



Lima Family YMCA Member Handbook

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About Us

Welcome to the Lima Family YMCA!

As a non-profit charitable organization, we strive to involve individuals and families of all backgrounds and abilities so that they can grow healthier in spirit, mind and body and develop a sense of responsibility to each other and their community.

Memberships and program services are open to all youth and adults who wish to enroll as members or program participants. We hope that your relationship with us is as meaningful to you and your family as it is to us.

Member Benefits

As a member of the Lima Family YMCA your entire family will benefit from:

- Jumpstart – A FREE Personal Wellness Program
- A friendly, caring staff to help you at any time
- A family-friendly environment
- Three FREE guest passes per year for adult members (notated in computer)
- Making new friends with similar interests
- Fitlinx interactive technology to help you monitor cardio and strength work outs
- Open gym, swim, racquetball, volleyball, basketball and track
- Support achieving your wellness goals
- A variety of exercise equipment
- Basic or Full-service locker rooms available
- Kid Zone babysitting FREE for members (2 ½ hour limit)
- Special member pricing for swim lessons, youth programs and fitness classes
- Value added adult and family activities
- Early registration opportunities
- Being a part of a community
- Guest-privileges at many YMCA's nation-wide and much more!

Hours

Monday – Thursday: 5:00 a.m. – 10:00 p.m.

Friday: 5:00 a.m.- 9:00 p.m.

Saturday: 6:00 a.m. – 6:00 p.m.

Sunday: 12:00 pm – 5:00 p.m.

Holiday Closings

New Years Day – Limited Hours

Easter

Memorial Day

Independence Day

Maintenance Shutdown prior to Labor Day

– Check Y for details.

Labor Day

Thanksgiving

Christmas Eve- Closed at 4 p.m.

Christmas

New Years Eve- Closed at 4 p.m.

Code of Conduct

Using the YMCA core values of caring, honesty, respect and responsibility as a guide, we have developed our code of conduct to ensure that all that enter the YMCA enjoy a safe, welcoming and comfortable environment. We ask all members and guests to act in a manner that upholds these principles at the YMCA:

- We treat each other with courtesy and respect others' rights to participate in shared areas of the facility.
- We use appropriate language to avoid offending others and avoid wearing clothing imprinted with profanity or offensive language or pictures.
- We wear proper attire at all times. Shirts and shoes are worn at all times, except in the pool area. We wear swimsuits only in the pool areas; cut-off jeans or gym shorts are not worn in the pool.
- We turn off cell phones to respect others using the Fitness Center and class locations. **Cell phone use in locker rooms is prohibited.**
- We use the appropriate locker rooms. We refrain from smoking or using any tobacco product while on YMCA property.
- We respect property belonging to the YMCA and all its members.
- We respect patients of LMH by not parking in spaces designated for Lima Memorial Health System.
- We respect individuals with limited mobility by not parking in spaces that are designed with the handicapped logo.

The YMCA reserves the right to suspend or terminate any membership for behavior it deems inappropriate or in breach of our code of conduct. Individuals falsifying membership cards, allowing others to use their membership, admitting unauthorized guests or engaging in similar behavior will be subject to membership suspension or termination.

Emergency Procedures

Class Cancellations:

Programs may be cancelled and/or the YMCA may close facilities due to inclement weather. Cancellations and/or closing of the YMCA facilities will be posted on the YMCA Hotline 419-222-9624 (YMCH) and will be announced on local television and radio stations when possible.

Pool Closing:

In the event of an electrical storm, members will be asked to evacuate the pool area. Once the severe weather has passed and there is no danger of lightning, members will be permitted back in the pool area.

Evacuations

All emergency exits are clearly marked; please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, follow the directions of the YMCA staff to ensure a safe and orderly exit from the building.

Fire Alarm

If the fire alarm sounds please:

- **STOP** all activity
- Wait for instructions from staff

Incident Reports

In the event that first aid or corrective action is provided to you or for you, the staff responding is required to ensure that proper documentation is provided for our records.

Member Responsibility

Members are expected to assist us in an emergency by following the instructions from staff in order to resolve the situation as efficiently and safely as possible.

