



MEMBER INFORMATION



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



Of Iredell County

YMCA MISSION

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

Statesville

828 Wesley Dr
704-873-9622

Mon ~ Thurs

5:30 am - 9:15 pm

Friday

5:30 am - 7:45 pm

Saturday

7:00 am - 4:45 pm

Sunday

1:00 pm - 4:45 pm

Barium

122 Grannis Ln
704-883-0780

Mon ~ Thurs

5:30 am - 9:00 pm
(Pool 12 - 8:30)

Friday

5:30 am - 7:45 pm
(Pool 12 - 6:45)

Saturday

7:00 am - 4:45 pm
(Pool 10 - 4:45)



Dear YMCA Members and Guests:

Welcome to the YMCA of Iredell County.

We are pleased that you have decided to join our YMCA family. We sincerely hope your association with the YMCA is fulfilling and rewarding.

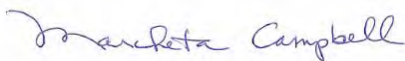
This is an exciting time to be a member of the YMCA of Iredell County. We just recently celebrated our 35th Anniversary, being in operation since 1973. We have three full service facilities. Our Barium Springs YMCA has been in operation since 2000 and our Alexander County YMCA is currently building a new facility, with plans to have it in full operation by 2009! As a member of the YMCA of Iredell County, you have access to any of these wonderful facilities.

Everyday, the YMCA of Iredell County works hard to promote and model the important life values of **caring, honesty, respect, and responsibility** through our programs, services, staff, and volunteers. Our primary concern is you, our members. Since 1973, the YMCA of Iredell County has contributed to the lives of thousands of people in our community — people from all faiths, races, ages, abilities, and incomes.

Our Mission Statement is **to put Christian principles into practice through programs that build healthy spirit, mind, and body for all**. We strive to provide quality programs, classes and activities that help enhance people's lives. We pride ourselves on being more than just a place to get in a good work out. Our desire is to provide a place for all people to come together for fitness, fun, and fellowship.

We're glad you're here. Please let us know how we can better serve your needs.

Respectfully,



Marcheta Campbell, CEO
YMCA of Iredell County



Marcheta Campbell

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YMCA

We build strong kids,
strong families, strong communities.



Member Information

caring, honesty, respect, & responsibility

As a member of the YMCA of Iredell County, you have full access to all our facilities. You may use the Statesville YMCA, the Barium Springs YMCA, or the Alexander County YMCA. All of our branches are beautiful, full-service facilities. YMCA members also enjoy great savings on programs, classes, and child care. We take pride in keeping all of our facilities clean, safe, and well maintained.

Membership includes:

- Use of all Iredell County branches
- Early registration
- Reduced program/class fees
- Nursery/babysitting
- Towel service
- Locker use
- AWAY program
- Open gym
- Pick-up basketball games
- Open swim
- Water walking/Lap swimming
- Water exercise classes
- Tennis Court (Statesville)
- Soccer fields (Barium)
- Steam room (Statesville)
- Fitness Center
- Free weights
- Fitness classes
- Family nights
- Indoor track
- Outdoor walking trail (Barium)

Please Note: Age restrictions enforced



Corporate Memberships

The YMCA of Iredell County partners with several local companies to provide discounts for their employees. This may include a discount off our Joiner's Fee, or even no Joiner's Fee! Please contact one of our three branches to see if your employer is a YMCA Corporate Group.

Membership Changes

You do not have to sign a contract with the YMCA of Iredell County. You may pay for a annual membership or set up the monthly fees as a bank draft. Bank Draft membership payments will continue in effect until the member notifies the YMCA in writing. Written notice must be received at the YMCA no later than 14 days prior to your next draft date. You may purchase an annual membership, however, refunds on fully paid yearly memberships are given for medical reasons only. Memberships are not transferable to another person or to another YMCA.

Membership Suspensions

The YMCA of Iredell County has the right to either suspend or revoke a membership if a member's behavior or language is judged to be in conflict with the welfare of YMCA staff or patrons, or in conflict with the YMCA's mission. The Branch Executive at each branch will render the final decision on a revoked or suspended membership.



