the quality of community life. The Y strengthens the spirit, mind and body of all people. We build character by promoting the values of caring, respect, honesty and responsibility.

Character Development

At the Y, we value the following attributes of personal character and ethical behavior and believe they are essential to fulfilling our mission:

Caring

To be sensitive, understanding and responsible for the well-being of self and others.

Honesty

To be truthful, trustworthy, sincere and fair in word and action.

Respect

To value the worth of person and property; treating others as you would have them treat you.

Responsibility

To recognize, accept and fulfill the obligation to contribute to a better society.

The Y stands for Youth Development, Healthy Living and Social Responsibility.

Hours of Operation

Monday through Friday: 5:30AM to 10:30PM
Saturday: 5:30AM to 6:00PM
Sunday: 8:00AM to 6:00PM

CLOSED

Easter Sunday
Memorial Day
Independence Day
Thanksgiving Day
Christmas Day

EARLY CLOSINGS @ 2PM

Christmas Eve
New Year's Eve

PARTIAL HOURS

New Year's Day: 10AM-2PM
Labor Day: 8AM-12PM

Security and Safety

Planned Closings

The Y makes every effort to remain open. However, the Y may close due to inclement weather for the safety of our members and staff and on a minimum number of holidays for staff to be able to spend time with their families. Some additional closings may occur to allow for special event preparation.

From time to time, for the safety of our members, we may be required to close some or all of the facilities for special maintenance or cleaning issues. Typically, most major issues are managed during our annual improvement week(s) in late August after summer session ends, impacting the fewest number of members. We apologize for the inconvenience, but we try to make alternate arrangements so that members have other options for programs/activities. We will attempt to get permission from neighboring Y's to allow members to continue facility usage during that time. Because fellow Y's also close down at the same time, please check the Welcome Center for a list of available facilities.

Emergency Closings

The Y will do everything possible to keep the facility open. In the event of severe weather, please call the Y at 215-348-8131 for a recorded message that will be updated with new information as it becomes available. You may also find an announcement on our website at www.cbrymca.org. Check back often for current updates. If we have your e-mail address on file, any updates regarding building closures, schedule changes, and/or safety issues will be e-mailed to you. We will also continue to broadcast facility updates via social media such as Facebook and Twitter.

Photographs/Videos

The Central Bucks Family YMCA allows members, program participants, and guests to take photographs and video recordings inside and outside of the facility. Photographs are permitted during classes and events except where the instructor, or a Y staff member, determines that it is disruptive, unsafe, and/or not in the best interest of the participants.

No photographs or videos are permitted in the locker rooms at any time.

Cell Phone Usage

The Central Bucks Family YMCA permits talking on cell phones or PDAs in the lobby, hallways and locker rooms. We ask that you use discretion when talking and keep your voice low as not to disrupt fellow members. Talking on cell phones or PDAs is not permitted during classes, in the Fitness Center, or in the pool area.

Texting on cell phones or PDAs is permitted throughout the facility except where the instructor or Y staff member determines that it is disruptive, unsafe, and/or not in the best interest of the participants.

Surveillance

The Central Bucks Family YMCA utilizes a video surveillance system. Cameras are located in parts of the facility and the parking lot. The surveillance system is used to help management determine how to better serve members, monitor high traffic areas and deter unauthorized access and crime.

Locker Rooms

Lockers are available for use on a daily basis. For your safety, we recommend leaving all valuables at home. A locking padlock that you provide (you may also purchase a lock at the Y) should be used and removed at the end of each visit. Permanent or overnight use of a locker is not available due to the limited number of lockers. Locks left at the end of the day will be cut, removed and locker contents put in the Lost and Found.

Upon leaving the shower area, please dry off thoroughly before entering the locker room area, as floors may become extremely slippery.

- Items such as shampoo, conditioner, etc. must be in non-breakable containers
- Showers are strongly recommended before entering the pool area
- With the recent addition of Youth Locker Rooms:
 - Children or parents with children up to and including age 14 are asked to use the Youth Locker Rooms.
 - Adults 15 and older are permitted in the Men's and Women's Locker Rooms.
 - Children 0-5 are allowed in the Youth Locker Room of the parent of the opposite sex for changing purposes
 - Those requiring caregiver assistance or families with children of the opposite sex over the age of 5 are asked to use the Special Needs/Family Locker Room.
 - Only bathing suits may be spun dry in the Suit-Mate
- Food or beverages are not permitted in the locker rooms.
- The use of baby oil is prohibited.
- Please place a towel down when using powder. Towels should also be placed on the benches while changing.