Staff on Duty

Staff on Duty are designated to take a lead role in the daily operations of the facility and also in the event of an emergency. Please assist us in following their directions.

Membership Information

Membership Types:

Basic Membership

This membership option allows you to use the Adult and Family basic locker rooms, pools, gyms, running track, racquetball courts, fitness center, whirlpool and you receive members' rates for programs. Towel service is an extra 25 cents per towel used.

TYPE: Youth (to age 17)

Young Adult (18-24)

Adult (25-64)

1 Adult Family

2 Adult Family

Senior (65 +)

2 Adult Senior Family

Full Service Membership

This membership option, for adults 18 and over and out of High School, allows you to use the full service locker room (includes sauna, steam room, massage area and TV lounge) and receive towel service. The other member services are the same as a basic membership. The main one or two adults on the membership unit have full service privileges. Youth family members must be accompanied by an adult if using this locker room.

TYPE: Adult (18+)

1 Adult Full Service Family

2 Adult Full Service Family

Senior (65 +)

2 Adult Senior Family

Definitions

1 Adult Family = 1 Adult and all dependent children in the same household through the age of 24.

2 Adult Family = 2 Adults living in the same household with dependent children through age 24 also in the same household.

Membership Guidelines

Comment Cards

Thank you for including us as part of your healthy lifestyle. Your experience and satisfaction are important to us. We invite you to speak to our staff or complete a comment card to express satisfaction, concerns or questions. Comment cards are available at the Members Service Desk or by the comment board in the front hallway. Please feel free to contact any Program Director directly, if you wish. We will do our best to exceed your expectations with each visit.

Etiquette Statement

The YMCA is a shared experience for everyone to enjoy. Each of us can make it better for all by being considerate of others. YMCA members, volunteers and staff pledge to treat one another with Caring, Honesty, Respect and Responsibility.

Guest Pass Policy

As a privilege of membership, adult members are credited with three guest passes annually in our computer system. All guests must be in the company of a YMCA member age 18 or older. Individual guests are limited to 3 visits annually when with a member. Members are responsible for the conduct of their guests. A Photo ID is required. The YMCA reserves the right to change this policy at any time. Guests can enjoy the facility a maximum of three times without being an active member; after three visits the individual needs to purchase a membership. Guests under the age of 18 must be accompanied by an adult who will remain in the facility for the duration of their visit. Guests must comply with the philosophy of the YMCA during their visit.

We do sell day passes to visitors from out of town with a photo ID from more than 30 miles away. An out of town guest pass fee is \$7 for a basic and \$12 for full service locker room pass.

Youth Pass for Family members with guests (Family Time Pass)

We have a \$2 youth Guest Pass for family members wanting to bring in a friend for their child for open gym or swim on the weekends, Fridays after 6 p.m. and Saturday or Sunday afternoon family swim or gym as listed in the pool schedule. Not to be used for group or teams playing basketball. Grandparents may also use this pass to bring in a grandchild.

Membership Cancellations

Members who pay their monthly dues through a monthly automatic withdrawal must give a 30 day notice to stop their monthly bank draft. To cancel membership, members need to come in to the Y and fill out a cancellation form and exit survey at the Members Service Desk. Membership cancellations must be made in writing unless other arrangements are made with the Membership Staff. There are no refunds for memberships.

Membership Cards/Identification

YMCA members are required to show their current membership card each time they use the facility. If a member does not have their membership card with them, another form of picture identification must be shown to the membership staff. Membership cards and privileges are not transferable to other individuals. If you have lost your membership card there is a \$3 lost card replacement fee which is payable upon issue of a new membership card.

Membership Annual Renewals

A renewal notice will be mailed to you approximately one month prior to your expiration date. Note that memberships that are being paid for by monthly bank draft will not require a renewal notice and are continuous until cancellation. There are no refunds for memberships.

Returned Payments

Checks or automatic drafts returned because of non-sufficient funds will be assessed a processing fee of \$20. You are responsible for all other recovery costs, including all attorney's fees, court costs and taxes. Please ensure that all your personal information is current in our system, this includes current bank account information and charge card expiration dates if applicable on your membership.