Denying Membership

The YMCA of Iredell County reserves the right to deny membership if a prospective member's behavior or language is judged to be in conflict with the welfare of either YMCA staff or patrons, or in conflict with the YMCA's mission. The Branch Executive at each branch will render the final decision.

Upgrading Memberships

Individual YMCA memberships may be upgraded to Family memberships or downgraded to individual memberships. Please contact the Front Desk at any branch for more information.

Military Policy

We offer a discounted membership for *active* military and their families. The annual Adult Military rate is \$60. The annual Family Military rate is \$120. Valid military identification is required. We also have a special for the families of Deployed Military persons. Contact us to find out more information.

Financial Assistance Policy

It is the policy of the YMCA of Iredell County to provide services to all, regardless of ability to pay. We keep our membership and program prices as low as possible, however, if you are unable to pay these fees, scholarships may be granted. Forms are available at all three branches. The amount of assistance provided is based on the applicant's ability to pay and the YMCA's ability to fund the amount requested. Please allow two weeks for the application process. If you are interested in donating money to this worthwhile cause, please contact one of our branches.

General Information

caring, honesty, respect, & responsibility

Everywhere you look at the YMCA, you are reminded of the four core values of Caring, Honesty, Respect, and Responsibility. Throughout our facilities, we have incorporated colors that correspond with these values: Red, for the heart, signifies Caring; Blue, for true blue, represents Honesty; Yellow, for the Golden Rule, is for Respect; and the color Green represents Responsibility to our environment. As you visit, please take time to notice these colors. They serve as a visual reminder of these important life values. We kept these core values in mind as we developed this booklet. Please know that at the heart of each rule is the desire for our members, guests, program participants, and staff to be safe, and to be respectful of one another.



Holiday Closings

The YMCA branches will be closed on the following holidays:

- Labor Day
- Thanksgiving
- Christmas Eve (Close at 1:00 pm)
- Christmas Day
- Day after Christmas (Closed all day)
- News Years Eve (Close at 6:00 pm)
- News Years Day
- Easter
- Fourth of July

Program/Class Registration

With many programs, YMCA members register before nonmembers. Registration for programs/classes is on a first-come, first-served basis. Payment in full is required at the time of registration. **A late registration fee may be applied if after registration dates.**

Program/Class Cancellations

The YMCA reserves the right to cancel classes due to a lack of minimum registration. Cancellation decisions will be made on the day prior to the start of the program. Registrants will be contacted.

Program Credit Policy

Should the YMCA need to cancel a class, a full credit will be issued to the participant, system credit or refund. Should the participant cancel prior to the first class, a credit will be provided. No credit will be given after the first class.

Inclement Weather

The YMCA has developed the following inclement weather policies out of concern for the safety of our members, program participants, guests, and staff. In the event of YMCA scheduling changes due to inclement weather, the local media is contacted. Because the media is inundated during these times, the information we provide may not be broadcast. Please call the Statesville YMCA directly if you are in doubt at 704-873-9622. You may also check our web site at www.ymcairedell.org.

Child Care Programs:

- **Early School Dismissals:** If school dismisses early due to inclement weather, Child Care will be cancelled.
- **School Cancellations:** The YMCA will attempt to provide child care when school is cancelled due to weather. The program will start ONLY if the staff can arrive safely to the site. Please call the site coordinator for up-to-date information.
- **Weekends:** Decisions regarding changes in youth/adult programs and classes due to inclement weather will be made as soon as possible and relayed to the local media. When in doubt, please call ahead.
- **Building Closings:** In most cases of inclement weather, the YMCA will hold regular hours. HOWEVER, if safety is a concern, we may close early. When in doubt, please call ahead.

Guest Policy

Any exceptions to the following guest policy must be made in advance by the Branch Executive.

- Guests visiting the YMCA will be charged a Guest Fee as follows:
 - \$5 per visit/Youth (ages 12 – 17)
 - \$10 per visit/Adult (ages 18 and older)
 - \$15 per visit/Family (1-2 adults and legally dependent minor children)
- Guests MUST show a photo ID.
- Guests who do not have a photo ID are required to obtain approval from YMCA Branch Executive or his/her staff designee.
- Adult and Family guests may visit unaccompanied by a YMCA Member.
- Guests between the ages of 12 -17 must be accompanied by an Adult YMCA member.
- Guests are limited to only three (3) visits per month.
- Guests MUST complete a Guest Card;
- Abuse of the YMCA Guest Policy can result in Membership suspension for Members and denial of future admittance to the YMCA for Guests.