Additional space for coats and small items is located in the Fitness Center cubbies, Fitness Center Lobby coat rack, and coat rack outside Studios C/D. All items left in these areas are the responsibility of the individual.

Membership

Memberships

The Y offers full facility usage memberships to those 12 and older. This includes full privileges and use of the entire facility (pools, Fitness Center, gymnasium, and Skate Park), plus free fitness and aquaerobics classes; programs at a reduced rate from the potential member price; and age appropriate use of Locker Rooms, Sauna, Whirlpool, and Teen Center.

Family Membership: Includes 2 adults, both 18 years of age and older, and their financial dependents, living within the same household.

Youth Membership: Includes youth 11 years of age and younger; includes Skate Park access.

7th Grade Membership: Free to all 7th graders within our community September 1 through August 31.

Teen Membership: Includes teens 12-17 years of age; complete with Skate Park and Teen Center access.

Special Needs Membership: Designed for individuals with special needs of any age, who require an adult support person with them at all times to access and utilize the Y safely and successfully. A guided discussion is required prior to registration. To schedule, please contact Brooke Johnston, Associate Director of Special Needs: 215-348-8131 x1141.

Young Adult Membership: Includes young adults 18-23 years of age.

Adult Membership: Includes adults 24-64 years of age.

Adult Couple Membership: Includes 2 adults, both 18 years of age and older, living within the same household.

Active Older Adult Membership: Includes active older adults, 65 years of age and older.

Active Older Adult Couple Membership: Includes 2 active older adults, both 65 years of age and older, living within the same household.

Joining Fee

All new members are required to pay a joining fee, which is nonrefundable. Joining fees are used toward the upkeep and maintenance of the Y building and equipment; and is a one-time fee unless membership lapses more than 30 days. Current members and those changing their membership types are not affected.

Membership or Program Cards

For the safety and security of those in our facility, members will receive an ID card at the time of registration or within a few days. Membership cards are not transferable, and therefore the card may not be used by anyone except you. Members are required to bring their membership cards to gain access through our computerized check-in system.

For lost cards: Initial replacement is provided free of charge. After that, a card can be purchased for \$5.00.

Payment Information

Membership Payment

Memberships are non-transferable and non-refundable. There are currently two ways to pay for membership:

1. In full, annually
2. Electronic draft, monthly

Paid-in-full memberships are non-refundable after 30 days; therefore we highly recommend all members elect the draft option. It is possible to change or upgrade your membership at anytime.

Annual - Annual memberships are good for one year and are renewable. Annually paid dues will not be increased during the 12 month term. Renewals are subject to current rates. Annual payments can be made by check, cash, money order, Visa, MasterCard or American Express.

Electronic Draft – (Bank or Credit Card) Electronic Drafts are automatically deducted from your account each month and are continuous. If an increase is announced, the Y will provide 4 weeks advance notice, but all drafts will increase in the month the increase goes into effect. If a check or a draft is not honored by the member's bank for any reason, there is a \$30 returned draft fee. The Y may choose to terminate membership after two bounced drafts, but that does not relieve you of your financial obligation.

Cancellations Policy – Cancellation of membership must occur in person at our Welcome Center. Electronic draft payments are continuous until a written request is given for termination. Members must provide 5 days written notice prior to the next draft, enclosing the membership card(s).

Credits & Refunds

Please choose classes carefully. Refunds or credits for all programs, including Youth Leagues, will only be considered with a doctor's note (submitted to the appropriate Y Director) or if the class is cancelled by the Y. Classes cannot be made up or credit given due to participant's failure to attend for any reasons other than medical. Refunds may be subject to a \$10.00 processing fee deducted from the refund. Approved credits will be kept on file in the computer and will automatically expire after six months. See the Credit/Refund form for additional details. In rare cases of Acts of God, no credit or refund will be given.