Security

The YMCA cannot guarantee the security of personal belongings. Therefore, we ask that you leave valuables at home. The YMCA will not be held responsible for any lost or stolen items anywhere on the premises, including the parking lot and those locked in lockers.

Telephones

A courtesy phone for local calls is available. Please be respectful and limit your calls to three minutes.

Aquatics

Age Guidelines

Children under the age of 8 must be directly supervised by an adult in the water and within arm's reach. A supervising adult is considered to be a person age 18+.

Etiquette: Please shower prior to entering the pool area.

Food

- No food, beverages or gum allowed
- Closed water bottles are permitted

Lap Swimming

- Lap swim is designated for individual swimmers. Team and group practice is not permitted in lanes designated for lap swimming.
- Swimmers should swim on the right side of their respective lane. Each turn should be approached from the right to the left and finished with a straight-ahead push off. Please refer to the current pool schedule for lap swimming times, found at the Members Service Desk or on our website: www.limaymca.net
- Lap swimmers should expect to share their lane with other lap swimmers.
- Adult Lap lanes are reserved for adults over the age of 18 and who are out of high school.

Pool Deck Access

Only persons authorized by the YMCA may be on the pool deck. Parents of swimmers in classes or swim team may drop their child off on deck and proceed immediately to the observation deck. Parents are not permitted to stay on deck for swim team practice. Parents for classes may stay on the pool deck if they do not interfere with the class.

Pool Rules

For your safety and the safety of others, we ask that you follow the guidelines below:

- The lifeguard has complete authority over the pool area.
- Please do not speak to the lifeguard or distract them unless an emergency exists.
- Please **WALK** on the deck and in the locker rooms at all times.
- Diving is permitted in certain marked areas only.
- People with infectious medical conditions should refrain from swimming.
- Inform the YMCA staff of anything that may be a safety issue.
- Please respect the requests of YMCA staff on safety related issues.

Open Swim: Main pool and Therapy pool - swim time available to all ages. Children ages 8 and under 48 inches must be accompanied in the water by a parent/ guardian of 18 years or older.

Family Swim: Therapy Pool: Children under the age of 18 must be accompanied by a parent/ guardian 18 years or older In the water.

Adult Open Therapy Pool: For those who are 18 years and older only.

Swim Instruction, Coaching and Personal Trainers

- The YMCA offers group and private swim lessons and Personal Training for members.
- **Use of non-YMCA swim instructors, swim coaches or personal trainers is prohibited within our facilities and may result in loss of membership.**

Programs

Aquatic programs include:

- Infant, youth and adult group and private swim lessons*
- Water safety classes
- Lifeguard certification
- Competitive swim team for youth ages 6-18
- Arthritis aquatic programs
- Aquafit

**External swim instructors are not permitted to teach lessons in any YMCA pool*

Proper Attire

- Bathing suits are required, i.e. swim trunks for men and boys, one or two piece suits for women.
- Requests for alternative wear due to religious and/or cultural reasons may be addressed directly with the Aquatics Director (Swim suits must always be worn under other clothing).
- T-shirts may be worn over suits.
- Cutoffs are not permitted.
- Street shoes and gym shoes are not permitted on the pool deck.
- Children who are not yet toilet trained must wear swim diapers with their swim suit. Cloth or disposable diapers cannot be worn in the pool.

Staff Certifications

All YMCA lifeguards are certified in CPR for the Professional Rescuer, Standard First Aid and Lifeguarding.

Toys/Equipment

The lifeguard on duty must approve all toys and other equipment brought to the facility. All YMCA pool toys/equipment must remain at the pool. Kick boards and pull buoys are provided only to lap swimmers. Inflatable flotation devices are not permitted in the pool. Masks and snorkels are not permitted during open swim, but they may be used for lap swimming.

Child & Youth Access

Our expectations are that parents are responsible for their children at all times. We need your support in ensuring children and youth will:

- Accept directions from YMCA staff
- Show courtesy and respect for others while at the YMCA
- Not use offensive/hurtful language anywhere within the YMCA
- Take care of the facility and equipment
- Abide by the guidelines outlined in this handbook

Youth Under age 8

Youth Members, ages 7 and under must be with a parent or responsible individual (age 18+) at all times while in the facility unless they are in a YMCA supervised program. Membership cards are issued at age 8.