AWAY Program

The YMCA of Iredell County participates in the National YMCA AWAY program. We welcome AWAY member guests to use our facilities free 3 times per calendar month. After the 3rd AWAY visit each month, AWAY member guests are asked to pay \$5 per visit.

Birthday Parties

Rooms are available to rent for birthday parties at all YMCA branches. Rooms may be used for playing games, enjoying refreshments, or opening gifts. Partygoers may then play in the pool and gym! For more information, or to reserve a date, contact the YMCA in which you would like to hold your party. Check with each branch for number of guests allowed.

Building and Room Rentals

All YMCA branches are available for building and facility rentals when space is available. A deposit is required to hold a date. A group usage agreement and regulation sheet may be picked up at any YMCA branch. The deposit will be returned within a week after the event if no damage has occurred. Contact any YMCA for more information.

Towels

The YMCA has a free towel service. However, to save energy, please limit towel usage to one per visit.

Age Restrictions

Please Note: This is a general guideline. The YMCA reserves the right to make adjustments as needed and to determine what “responsible” behaviors are for supervisors of young children.

GENERAL BUILDING

■ *Children must be 12 years old and older* to be in the building without the direct supervision of a parent or a responsible person of at least 16 years of age.

GYMNASIUM

■ *Children ages 7 and under* must be under the direct supervision of either a parent or responsible person of at least 16 years of age. A detailed Gym Schedule is available at the Front Desk.

Age Restrictions (cont.)

FITNESS CENTER

■ *Youth ages 16 and older* are allowed to use all equipment, but are asked to go through an orientation with fitness center staff. This will determine which machines are appropriate for youth to use and ensure correct usage.

■ *Youth under the age of 16* are not allowed to use equipment in the Nautilus/Cardio room or the Cybex/Free Weight Room except under the following conditions:

- Young Guns certification is completed by youth ages 12-15. Certification must be worn at all times.
- Youth ages 12 – 15 may use the Cybex/Free weight room ONLY under the **strict** supervision of parent or Legal guardian. Youth MUST be within arms length of his/her guardian at all times.

TRACK

■ *Youth must be 12 years old and older* to use the Indoor Track. Youth 12 – 15 may use the cardiovascular track equipment under **strict** supervision of a parent or legal guardian. Youth MUST be within arms length of his/her guardian at all times!

LOCKER ROOMS

■ *Adults ages 18 and older* may use the women’s and men’s locker rooms. Children ages 5 and under may use the opposite sex YOUTH locker room if accompanied by a responsible person of at least 16 years of age.

■ *Youth ages 6 and older* must use the gender-appropriate Youth Locker Room.

Food and Beverages

Please help us maintain a safe and clean atmosphere by adhering to the follow:

- Please do not take food or drink past the front lobby. Water, only, is permitted beyond the front lobby.
- Glass containers are not allowed.
- Treats for players must be distributed in the front lobby.

Accidents and Incidents

In the event of an accident, injury, or unusual incident, you are asked to please contact a YMCA staff member. YMCA staff may request that you help fill out an incident report. If necessary, emergency personnel will be contacted. (NOTE: You are participating in activities at your own risk and are responsible for yourself, your children, and your guests).

Lost and Found

The YMCA is not responsible for lost, stolen, or damaged personal property. If you believe you have left an item at the YMCA, please check at the Front Desk. Most items turned in at the Front Desk are kept for three weeks. The items are then given to a charitable organization. The YMCA will immediately discard any personal items such as underwear, combs, and hairbrushes that are found lying around.

Valuables

The YMCA advises against bringing valuables and large sums of money into the building. Personal items should be stored in a locked locker. **Please be advised that the YMCA does not accept responsibility for lost, stolen, or damaged person property.**

Telephone Usage

Telephones at the Front Desk are for business use by YMCA staff. However, we do have a courtesy phone for members to use. Calls should be limited to one minute.