Membership Information

Freeze Policy

Membership Freeze is available to all members and allows members to pay a monthly maintenance fee in lieu of their standard dues. A member can freeze their account every 12 months for up to 4 consecutive or non-consecutive months. When you place your membership on freeze, you may not use this or any other Y facility. The duration of the freeze (up to 4 months) is at the discretion of the member but must be taken in 30-day increments. Monthly maintenance fees are as follows:

- \$10 for all single unit adult memberships
- \$12 for all couple unit adult memberships
- \$15 for family memberships
- \$5 for youth and teen memberships
- \$0 for medical freeze, doctor's note required noting date range of absence

To place an account on freeze, members must complete and sign a freeze form at the Welcome Center or via our website (www.cbfymca.org). See a Welcome Center representative for details. Other restrictions may apply.

Insurance Reimbursement

Some insurance providers offer a reimbursement program for Y membership and regular exercise programs. Be sure to check with your provider to determine their policy.

By checking in at the Welcome Center and showing a membership card each visit, our staff is able to provide you with visit verification.

AWAY Policy

AWAY is a national Y program, which stands for "Always Welcome at Y's." As the name indicates, it is a member service program which allows members to visit and use other Y's. By participating in this program, the Central Bucks Family YMCA agrees to accept other Y's members into our facility. These visiting members will have full access to our facility, just as if they were one of our Central Bucks Family YMCA members.

Guidelines for the AWAY program:

1. The visiting member must show a current Y membership card.
2. The visiting member will receive the same privileges as our members.
3. The visiting member who lives within a 50-mile radius of Central Bucks Family YMCA will pay 1/2 of the appropriate guest fee for the first 6 visits within a calendar year; then the full guest fee will apply.
4. No guest fee will be charged for visiting members outside a 50-mile radius to Central Bucks Family YMCA for the first 6 visits. Subsequent visits will be charged 1/2 of the regular guest fee.

Photo Identification Policy

The Central Bucks Family YMCA requires members to be photographed for security purposes. These photos are stored in the Y's database and are displayed on the computer monitor each time the member accesses the facility. Our database is internally password protected.

For safety and security, we are required to know who is in our facility at all times and to verify actual members with photo identification. Any member who is interested in additional information regarding our Photo ID policy or the security of data should contact the Membership Director.

Member Code of Conduct

The Central Bucks Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote the safety and comfort for all, individuals are asked to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the Y to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines prohibited action, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

Examples of Prohibited Actions

- Using or possessing alcohol or unlawful controlled substances on Y property, in Y vehicles, or at Y sponsored programs. Being visibly intoxicated while on the Y premises
- Smoking on Y property – the Y and its property is a smoke-free environment
- 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 angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- As the YMCA is a family organization, please use discretion when choosing attire. Sports bras or tops revealing midriffs must be covered by a t-shirt or tank top. Please refrain from wearing inappropriate, immodest, or revealing attire
- Theft or behavior that results in the destruction or loss of property
- Inappropriately using cameras and cell phones with cameras while on the Y premises
- Loitering within or on the Y grounds

Y members are expected to unconditionally follow the rules of the facility.

In addition, the Y 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 relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages. The Y reserves the right to terminate Membership for any lawful reason.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a Manager on duty.

Y staff members are eager to be of assistance. Members and guests should feel free to notify a staff member if assistance is needed.

In order to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Y will investigate all reported incidents. Suspension or termination of Y membership privileges may result from a determination by the Y that a violation of the Y Member Code of Conduct has occurred.

General Information

The Y's buildings and property are non-smoking. Refreshments should be limited to the lobby and vending area. Proper attire should be worn in the lobby, including shirt and shoes. Shoes must be worn outside of the locker rooms, pools, sauna, and yoga classes.

Lost and Found is located at the Welcome Center. Anything not claimed will be taken to the Donation Box at the far end of the property. Items are donated when the Lost and Found is full. Please claim your items promptly.

Guests

Members may bring guests to the Y and pay the appropriate guest fee (a maximum of 3 people per visit, per member, and the member must be present when the guests are in the facility.) A special 6-visit guest pass is available for \$60 (limited to 2 per year) for guests of members who are visiting for an extended period of time. Please contact the Welcome Center staff for further information. Guest passes must be filled out legibly and fully.

- Guests pay for full use of the facility for an entire day.
- Adult guests ages 15 and older must sign the guest waiver, and pay the appropriate guest fee to gain access to the facility.
- Guests ages 14 years and under are restricted to the Pool and Gymnasium.
- All guests must adhere to our aquatic safety guidelines; see page 11.