Youth Ages 8-12

Members, ages 8-12 may be in the facility Monday-Friday, 3-6 p.m. without an adult and have use of the gymnasium and pool during open gym and pool periods. Saturday and Sunday youth ages 8-12 must be with an adult if they are using the facilities, unless they are enrolled in a YMCA supervised program. Weekdays Hang Time is open for youth ages 8-12 at specified times (see current program guide for days and times). Youth must have a responsible adult (age 18+) in the building with them after 6 p.m. A membership card is required to enter the building.

Youth Ages 13-15

Teens, ages 13-15 have many of the same privileges as our adult members, however, they must be with a parent or guardian when in the facilities after 8 pm. They may enter the building after 1 p.m. They may enroll in adult group fitness classes or lessons as long as a parent has signed the waiver associated with the class. They may be in the Wellness Center and Weight Room if a parent or responsible adult (age 18+) is with them in the room and a parent or guardian has signed the appropriate waiver. A membership card is required to enter the building.

Youth Ages 16-18

Teens, ages 16-18 have many of the same privileges as our adult members. They may enter the building after 1 p.m. during school hours unless it is a holiday/break day. They may use the Wellness Center/Weight Room on their own as long as a parent or guardian has signed the appropriate waiver. This age group may enroll in adult leagues, lessons or classes. A membership card is required to enter the building.

Youth and teens are welcomed and encouraged to participate in YMCA programs and activities. Youth and teens not engaged in programs and/or meaningful activities while at the YMCA will be asked to leave the YMCA.

Kids Zone

The Lima Family YMCA Kids Zone is a babysitting service available for children ages 6 weeks to 7 years of age while their parents are using the facility (up to 2 ½ hours). Parents must remain on-site while their children are in our care. Our purpose is to provide our youngest members with an interactive and developmentally appropriate learning environment while you enjoy an invigorating work out or period of relaxation. Your child will be cared for by loving, experienced staff in a nurturing environment. Babysitting is free to members while they are working out. Fees apply to non-member program participants.

Hours

Monday – Thursday	8 a.m. – 1 p.m. and 4-7/8* p.m.
Friday	8 a.m. – 1 p.m. and 4-7* p.m.
Saturday	8:45 a.m. – 12/1* p.m.
Sunday	CLOSED

***Kids Zone will close 1 hour early if no children are checked in. Call ahead if you are coming in the last hour. 419-223-6045, ext. 110**

Kid Zone Fees

FREE for YMCA members in the building working out

Non-Member Fee:	One Child	\$2/hour
	Two Children	\$1.50/hour/child
	Three or more	\$1/hour/child

Crying Children

Children will be cared for in a compassionate and responsible manner by staff. In the event that a child cries for ten consecutive minutes, parents will be asked to pick up their child. Although this may interfere with your work out, this procedure will be followed for the comfort and well-being of your child and other children in the area. We encourage you to continue to bring your child so that they may become accustomed to the environment. We will be happy to try to accommodate unhappy and/or uncomfortable children during our less active childcare times. Please check with staff for these time periods.

Diapers

- Diapers will be changed for children age 3 and younger as needed during each child's stay
- Please bring your child in a clean diaper
- Bring diapers and wipes for changing clearly labeled with your child's name
- Parents will be called to change diapers for children age 3+

Discipline in all Programs

Discipline in youth programs is based on an understanding of the individual child's needs and stage of development. Our goal is to develop self-discipline, responsibility for self and respect for others. It is based on the use of positive reinforcement, reasonable expectations, logical consequences, distraction and diversion, and if necessary, supervised removal from the group for short periods of time. Physical punishment is never administered.

