



YMCA OF PUEBLO WELCOME GUIDE

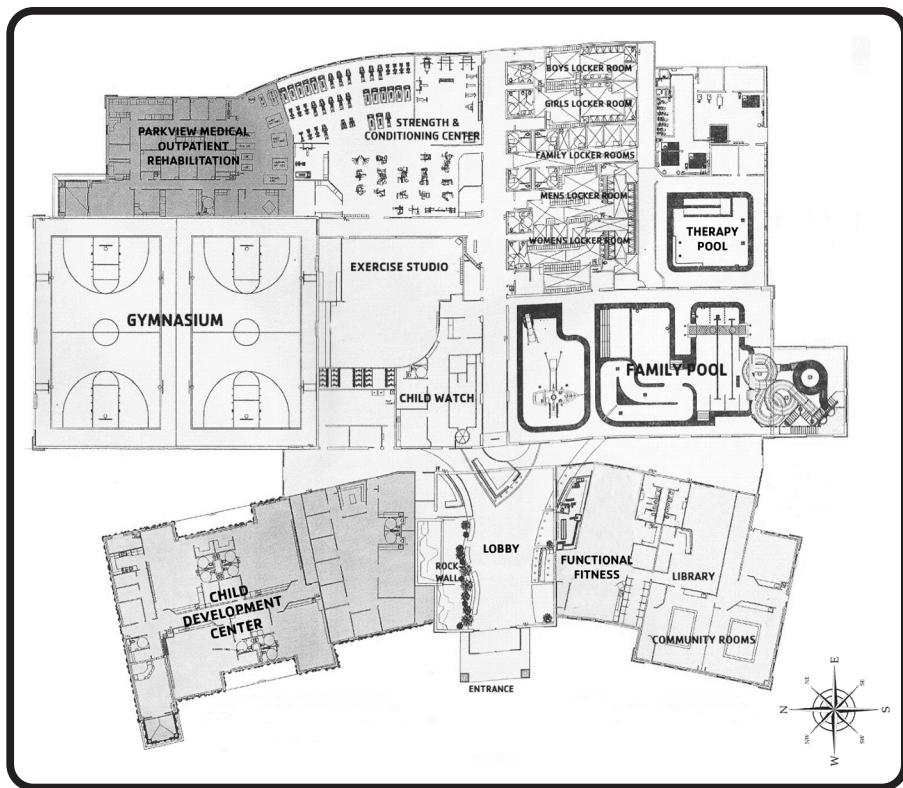
OUR MISSION

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



Where YOU Belong – the Y!

RESPECT | HONESTY | CARING | RESPONSIBILITY



SUMMER HOURS

Monday-Friday: 5AM – 9PM

Saturday: 7AM – 4PM

Sunday: CLOSED

**HOURS SUBJECT TO CHANGE*

FACILITY FEATURES

- Strength & Conditioning Area
- Functional Fitness Space (Steelworks Club)
- Group Exercise Studio
- Gymnasium with 2 full-size courts
- 44ft Climbing Wall
- Steam Rooms (adult locker rooms)
- 3 Pools: therapy pool, toddler pool with pirate ship, and main pool with lap lanes, lazy river, lily pads and water slides
- Child Development Center
- Community Rooms
- Public Pueblo City-County Library District branch with a computer lab

Code of Conduct

The Y is committed to providing a positive atmosphere that is safe and inclusive to all in our community. Showing respect and courtesy for others is key for the existence and success of the Y as a whole. Respect your surroundings. Take care of all campus equipment and facility spaces. We reserve the right to restrict access or remove individuals from the facility who violate the Code of Conduct. Violators may be suspended or banned from the facility or programs.

The following will **NOT** be tolerated at the Y's Community Campus and in Y programs:

- Abusive, harassing and/or obscene language or gestures
- Threats of harm, physical aggression or violent acts
- Weapons of any kind
- Smoking, tobacco or vapor use of any kind
- Damaging or defacing YMCA property
- Possession, sale, use or being under the influence of alcohol, recreational drugs and/or illegal drugs
- Offensive and unlawful conduct

OUR MEMBER WELCOME GUIDE WILL PROVIDE DETAILS REGARDING MEMBER ETIQUETTE, POLICIES AND WAIVERS. PLEASE TAKE TIME TO FAMILIARIZE YOURSELF WITH THESE GUIDELINES. PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS.



Membership

BENEFITS

- *Personal Training
- *Small Group Training
- Group Exercise Classes
- Active Older Adults Programs
- *Chronic Disease Prevention Programs
- Fitness Orientations
- *Preschool
- *After-school Care
- Free Child Watch
(Child **MUST** be an active Y Member)
- *Youth Day Camps
- *Youth Sports, Camps & Clinics
- *YMCA Camp Jackson
- *Swimming Lessons
- *Climbing Lessons
- *Lifeguard & CPR Training
- Corporate Wellness Challenges
- *Birthday Parties
- *Facility Rental

*Provided at a reduced cost for YMCA of Pueblo members

CHILD WATCH:

Ages: 6 months – 10 years old

Hours: Monday – Friday: 8:30am–1pm & 5pm–8pm

Saturdays: 9am–12pm

Sundays: CLOSED

PAYMENT

MONTH TO MONTH:

Auto-withdrawal from your credit card, savings, or checking account will occur on the 1st of every month.