Guest Fees with Member

Youth guest (ages 0-14): \$7

Adult guest (ages 15 and up): \$15

Family guest: \$25

Guest Fees without Member

Youth guest (ages 0-14): \$10

Adult guest (ages 15 and up): \$18

Family guest: \$28

SEFA

Under the Central Bucks Family YMCA's Safe Environment for All (SEFA) policy all employees are trained and certified in CPR/AED, First Aid, Oxygen, Blood Borne Pathogens, Child Abuse Prevention, and Employee Orientation before they begin working at our Y. A criminal background clearance and child abuse clearance are processed for each employee working at Central Bucks Family YMCA.

Child Watch

While participating in a program or working out, the Y offers babysitting service for children starting at 3 months. Members receive 2 free hours per child daily; all non-members and guests pay a nominal fee. For the safety of our children, and in adherence to insurance requirements, children cannot be left in program areas while parents work out or participate in programs. With the exception of Sitter Service*, parents may NOT leave the building while their child(ren) are in Child Watch. For safety purposes please have identification with you, or confirm that Child Watch has a current photo of you on file.

*Please see current brochure or website for information regarding Sitter Service, and all other services offered. Your cooperation is appreciated. Parent handbooks specific to Child Watch are also available within the Child Watch service area.

General Information (continued)

Program Registration

Brochures are available to all on our website; however members receive priority, early registration 1 week prior to open registration for potential members. For your convenience, program registration may be done in person or online. Early registration is recommended, as classes are limited in size. Program registration may be done online at www.cbfymca.org or mailed to: Central Bucks Family YMCA, 2500 Lower State Road, Doylestown, PA 18901, attention: membership.

Hours for Registration are:

Monday-Friday 8:30AM – 8:30PM; Saturday-Sunday 9:00AM - 5:00PM

Registration is not currently accepted over the phone.

Class minimums must be met or a program may be cancelled.

STARS/Special Needs Programs

To ensure the safety and success of all participants, new swimmers are required to contact the STARS Associate Director to schedule an evaluation for participants interested in group lessons. (Pre-requisites must be met in order to enter a specific learn-to-swim program.) A swim evaluation will be conducted to determine the appropriate class for the swimmer. Call Brooke Johnston, 215-348-8131, x 1141 to schedule.

Aquatics Program

To ensure the proper placement of a participant, Aquatics Report Cards are recommended to be presented upon registration for children's aquatics classes. New swimmers should contact Betsy McCormick for a swim evaluation at 215-348-8131, x 1120.

Parents' Day Program - Program Observation

To create an environment suitable for learning, parents are to remain outside of the program area while children are participating in programs. For your convenience, seating is available outside of the gymnasium and both studios. For aquatic programs, parents are to remain within the pool observation area. However, during the 7th and final week of swim lessons, parents are welcomed on the pool deck.

Age Policies

For the safety of your child we expect that a parent or responsible adult, age 18 or older, be present with a child age 11 and under while using the facility.

- If a child is age 8 and under and participating in a program, a parent or guardian must be present outside of the classroom or program area at all times.
- If a child is 9 to 11 years of age, a parent or guardian must be in the facility and accessible based on your child's needs.

For the Fitness Center

- For ages 12 and older.
- **Prior to using the fitness center, all youth ages 12 to 14 MUST successfully graduate from the Teen Strength & Fitness class.**
- Youth of Families, ages 10-11, may use the Fitness Center following successful completion of the Youth Strength and Fitness class. Youth MUST be accompanied by a parent or guardian for the first and last sessions. While children are using the fitness center, parents must be within 5 feet.
- Lanyards will be issued upon the successful completion of the Youth and Teen Orientation experience. Members ages 10-14 are expected to wear their lanyards while using the Fitness Center.

General Information: Age Policies (continued)

For the Traditional & Water Park Pools

- **Children wearing a flotation device must stay in shallow water, and within arm's reach of the adult; adult must also be in the water and not on pool deck.**
- Children under the age of 7 must have an adult in the water with them at all times.
- Children ages 7-9 must have an adult in the water with them unless they have passed the deep water test; then the adult must remain in the observation room.
- Children ages 9-11 may swim without an adult if they've passed the deep water test; after being signed in with the lifeguard, the adult must remain in the building.
- Children under the age of 12 must pass a deep water swim test to swim in the deep end.
- Swimmers ages 12 and older may also be required to take a swim test for safety purposes.