Footwear

- Infants are required to wear socks and/or shoes at all times
- All mobile children must wear shoes at all times
- Closed-toe shoes are recommended for safety

Sign-In/Sign-Out

- All participants must be signed-in and signed-out of Kids Zone
- Only parents, grandparents or legal guardians may sign-in/out their child
- Must have proper identification for both responsible adult and child
- Staff will verify membership and identity upon sign-in and sign-out

Staff Certification

- Child Watch attendants are fully trained and competent individuals
- Each attendant is certified in CPR and AED

Hang Time

Hang time is for Youth 8 and older and is located on the river level across from babysitting. Youth can play Wii, air hockey, foosball, board games, read or just hang out with their friends in our supervised lobby. Hang time is for YMCA members only; after 6 pm youth must have a Family Stamp from the front desk indicating that a parent is in the building to stay in Hang Time.

Hours

Monday – Thursday	4-7/8* p.m.
Friday (November – March)	4-7* p.m.
Saturday	CLOSED
Sunday	CLOSED

***Hang Time will close 1 hour early if no children are checked in. Call ahead if you are coming in the last hour. 419-223-6045, ext. 110**

Participants in Hang Time must obey the member code of conduct as listed in the Y program guide.

Group Exercise

Age Guidelines

- Members ages 13+ may participate in all group exercise classes with signed appropriate waivers
- Members ages 8-12 may participate in classes only with instructor approval and if they are accompanied by an adult (age 18+) who is participating in the class

Equipment

Equipment should be returned to its proper storage place to ensure safety and cleanliness of the room. Weight-bearing exercises should not be performed against the mirrors for safety reasons.

Proper Attire

- T-shirts, shorts, sweat pants, tights, leotards, socks and closed-toe athletic shoes are acceptable
- No street clothes – including jeans, sandals or swimsuits allowed

Safety Guidelines

- Members must follow the class guidelines and instructor's directions
- It is highly recommended that you see a physician before beginning an exercise program, especially if you have any pre-existing medical conditions

Gymnasium

Open/Recreational Basketball

Purpose:

- Fun and fellowship
- Developing values for life
- Winning graciously
- Losing with dignity
- Conditioning and fitness
- Competition and skill development

Gymnasium Rules:

- No dunking
- No spitting
- Proper non-marking shoes and attire are required
- No vulgar and/or profane language
- No hats, bandanas or head gear on courts
- The YMCA has the right to eliminate full court games due to the number of people in the gym

Rules:

- All players are expected to conduct themselves in a mature and sportsman-like manner, both on and off the courts. The YMCA will not tolerate any gambling or language abuse. Failure to comply will result in expulsion from the facility.
- Dunking or hanging on the nets or rim is not permitted! Anyone seen doing so will be asked to leave the YMCA immediately! The YMCA will retain his/her membership until after the offender meets with a professional staff member.
- For safety reasons, players need to avoid running into the curtains.
- No hats, bandanas or head gear on the courts. Exceptions are as follows: a headband no wider than 2 inches and made of non-abrasive material. Elastic, fiber, soft leather or rubber may be worn. Rubber/cloth (elastic) bands may be used to control hair.
- Sign in on the chalkboard for full court play: you may sign your name only, last names must be used and initials are unacceptable; no one shall change or erase another person's name.
- Full Court basketball rules: must be signed up on the chalkboard; games play to 25 points (win by 3) or 30 points (win by 1); when 10 or more players are waiting to play, a team may only win three consecutive games. They then must leave the court and put their names on the board. The next two teams on the board play. When there are fewer than 10 players waiting, the winning team may continue to play; No one who is playing may have their name on the board for another game; When a player needs to be replaced, the next player on the sign up board is to be the replacement; The two players involved in a foul are the only two players allowed to make the call; Continual arguing and/or abusive language may result in both teams leaving the court and two new ones coming on.
- Only tennis shoes with non-marking soles are permitted on the courts.
- Noontime play is daily: 11:30 a.m.-1 p.m. with sign-in on board beginning at 11:15 a.m.

- YMCA staff has the right to eliminate any full court games due to the number of people in each gymnasium.
- Team or group practice cannot be held during open gym times.
- Please allow 15 minutes after scheduled program for cleaning and preparation of gyms.
- Gymnasium schedule is subject to change.