FINANCIAL ASSISTANCE:

Everyone has the opportunity to join the Y, regardless of income. To apply, please visit puebloymca.org/scholarships to view and fill out our online application.

CORPORATE PARTNERSHIPS:

Local businesses can choose to partner with the Y and pay for all or a portion of the membership for their employees.

INSURANCE PROVIDERS PROGRAMS:

There are also memberships available through some insurance companies. Bring in your insurance card and see if you qualify!

- SilverSneakers®
- Renew Active
- Prime
- Silver and Fit
- Fit on Health
- Fitness Your Way
- Wellhub

MEMBERSHIP DESCRIPTION	MONTHLY DUES	JOINING FEE
Youth 0 – 17 years (Ages 18–22 with proof of school records annually)	\$50	\$50
Young Adult 18–29 years	\$60	\$60
Adult 30–59 years	\$70	\$70
Two Adults Two adults living in the same household (NO Children)	\$80	\$80
One Adult Household One adult with up to five (5) children**	\$85	\$85
Two Adult Household Two adults and up to five (5) children**	\$95	\$95
Senior Adult 60+ years	\$65	\$65
Two Senior Household One member must be 60+	\$75	\$75

All dues and fees are subject to change. Members under the same plan must occupy the same household. Upon initial sign up, members pay the joining fee plus prorated dues for that month. If a membership is terminated for longer than 30 days, the joining fee will apply at renewal.

**Households with more than 5 children will be evaluated on a case-by-case basis.

NATIONWIDE MEMBERSHIP:

Access to participating YMCA's across the United States and Puerto Rico! Learn more on page 7 or visit puebloymca.org/join.



NEW MEMBER CHECKLIST

WAY TO GO! You made the first step toward a healthier lifestyle by joining the Y. Now that you're a member of the YMCA, here are a few things to help you get the most out of your Y experience.



SCHEDULE A TOUR (if you haven't had one yet)

Get familiar with your Y facility, programs and services and meet the people who will help you transform your life.



FREE 30-MINUTE FITNESS CONSULTATION

Receive an equipment orientation and work with a Personal Trainer to identify your goals and create a plan tailored just for you. Receive advice on nutrition and learn skills that will aid in developing a healthy mind, body and spirit. Learn more at the front desk today!



OPT IN TO TEXT MESSAGES

Download the Remind App from your App Store and be the first to learn about any facility changes including: class cancellations, facility closures, scheduled pool cleanings and more! Text 81010 to one or more of the following codes to opt into the notices you'd like to receive:

Facility: @ymcanotice

Group Exercise: @ymcaofpue

Aquatics: @pooltalk

Active Older Adults: @ymcaaoa



INVITE A FRIEND OR FAMILY MEMBER

Find a fitness partner that will push you, boost your confidence and make exercising fun! Members can invite friends and family to try the Y for free. Limit 5 complimentary guest pass visits per year, per membership unit. **ADDED BONUS!** — If they join on the spot, you'll get a free month of membership.



STAY INFORMED

Ensure your email is up-to-date to receive our monthly eNewsletter filled with helpful health and fitness information, upcoming events, staff and member spotlights, challenges, special opportunities and so much more.



GET CONNECTED

We're more than a gym and swim. We are a leading non-profit, charitable organization and help develop and serve our community. See what we've been up to by connecting with us on Facebook, Instagram, TikTok and YouTube @puebloymca!



ATTEND AN EVENT

We offer family-friendly special events to our members where you can have fun being active and developing healthy habits, meet new people and spend quality time together as a family. Learn more and join us at puebloymca.org/events

SCAN ME!



PUEBLOYMCA.ORG

QUESTIONS?

Contact our Membership Team at the front desk



Be part of something BIGGER

Charitable Giving

We have proudly been serving Pueblo since 1889. Our programs and facilities embrace diversity, reflecting the needs and composition of the community we serve. BUT -- there's so much more to our Y than one might think! From exercise to education, from volleyball to volunteering, from preschool to preventative healthcare, the Y doesn't just strengthen bodies – **WE STRENGTHEN COMMUNITY.**

We seek to ensure that everyone has the opportunity to participate in programs and services they need to pursue healthy lifestyles. You can be part of our Annual Support Campaign to raise the funds needed to continue our vital work. We want people to think of the Y as so much more than a gym. In Pueblo, and around the country, the Y is a cause – a cause worth investing in. The programs and facilities that the Y provides to the Pueblo community are made possible largely because of contributions from our donors in the form of scholarships and community outreach programs.

READY TO MAKE AN IMPACT IN OUR COMMUNITY?

Did you know... Every day we work across the community to support the people and neighbors that need us most by addressing community issues such as school readiness, chronic diseases and food insecurity?

Our Annual Support Campaign donors make it possible for children, families, and adults to have access to Y programs. We strive to keep value-based youth programs and fees affordable by subsidizing some of the real costs; however, we know that some individuals and families will need financial assistance during difficult times.

