

Programs for all ages

Ages 0 - 2

Parent - Tot Gymnastics
Parent - Tot Swim Lessons

Ages 3 - 5

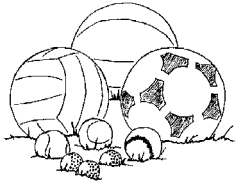
Ballet Lessons
Tumbling Classes
Swim Lessons
Scooter Indoor Soccer,
Basketball, and Baseball/Softball

Ages 6 - 9

Gymnastics Lessons
Swim Lessons
Ballet & Tap
After - School Program
Summer Day Camp
Basketball Leagues

Ages 9 - 12

Gymnastics Lessons
Swim Lessons
Ballet & Tap
Basketball Leagues
After - School Program
Summer Day Camp
Summer Resident Camp
Karate



Ages 13 - 17

Swim Lessons
Gymnastics
Ballet & Tap
Summer Resident Camp
Karate
Teen Volunteering
Basketball Leagues
Strength Training (15+)

Adults

Family Camps
Badminton
Swim Lessons
Open Basketball
Aerobics Classes
Karate
Yoga
Running Track
Handball & Racquetball
Lap Swimming
Water Aerobics
Weight Lifting
Senior Strength Training
Cardiovascular Machines
Men's Table Tennis
Men's Pool Table
Massage
Chi Gong
Silver Sneakers
Ballroom Dancing
Men's Residence

YMCA OF
GLENDALE

MEMBER HANDBOOK

**WE BUILD
STRONG KIDS, STRONG FAMILIES,
STRONG COMMUNITIES.**

140 No. LOUISE STREET
GLENDALE, CA 91206
(818) 240-4130
WWW.GLENDALEYMCA.ORG

This handbook will help you get acquainted with everything the YMCA has to offer through your membership. You've taken the first step toward a healthy spirit, mind and body. Now our first priority is to see that you feel at home - this is your YMCA and you belong here.

Character development is integral to all YMCA programs. We are guided by four core values: caring, honesty, respect and responsibility. In the gym, at day camp, at the check-in counter, we strive to develop these character values in ourselves and our members.

One of our goals at the YMCA is to not turn anyone away because of an inability to pay. We offer financial assistance to individuals and families, so that YMCA programs are accessible to every person in our community regardless of age, gender, religion, ethnicity or income level. Lives are impacted every day through YMCA community outreach, thanks to generosity of members and donors to our annual fundraising campaign.

And finally, the YMCA could not survive without the dedication of our volunteers. From youth leaders to community members, teen mentors to fundraisers, board members to fitness instructors, YMCA volunteers lend their time, talents and energy to pitch in and strengthen our community.



YHEALTH & FITNESS
We build strong kids, strong families, strong communities. For 150 years, the YMCA's approach to exercise has been to focus on the wellness of the whole person: in spirit, mind and body. Our professional staff will help you design an exercise program that you'll enjoy and stick to. Get a cardiovascular workout, weight train to build strength or rehabilitate, or join a group exercise class to reduce stress and improve flexibility. Kids, adults and seniors - everyone benefits from a healthy lifestyle, and we'll help you make it fun.

YAQUATICS
We build strong kids, strong families, strong communities. Swimming is terrific exercise for all ages and an important safety skill. We have lessons and classes to help you feel comfortable in the water, from babies to seniors for all skill levels.

YAFTERSCHOOL
We build strong kids, strong families, strong communities. In the YMCA After School Program, kids live and learn the values of caring, honesty, respect and responsibility. Nurturing leaders promote an atmosphere of fun and friendship while they help children explore the world around them. We believe good child care should be just like good family care. You'll find a multitude of programs to support your family, both while you're at work and when you're all together.

YCAMP
We build strong kids, strong families, strong communities. The camping experience is one of wonder and exploration with many different camps to choose from. Day Camp programs are packed with activities that fill summer days, and Resident Camps offer independence and adventure. All YMCA camps are staffed with trained counselors, who make sure camping memories of friends and fun will last a lifetime.

YSPORTS
We build strong kids, strong families, strong communities. In YMCA youth sports leagues, kids learn the importance of teamwork and fair play as well as the rules of the game. Beginning with Scooter Sports for 4 and 5 year olds with softball/baseball, basketball, indoor soccer, swimming and gymnastics, we offer a healthy introduction to the world of sports. Basketball, Gymnastics, and Swimming provide a competitive league program in addition. All sports programs are designed to make each player a winner in his or her own right. Parents are most welcome to coach.

Parent Statement of Understanding

The YMCA is committed to the value of a strong family and the importance of education. This synopsis of guidelines is for the safety and protection of your child. For a more complete list, please speak to a membership attendant. Any questions or concerns regarding these policies, please direct them to Craig Cerro, Dir. of Risk Mgmt., or Helena Danni, Youth/Membership Director.

- YMCA staff and volunteers are not allowed to baby-sit or transport children at any time outside the YMCA program.
- Do not leave your child (age 6-14) at the YMCA or program site unless a YMCA staff or volunteer is there to receive and supervise your child.
- Children should not receive excessive gifts from YMCA staff or volunteers
- You can assure your child's safety by taking an active interest in his or her YMCA experience.
- The YMCA is mandated by state law to report any suspected cases of child abuse or neglect.



methods of payment

Electronic Fund Transfer

An easy way to pay as you go! Your checking or savings account is debited once per month.