For Whirlpool/Sauna

- For ages 18 and older

For Gymnasium (Open Gym)

- For ages 12 and older, unless accompanied by an adult

For Skate Park

- Ages 8 and older are allowed with parent/legal guardian signed waiver.
- Beginner session for ages 6-12 on Saturdays, 10AM – 1PM (April-November)

Fitness Center

Fitness Center Etiquette

The following are the Fitness Center Usage Guidelines:

- Fitness Coaches are available to assist you with your exercise; an orientation to the Fitness Center is available by appointment.
- It is recommended that you check with your doctor prior to starting an exercise program.
- A fitness evaluation is highly recommended to support you in achieving your goals. A medical clearance may be required prior to starting an exercise program.
- As the YMCA is a family organization, please use discretion when choosing attire. Sports bras or tops revealing midriffs must be covered by a t-shirt or tank top. No open-toed shoes or jeans.
- Music or texting purposes is permitted through the use of a cell phone or PDA; however talking or picture taking is strictly prohibited. The YMCA staff member will determine any action that is unsafe and/or not in the best interest of membership.
- Report any injuries sustained in the Fitness Center or in a class to a Fitness Center Floor Coach immediately.
- Wipe down all equipment following use.
- Report any equipment malfunctions to a Fitness Center Floor Coach immediately so they may submit a repair work order.

Cardiovascular Equipment Usage Guidelines

- Sign up is required for most cardiovascular (CV) equipment. There is a 30 minute usage limit.
- Regarding advanced sign up on each machine, only one piece of equipment may be reserved. You must show up within 2 minutes of the reserved time on CV machines or your reservation is cancelled.
- Make sure that equipment is turned off and returned to its lowest control setting prior to leaving the machine.
- No food or drink permitted, except water or sport drinks in closed containers.
- Gym bags, handbags and other large items must be stored in a locker in the locker room or in the cubbies by the fitness center desk.
- Hang coats on the coat rack provided outside of the Fitness Center and Studios.
- Coats hung on the coat rack or items left in cubbies are done so at the owner's risk.

Free Weight Equipment Usage Guidelines

- A minimum age of 15 is required to access the Free Weight Area
- Re-rack all weights and return all other training aids to their original location or position after use.
- No dropping the weights. Lift only a weight that you can set down properly.
- Use a spotter when needed and always use safety clips. If a spotter is needed, please ask a Fitness Center Fitness Coach.
- No excessive grunting or yelling while using equipment or lifting weights.
- Do not drag or move machinery other than free weight benches.

If you feel faint, dizzy, or short of breath, discontinue the use of equipment and contact a Fitness Center Floor Coach immediately.

Please see Fitness Center and Group Fitness Guidelines booklet for more comprehensive guidelines.

Pools

Pool Schedule: Pool schedules change with each new session and on holidays. The current schedule is available on the website or can be picked up at the Welcome Center. **Please note: Both pools close 15 minutes prior to the building closing time.**

Pool Rules for Both Pools

For all members swimming safety and enjoyment:

- LIFEGUARD is in charge; please respect his/her authority
- Proper swimwear is required
- No running, dunking, pushing, throwing, roughness or carrying children on shoulders
- Soap shower before entering the pool is strongly recommended
- Street shoes are prohibited on pool deck
- Only bathers are permitted on pool deck
- We strongly recommend the use of bathing caps for shoulder length or longer hair
- Do not swim with open sores, abrasions or rashes; remove all band-aids prior to swimming
- No food or glass containers of any kind are allowed in the pool area
- Children/Adults must wear a swim diaper if necessary

Pools: Pool Rules for Both Pools (continued)

- Kickboards, barbells and other instructional items are not to be used during recreational swim unless approved by lifeguard
- Do not sit or hang on lane lines
- No playing on the exit steps, ladders or railings
- Baby strollers are prohibited on pool deck
- Diving in designated area only
- Use all play features appropriately
- Parents must remain in the observation room during lessons. However, during the 7th and final week of swim lessons, parents are welcomed on the pool deck.
- Enter and exit the pool through the locker rooms. The emergency exit doors located near the back lobby and water park pool observation areas are for emergency purposes and for authorized use only.
- For special circumstances, please contact the Aquatics Department to discuss your child's needs.