Locker Rooms

Day Use Only

- We provide complimentary lockers for day use only
- We advise all members to place a lock on the locker they are using
- Locks may be purchased or checked out for free at the Member Services Desk
- Locks left on overnight will be cut off and the locker's contents will be stored for two weeks before being donated to an appropriate charity
- The YMCA is not responsible for the replacement of cut locks

Children in Locker Rooms

- For the comfort of your child and fellow members, children age 3+ must use the appropriate gender locker room
- Family locker rooms are available

Swim Suit Spinner

- For your convenience, swim suit spinners may be available for use in all locker rooms
- Be sure to read all directions prior to use
- The YMCA is not responsible for damaged or lost suits

Sauna/ Steam Room Policies

The use of the steam and sauna is limited to adult full service members or members upgrading to full service for the day. Allow 5 minutes after exercising to cool down before entering. For health reasons, limit yourself to a maximum of 10 minutes in sauna or steam room. Youth under 13 are not permitted to use the steam and sauna; 13-18 year old members must have an adult supervising them while using these areas. Shaving is prohibited in the steam or sauna.

Lost and Found

- The YMCA is not responsible for lost or stolen items
- Check the Member Services Desk if you have a lost item
- Items are kept for two weeks after which they are donated to an appropriate charity
- Valuable items will be secured and arrangements must be made for pick up

Racquetball Courts

Racquetball/Handball/Walleyball Court Use Policy

- In terms of space allocation, courts may ONLY be reserved for handball, racquetball or walleyball, unless approved by a program director. While the courts may be used for other non-program activities, this practice is allowed only when the courts are open.
- High school or middle school players may reserve courts and play as part of the regularly scheduled time that that they are permitted to use the YMCA.
- Grade school youth members may use the courts only if supervised by an adult member.
- All reservations are made at the Front Desk as follows: Courts are reserved by reservation or walk on for one hour periods; Courts may be reserved for an hourly fee of \$2 which must be paid at the time the reservation is made. Reservations may be made **two days in advance** of using the court; Court cards may be purchased for \$20, entitling the owner to 10 reservations and allowing the owner to make phone reservations; A walk on reservation is free to members and can be made **20 minutes** before a court time opens. This reservation lasts for one hour.
- Please be courteous and respectful toward other members if you are asking them to vacate a court you have reserved. Give them a minute or so to gather their belongings.
- The YMCA does reserve the courts during the week for specific leagues and programs. These are marked on the schedule book at the Front Desk.
- Black soled shoes are not permitted on the courts and use of wooden racquets is strongly discouraged. Wrist straps must be worn at all times.
- **EYE GUARDS ARE STRONGLY RECOMMENDED WHILE PLAYING RACQUETBALL.** (Mandatory for those under age 18.)
- If any problems arise, please contact a building supervisor or come to the Front Desk. We will deal with your concern as quickly as possible.

Running/Walking Track

Age Guidelines

- Members ages 8+ are permitted free use of the track
- Members ages 7 and under must be accompanied side by side by an adult member age 18+

Proper Attire

- Proper work out attire and closed toe athletic shoes are required
- No sandals, swimsuits or clothing that may be inappropriate in a family environment

Food

- Closed water bottles are allowed
- No food or gum allowed

Track Etiquette

- Follow the daily directional signs
- Always run or walk single file except to pass
- All walkers and slow runners keep to the inside rail
- No spitting on the track

Track Safety

For the safety of all members, the use of dumbbells, balls and open stereos is prohibited along with spectators on the track.

Gym Bags

- For your safety, store personal items including gym bags, purses, extra clothing, etc. in the locker rooms or designated areas
- Locks are available at the Member Services Desk
- The YMCA is not responsible for lost or stolen items

Wellness Center

Age Guidelines

- Members ages 16+ are permitted full use of the Wellness Center with a Fitlinxx orientation and a waiver signed by a parent or guardian.
- Members ages 13-15 may use designated areas when accompanied by an adult member age 18 or over. Youth 13-15 must have a waiver signed by a parent or guardian on file, and complete a Fitlinxx orientation.
- No one under age 13 is permitted in the Wellness Center unless in a YMCA structured program

Wellness Staff

YMCA staff is available throughout the day to answer your questions or help develop your wellness program for the weight room, cardio-vascular equipment or nautilus.