Annual Payment

Dues may be paid in full upon joining and yearly thereafter. Payment is accepted via cash, check or credit card. See the membership desk for details.

right to refuse service

The YMCA reserves the right to refuse service or cancel a membership at any time. Use of the YMCA of Glendale is a privilege, not a right.

transferring or canceling your membership

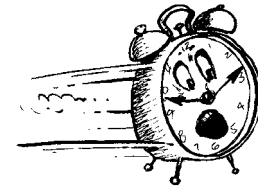
Your membership may be transferable to another YMCA. Stop by the membership desk for assistance before you join another YMCA. To cancel your membership, you must provide a minimum of 30 days written notice and return your membership card. (see YMCA Policies & Procedures Handbook for more details) The YMCA reserves the right to change membership fees with 30 days written notice posted to members.

membership card

Your membership card is valuable and important. You must show it every time you enter the YMCA, and to register for all programs.

guests

Your guests are always welcome at the YMCA, and we encourage you to ask for a complimentary pre-arranged guest pass for a friend. Guests can come to the YMCA up to 3 times. Guest passes are available for a modest fee after that.



day pass

Those 18 years old and older may purchase a day pass for a nominal fee. Photo ID is required.

A.W.A.Y. Program

Always Welcome At YMCA's

As a member of the YMCA you are welcome to use your membership at YMCA's across the country. Contact the specific YMCA for their policies. For contact information on other YMCA's, visit the YMCA of the USA website at www.ymca.net.

holiday schedule

The YMCA is closed on; ½ day
New Year's Eve, New Year's Day,
Easter, Memorial Day, Independence
Day, Labor Day, Thanksgiving,
½ day Christmas Eve, Christmas Day.

hours

Monday - Friday
5:45am - 10:00pm
Saturday
6:30am - 5:30pm
Sunday
1:00pm - 5:00pm

special needs

Persons with disabilities are encouraged to participate in YMCA programs. If you require special assistance, please contact the Membership Director at ext. 43.

get started

We encourage you to sign up for a free orientation within your first 30 days of membership as an easy first step. A trained YMCA fitness professional will meet with you privately to assess your current fitness level, discuss your goals, answer any questions you may have and recommend appropriate exercise programs for you. We want you to get the most out of your YMCA membership and our staff is always available to help out and give advice. Please visit our Information Center and pick up a current flyer on our different programs offered. It is always recommended that you consult your physician before starting a new fitness program.

attire

Athletic shoes and shirts must be worn during exercise in all workout areas of the facility. Street shoes are not permitted on any wood floors or in the pool area. Proper swimsuits must be worn when using the pool. We recommend the use of eye guards for racquetball and handball. Athletic shoes are mandatory in the weight room. Showers are required prior to entering the pool or spa.

food and beverages

No food or drink is permitted in workout areas, except a water bottle.

child watch

YMCA staff is available to watch your youngster while you enjoy your workout. Child Watch is available for youth from one to nine years of age. Service is FREE to members with a valid Family Membership. For others, cost is only \$1.50 per hour. Child Watch is available:

- Monday - Friday
 - 9:00am - 1:00pm
 - 3:00pm - 8:00pm
- Saturday
 - 9:00am - 12:30pm

lost and found

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items at the Courtesy Counter for 30 days, then give them to charity.

child supervision

Children under the age of 15 must be under direct supervision of an adult in all areas of the facility or enrolled in a supervised YMCA program activity. For their safety, children are not permitted in some areas of the fitness facility; please check with the membership desk for details.

family locker room

For your convenience, there is a Family Locker Room available in the PE facility. A key may be attained from the membership desk.

lockers

Lockers are available for day use. You must bring your own lock and remove it at the end of each visit. Items left overnight will be removed from the locker room and placed in lost and found. Invest in a strong lock and always secure your belongings. We recommend that you not bring valuables into the facility; the YMCA is not responsible for lost or stolen items. Small security lockers are available at the Courtesy Counter for 25¢ per use. Rental of private lockers and towel service in the Men's and Women's Locker Rooms are available for \$10.00 per month extra.



Cell phone use

If cell phones must be used in the facility, please limit your calls and respect the rights of others. Cell phones are NOT allowed to be used AT ANY TIME in YMCA Locker Rooms

special amenities

Personal lockers and daily towel service is available for an additional fee. Workout clothes are also available for men for an additional fee.

suggestions

This is your YMCA; make your concerns and comments known! Member suggestion cards are available throughout the facility and at the membership desk. We pledge to acknowledge each comment.

financial assistance

The YMCA welcomes all who wish to participate and annually raises scholarship funds to help make that possible. Please let us know if we may serve you or your family in this way.

annual support campaign

Our annual support campaign raises funds to assure that no one is turned away from a YMCA program because they can't afford to pay. We count on our members and generous donors to help kids and families who may otherwise not be able to participate in programs like camp, swimming lessons,

gymnastics, youth sports, and after school activities. Your contribution of time or financial support will be greatly appreciated.

membership categories

We offer a variety of membership categories based on age and family status: Adult, Senior Adult, Youth, Teen, Family, Single Parent Family. See the membership desk for details.

volunteer opportunities

No matter what your special talents, interests and schedule are, you can help change someone's life at the YMCA. If you share our commitment to the continued well being of our youth and community, please consider becoming a YMCA volunteer. Mentor a teen, clean up a neighborhood, coach a team, help us raise funds or serve on a committee... dozens of volunteer opportunities are available. See the membership desk for an application.

racquetball/handball courts

There are 6 courts available for use, 2 of which are coed. Contact the front desk for reservation information.

refund policy

If you need to cancel, we will give a full refund within 7 days of receiving your membership. See a membership attendant for details.