During Recreational Swim

- Enter and exit the pool through the locker rooms. The emergency exit doors located near the back lobby and water park pool observation areas are for emergency purposes and for authorized use only.
- **Children wearing a flotation device must stay in shallow water, and within arm's reach of the adult; adult must also be in the water and not on pool deck.**
- Children under the age of 7 must have an adult in the water with them at all times.
- Children ages 7-9 must have an adult in the water with them unless they have passed the deep water test; then the adult must remain in the observation room.
- Children ages 9-11 may swim without an adult if they've passed the deep water test; after being signed in with the lifeguard, the adult must remain in the building.
- Children under the age of 12 must pass a deep water swim test to swim in the deep end.
- Swimmers ages 12 and older may also be required to take a swim test for safety purposes.

Waterslide Guidelines

- All riders must be at least 48" tall
- Maximum rider weight is 300 pounds
- WARNING – water depth is 3 feet 6 inches
- Non-swimmers are not permitted
- All riders must ride feet first while lying on their back, with arms crossed across their chest. Do not go down the slide head first. Do not sit up while riding the slide
- Riders must enter the slide in a sitting position and wait for instructions from the lifeguard stationed at the slide starter tub
- Do not propel yourself into the ride
- Only one rider at a time. Absolutely no trains or chains of riders are permitted
- No running, standing, kneeling, rotating, tumbling, or stopping in the flume. Arms and hands must remain inside the flume at all times. Riders should remain in proper riding position until forward movement is terminated. At no time should the rider attempt to stand up while on the slide or prior to coming to a complete stop in the splash out area
- No tubes, mats, life jackets or flotation devices are permitted on the waterslide
- No combs or foreign objects are allowed in pockets and no jewelry can be worn while riding the slide. Only approved swimsuits with no exposed zippers, buckles, rivets or ornamentation are allowed
- The line should form on the deck with one rider on each landing and one rider in the starter tub. Wait until landing area is clear before entering

Pools: Waterslide Guidelines (continued)

- Riders must be in good health. Elderly persons, those suffering from heart disease, high blood pressure, epilepsy, or persons using prescription medication should consult their physician before using the slide. Individuals with medical conditions including, but not limited to, pregnancy, heart or back problems should not ride
- Do not use the slide under the influence of drugs or alcohol
- No diving from the slide
- Leave pool/plunge area promptly after entering
- The Y reserves the right to refuse access to the slide based upon inappropriate behavior
- Rider assumes all risk of injury due to misuse of this slide or failure to follow these rules.

WARNING – failure to follow these rules can result in serious injury

Whirlpool Guidelines

For your health, safety and enjoyment:

- No one under the age of 18 is permitted to use the whirlpool
- Showers are strongly recommended before entering the whirlpool
- No soaps, body lotions, oils, etc in whirlpool
- Anyone under a physician's care or with medical concerns should not enter whirlpool without first consulting their doctor
- Overexposure to hot water may cause nausea, dizziness, and fainting. Pregnant women, members with heart conditions, diabetes, high or low blood pressure or other health problems should not enter whirlpool
- Enter and exit whirlpool by using the stairs or lift
- Maximum use of whirlpool is 15 minutes
- Maximum occupancy is 10 individuals; please be respectful of others
- Anyone with medical concerns, open sores, abrasions or rashes should not use whirlpool
- Swimwear is required

The Y reserves the right to respectfully request a member to leave the pool area for inappropriate behavior.

Lap Swim Etiquette

- Lap Swimming is available for members of all ages.
- Select lane with others at similar speed:
 - Slow: For those who swim a lap (two lengths) slower than 1.5 minutes.
 - Medium: For those who swim a lap (two lengths) in 1.5 minutes.
 - Fast: For those who swim a lap (two lengths) in 1 minute.
- When fewer than 3 lanes are available, swimmer placement will be determined by the relative speeds of the swimmers present rather than the posted guidelines
- Circle swim counter-clockwise close to the lane lines and wall.
- Observe circle swim at all times.
- Rest when needed. Stand to the side of the lane so others can continue their swim without interruption.
- When joining the circle, do not start immediately in front of or behind other swimmers.
- If you adjust your speed, please change lanes accordingly.
- Allow faster swimmers to pass, or offer them the chance to go ahead at the wall.
- Keep your eyes open to prevent a collision.
- Do not dive in the shallow end of the pool.
- Swim complete laps to avoid possible confusion with others in your lane.
- Masks, fins, and snorkels are allowed, but please use discretion with overly large fins.
- Lifeguards are present to ensure safety and enjoyment. Please seek assistance if needed.
- The Lifeguard has the authority to place swimmers in appropriate lanes.
- If we work together, lap swimming will be a pleasant experience for all.