Cell Phones

For your safety and out of respect for other members we ask that you do not talk on your cell phone in the weight room or Wellness Center. Step outside the area if you need to make a call.

Circuit Priority

- Members who wish to use the strength training in circuit format are given priority over those performing multiple sets
- Circuit users utilize each machine for a set of 8-12 repetitions
- If you intend to perform more than one set of repetitions on a machine, please allow others to work through on the equipment as you rest between sets

Collars & Spotters

- For the safety of all members, collars are required on all free weight bars
- Spotters are recommended
- Do not drop weights

Food

- Closed water bottles are allowed
- No food or gum allowed

Gym Bags

- For your safety, store personal items including gym bags, purses, extra clothing, etc. in the locker rooms or designated areas
- Locks are available at the Member Services Desk
- The YMCA is not responsible for lost or stolen items

Personal Trainers

- The YMCA offers Personal Training for our facility members
- Use of non-YMCA personal trainers is **prohibited within our facilities and may result in loss of membership for both individuals**

Proper Attire

- Proper work out attire is required
- Closed toe athletic shoes must be worn at all times
- No sandals, swimsuits or clothing that may be inappropriate in a family environment
- No pants with rivets will be allowed in weight room or wellness center

Rack Your Weights

As a courtesy to all members, when using free weights please return equipment to its proper place at the end of your work out.

Towels

Cleaning spray and towels will be provided to wipe down each machine after use. It is highly recommended that you bring a work-out towel.

Wellness Orientations

- It is highly recommended that all members participate in a wellness orientation
- This is a FREE benefit of your membership
- Orientations may include instruction on how to use equipment safely and effectively
- Schedule an appointment with one of our staff today!

Support Your YMCA!

Financial Assistance

If you are unable to pay the full cost of YMCA membership or programs, you may apply for partial assistance based on your financial situation. Funds for financial assistance are raised by the volunteers of the YMCA Annual Campaign and come from generous YMCA members, individuals and businesses in our community.

Annual Campaign

The Lima Family YMCA seeks to ensure that everyone has the opportunity to participate in programs and services that assist them in living fuller, healthier lives. Because of the positive impact of the Annual Campaign, lower income youth, teens and families throughout our community are provided the opportunity to participate in YMCA programs and services.

Making a gift through the YMCA's Annual Campaign not only supports the YMCA's commitment to serving all, but makes a direct and positive impact on the quality of life for local individuals and families. If you would like to contribute to the campaign please go to the Member Services Desk.

Volunteer Information

Volunteers are the strength of our organization. They make it possible to offer the wide range of quality services and programs that we do. Their contribution impacts all aspects of the Lima Family YMCA. If you are interested in volunteering please pick up a volunteer application at the front desk. We value our volunteers!

Volunteer Opportunities

Some of the areas in which volunteers assist include:

- Aquatics
- Fundraising
- Service Learning Project
- Robotics/ Lego League Coach
- Special Events
- Wellness Ambassador
- Youth Sports Coach
- Member Services

Programs

The Lima Family YMCA offers a variety of programs for all ages that are designed to build a healthy spirit, mind and body. They include:

- Family Programs
- Group Fitness Classes
- Senior Fitness/ SilverSneakers®
- Barracudas Swim Team
- Robotics programs
- Teen Leadership Clubs
- Swim Lessons
- Teen Programs (Youth in Government, Teen Leaders Club, Achievers Club, Robotics)
- Water Fitness Classes
- 5 K Runs, Triathlon and a 10K Run
- Diabetes Prevention Program
- Youth Sports
- Power Reading Enrichment Program
- Youth Gymnastics
- Youth & Adult Karate & Judo
- Sports Summer Camps
- Day Camp

Program Refund Policy: 90% refund if individuals cancel prior to the first class, 50% refund if cancellation occurs after the first class. No refunds are issued after 2 classes have occurred. Contact a YMCA program director to receive program refunds.

YMCA Mission Statement

To Put Christian Principles into practice through programs that build healthy spirit, mind and body **for all**.

Address

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Fax: 419-223-0771
Hotline: 419-222-9624 (YMCH)

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