Disciplinary Action

When YMCA rules and polices are not followed, member/guest privileges may be suspended. YMCA staff will make every effort to listen to all sides of an issue and to be fair when determining consequences. Depending upon the seriousness of the infraction, members/guests may lose their YMCA privileges, either for a specified period of time or permanently. **Actions such as physical violence will not be tolerated.** YMCA staff will contact law enforcement officials if necessary to deal with issues, such as violence, theft, suspected theft, and unruly patrons.



YMCA Program Areas

caring, honesty, respect, & responsibility

Aquatics

The YMCA is America's favorite swimming instructor! We have certified lifeguards and instructors who help build self-confidence and trust. Sanctioned parent/baby, preschool, and progressive swimming classes are offered for all ages. Our YMCA association also offers lap swimming, swim team, scuba diving instruction, lifeguard instruction, private swim lessons, water exercise classes, and water walking. A detailed pool schedule is available at the Front Desk.

Youth Sports

The YMCA of Iredell County believes that youth sports programs encourage and promote healthy and strong kids, families and communities by placing a priority on:

- family involvement
- healthy competition rather than rivalry
- the value of participation over winning
- team building as well as individual development
- a positive self-image
- sense of fair play and mutual respect for others

Sports can be an imperative tool in the development of a child's physical, mental and emotional well-being. Our goal at the YMCA of Iredell County is to give each child the opportunity to develop to his or her fullest potential physically, mentally, emotionally and spiritually. Values such as caring, honesty, respect, responsibility and faith are nurtured. Our doors are always open at the YMCA to anyone who may want to enter.

Adult Sports

YMCA Adult sports provide adults with fun and safe opportunities for fitness! We provide phenomenal programs for adults that range from drop-in sports to the competitive nature of our sports leagues. Please see our Program Guide for a current listing of our Adult Sports offerings.

Fitness Classes

The YMCA has been influencing healthy lifestyles around the world since 1844. Our fitness programs focus on personal well being, and enhancing the spirit, mind, and body. A variety of programs are available, including aerobics, strength training, cardiovascular training, yoga, and Tae Kwon Do. Aerobics classes are free for members. Highly qualified fitness supervisors are on duty each day to help with setting up a fitness program designed just for you!

Afterschool

The YMCA AfterSchool program has plenty of activities for your child. Our program focuses on providing children with an educational, nurturing, positive, safe, and diverse atmosphere. Team sports, arts and crafts, character development, social games, youth choices, and daily devotions are all aspects of our weekly programming. We provide transportation from certain schools. Financial assistance is available for those who qualify.

Lunch Bunch

The Statesville YMCA offers lunchtime Pick-Up Basketball on Mondays, Wednesdays and Fridays from 11:30 am – 1:30 pm. Lunch Bunch is for YMCA members who are at least 18 years old and wish to get their exercise playing basketball.

Jelly Belly Basketball

The Statesville YMCA offers early morning Pick-Up Basketball on Tuesdays and Thursdays from 5:30 am – 7:00 am. Just show up and play!

Summer Day Camp

The YMCA of Iredell County offers day camp programs for children during the summer months. Day camping with the YMCA is a great alternative to day care! Day campers have opportunities to grow in spirit, mind and body with other children. Camp Impact brochures are available in April. Fees are included in the brochures.

Middle School Madness

Today it is important for YMCAs to offer a wide range of activities for all ages. During our scheduled MSM Nights, youth in 6th – 8th grade can play basketball, swim, and play games.

Leaders Club

Leaders Club is a program, open to both YMCA members and nonmembers. If you see yourself as a leader who likes to help others, the Leaders Club might just be for you! Club members focus on working as a team, community work, fitness, volunteerism, communication and becoming community leaders.

Little Leaders Club

Little Leaders Club is for children from infant to 5 years old, not yet in school. This service is provided while parents are working out in the YMCA or participating in a YMCA program. The maximum amount of time a child can be left in the LLC is 2 hours. The prices, based on the purchase of a Little Leaders Club card, are as follows:

- \$2.00 per day
- \$20.00 card available, good for 10 days
- \$25.00 for monthly unlimited pass

More detailed information, including hours of operation, are available at the Front Desk.

High 5 Club

The High 5 Club is a program available for 5 – 12 year olds. The club is available three evenings a week and involves such activities as organized games and swimming. This program is provided free for parents who are working out in the YMCA or participating in a YMCA program. More detailed information, including hours of operation, are available at the Front Desk.