Sauna Rules

- **Maximum sauna use is 15 minutes**
- Breathing heated air increases pulse rate, increases body temperature, and changes blood pressure. Prolonged exposure to high temperatures may result in nausea, fainting or dizziness. If this occurs, leave the sauna immediately and dial "0" on the phone on the pool deck, or contact a lifeguard.
- You must be 18 or older to use the sauna.
- **No street shoes or boots permitted**, shower shoes or flip flops only.
- Please open and close the door quickly to maintain sauna temperature.
- Bathing suit, exercise clothing, or comparable attire is recommended
- Please shower after use of sauna to cool down
- Wait five minutes to cool down after exercising before using the sauna
- No exercising in sauna
- Persons with health conditions such as diabetes, high or low blood pressure, pregnancy, or heart disease, or taking any medication, should consult with a physician before using sauna
- To eliminate the risk of fire, please refrain from drying clothes, or reading newspapers or magazines in sauna
- No food or drinks in sauna
- No rubberized suits in sauna
- Do not use under the influence of alcohol or prescription medication
- Aquatics Staff and Membership Staff will be monitoring the sauna through out the day

Pool Closure during Inclement Weather

For the safety of our members, the pool will close for thunder and lightning and remain closed until 30 minutes after the last observed thunder or lightning strike. The Y reserves the right to close the pool at any given time due to circumstances beyond our control to protect the health and safety of members and guests.

Gym Safety & Rules

- Proper dress is required of members while in the gymnasium. Shirt and sneakers must be worn at all times.
- No food or drink is allowed inside the Y gymnasium.
- If a child 8 and under is participating in a program, a parent or guardian must be outside of the classroom or program area at all times.
- Basketballs must be obtained from the Welcome Center.
- No members are permitted to enter the gym closets.
- The use of profane language will not be tolerated.
- Members are not permitted to enter the gymnasium while a class is taking place; members may only enter the gymnasium once the instructor is cleaned up and all the participants are picked up.
- Due to our class schedule, it is important for members to exit the Y when asked by the instructor. This is for the safety of our members.
- Rough play or bullying will not be tolerated.
- Be aware of your surroundings and other members; this is for your safety.
- No children under the age of 12 are permitted in the gymnasium during free gym times without an adult.

Teen Center

The Teen Center exists to serve the teens of the Central Bucks area, to provide a safe environment, to provide programs that challenge teens, and to provide community service opportunities that will assist in the development of future leaders in our community.

- The Teen Center is free to teens in our community
- Is supervised at all times when open
- Is for teens in 7th through 12th grades
- Foul language is not permitted
- Bullying or fighting will result in immediate removal from the Teen Center.
- Breaking of or misuse of Teen Center equipment will result in removal from the Teen Center and cancellation of Teen Center privileges

Skate Park Safety & Admission Requirements

- Drop-in and rental fees are paid at the Skate Park Shed.
- All skaters must sign a "Release of Liability" form. Anyone 17 years or younger must have this waiver form (good for two years) signed by a parent in the presence of a Skate Park Attendant or Welcome Center Representative.
- Skaters must either possess an active Y membership or purchase a day pass to enter the skate park.
- Skaters not wearing proper equipment will not be granted access to the park – please see Skate Park waiver for admission requirements.

How to Help

Central Bucks Family YMCA is a charitable non-profit organization. Both giving and receiving charity is part of the Y's mission.

We believe that EVERYONE deserves the Y. No one is turned away from our Y for their inability to pay. As a result, we offer Financial Assistance for Y programs and membership. Please see the inside back cover for details on this program. For more information in regards to our Financial Assistance Program, please contact Catherine Refice, Financial Assistance Coordinator, 215-348-8131 x1139 or crefice@cbfymca.org.

How YOU can help - Central Bucks Family YMCA offers many opportunities to strengthen the foundations of our community:

In It Together: This is Why Community Support Campaign

Deeply rooted in our community and welcoming people of all ages and from every walk of life, the Y works side-by-side with our neighbors to ensure that everyone – regardless of gender, income or background – has the opportunity to live life to the fullest. We remain a source of strength and a place of welcome for everyone to come together in the interest of our children, our health, and our community. But any worthy endeavor, whatever the size or scope, cannot be undertaken alone. Every year, nearly 100 volunteers help to raise funds that directly help people experience the joy of personal achievement and connection found at our Y.

How to Help (continued)

Please, help us write the next story. With your gift, you have the ability to change a life, to support our mission to make a lasting and meaningful impact on our community by making a donation to the Y. Your support, your kindness, cannot be overvalued whatever way you choose to contribute. Even the smallest of generosity make a difference.

Matching Gifts & Grants - Central Bucks Family YMCA is a 501(c)3 organization, and therefore eligible to receive matching gifts from businesses and corporations. If you are part of a foundation or organization offering funding to non-profit organizations, or know someone who does, please contact the Director of Development or President/CEO.

United Way - Central Bucks Family YMCA does not receive funds from the United Way except through the Donor Option program. If you or your company participates in United Way, please designate Central Bucks Family YMCA by name on your donor form.

Special Events - Sponsorship and participation in a variety of annual events increases our ability to remove financial barriers to Y programs and membership. Our 5k Race and Kids Triathlon are just two of the possible opportunities for sponsorship, with all proceeds benefiting our Community Support Campaign!

Endowment – Members of our Heritage Club have made arrangements for the future of our Y through the endowment program with bequests, transfer of appreciated stocks, outright gifts of cash, life insurance, charitable gifts from IRA, etc. For those interested in leaving a meaningful legacy, please contact Zane Moore, President/CEO at 215-348-8131, x 1133, zmoore@cbfymca.org or Bess Godin, Director of Development at 215-348-8131, x 1124, egodin@cbfymca.org.

Volunteer - Volunteers are the foundation of non-profit organizations like our Y. Help make a difference by volunteering as a sports coach, program volunteer, committee member, office helper, bulk mailing assistant, or greeter. Volunteers over the age of 18 must be willing to undergo criminal background and child abuse checks. For more information, please contact Rachel Mauer, Special Events Coordinator, 215-348-8131, x1167.

Employment - Consider working at the Y! We're often on the lookout for friendly, outgoing and supportive staff in many areas. Please check our website for current positions available. For more information, visit: www.cbfymca.org/our-y/employment

We hope you will consider helping us make a difference in the lives of others. If you are interested in any of the ways you can help, please contact:

- **Zane Moore, CEO: 215-348-8131, x 1133, zmoore@cbfymca.org**
- **Bess Godin, Director of Development: 215-348-8131, x 1124, egodin@cbfymca.org**

FINANCIAL ASSISTANCE POLICY

Central Bucks Family YMCA feels strongly that the Y is for everyone. No one will be turned away because of their inability to pay, subject to qualification and the availability of funds. Our mission is to serve the people of the Central Bucks community.

A Y membership or program assistance is not a handout, but a helping hand. The Y is here for people of all walks of life - when things are OK and when there are problems. Most people can usually afford the quality programs at the Y, and expect to pay fees out of a sense of personal responsibility. In time of need, the Y's financial assistance continues this responsibility in a partnership of assistance. Each participant will pay a portion of the fees, based upon a sliding scale and the specific needs of the individual or family.

This financial assistance is a temporary agreement extending assistance in a time of need. As the need decreases, it is expected that your share of payment will increase accordingly. Assistance will usually be granted for a specific time period. If assistance is still required after this period of time, another request form will need to be completed.

For more information or if you need assistance for Y programs or membership, contact Central Bucks Family YMCA at 215-348-8131, x 1139. To obtain an application, log onto our website at www.cbwymca.org, or pick one up at our Welcome Center.

All personal and financial information submitted to the Y for the purpose of Financial Assistance is kept strictly confidential.



CENTRAL BUCKS FAMILY YMCA

2500 Lower State Road

Doylestown, PA 18901

215-348-8131

www.cbfymca.org



MISSION: Central Bucks Family YMCA is a charitable, nonprofit organization whose purpose is to improve the quality of community life. The YMCA strengthens the spirit, mind and body of all people. We build character by promoting the values of caring, respect, honesty and responsibility.