Through the Annual Support Campaign, we are able to ensure that no one is turned away from Y programs and services based on their ability to pay. Community support helps thousands of youth and families share the YMCA experience.

Because having a membership is considered receiving a service, membership dues and similar payments are not deductible as charitable contributions.

DONATE TODAY

puebloymca.org/donate



BECOME AN IMPACT MEMBER!

An impact member is someone altruistic and compassionate. This is you saying "YES" to a better Pueblo. By paying it forward, you help ensure that more youth, neighbors, seniors, and families have access to programs that support a high quality of life. Scan the QR Code below to learn more about how you can become an Impact Member today!

An impact membership is a monthly reoccurring donation.

Impact Members do not have YMCA facility access or receive discounts on programs.



Volunteering

Volunteers are critical to helping us move forward with our mission. We have volunteer positions for all ages available in several departments. Throughout the year, there are a variety of projects and events where volunteers are greatly appreciated. If you are interested in volunteering, please fill out our online application at www.puebloymca.org/volunteer. Once an application is complete, volunteers have the opportunity to attend a Y orientation. **Background checks are required for all volunteers.**



YMCA Facility Policies

Payment

The YMCA drafts from bank accounts between 12 a.m. and 6 a.m. automatically on the 1st of each month. Therefore, funds will need to be in the account the night before your draft date. All returned checks and card payments will incur a \$20 service fee on every transaction. Any returned EFT Bank Drafts due to insufficient funds will be sent to a third party collector who may charge their own \$20 return payment fee in addition to the Y's original draft. The Y reserves the right to collect those fees before allowing access to the facility. *All Membership Rates are subject to change.*

Month to Month Payment – This is a continuous membership plan. Dues will be drafted on the 1st of each month. The payment will automatically be deducted from their credit card, savings, or checking account. If using a savings or checking account, a voided check must be provided prior to billing. Dependent on the date of sign up within the month, new member's will be charged an initial prorated amount to cover the current month at time of sign up.

Senior Discount: Memberships have an option for a senior rate (60+ years) and it is the member's responsibility to notify the Y when this age applies to their membership type in order to receive the appropriate rate.

Corporate Discounts: Available for employees of local businesses that are partnered with the Y. Members must provide proof of employment to receive this rate. These reduced membership rates only apply to the base rate. It is the member's responsibility to notify the Y if they discover their employer offers this benefit. The Y reserves the right to cancel the corporate rate if the member is no longer employed with a corporate partner.

Health Insurance Benefits: Can include a free or reimbursed membership to fitness facilities. Programs and providers supported by the YMCA of Pueblo include, and are not limited to: SilverSneakers®, Silver and Fit, PRIME, and United Healthcare (Renew Active). Please contact your health insurance provider to see if they offer a fitness center program, or if you can add it to your plan. Proof of enrollment in the supported insurance program must be provided to sign up. **ALL YOUTH ATTENDING WITH YOU DURING YOUR VISIT MUST UTILIZE A GUEST PASS OR HAVE AN ACTIVE YMCA OF PUEBLO MEMBERSHIP. PLEASE REFERENCE PAGE 3 FOR YOUTH MEMBERSHIP PRICING.**

Refunds

Program Refunds

Deposits required for programs are non-refundable/non-transferable. If you cancel your reserved space a minimum of 7 days before the program begins, you may request one of the following:

- A transfer to another Y program.
- A credit to a future Y program; good for up to 6 months.
- A refund (please allow 30 business days for check processing).

*There is a \$10 processing fee for transfers, credits, or refunds.

Once a program begins, no transfers, credits, or refunds will be issued. If the YMCA cancels a program, you may choose any of the three previously listed options for reimbursement without being charged a processing fee.

*Although every effort will be made to keep members informed, the YMCA of Pueblo reserves the right to change fees, instructors, schedules, and programs without prior notice.



YMCA Facility Policies

Changes to Your Membership

All changes to any account must be submitted in writing online or through the front desk. The proper forms are available at the service desks. It is the member's responsibility to notify the Y of any change in contact or billing information (if using automatic withdrawal for payment dues); this includes any change in the expiration date of a credit card. Membership consists of individuals living in the same household.

Age and Additional Family Members

Any family members using the facility must be included on the membership, or pay a guest pass rate. When a member turns 18, they will have to apply for an individual membership, **UNLESS PROOF OF ATTENDING SCHOOL IS PROVIDED.** It is the member's responsibility to provide proof of attending school once a year until the youth turns 23. Students 18-22 who have not provided proof of attending school within the last year will be automatically charged at an adult rate. There will be no reimbursements during the time proof was not provided. Once the youth turns 23, they will have to apply for an individual membership. If the original account is a Youth Membership, and an adult or senior is added to the account, the membership type will automatically be changed to an adult or senior membership with additional youth.

Terminating your membership

The Y requires a written termination notice online or through the front desk a minimum of 5 days before the membership's scheduled draft date. To make changes to your membership, please submit an online ticket at puebloymca.org/changes or visit the front desk. **ANY TERMINATIONS RECEIVED LESS THAN FIVE (5) DAYS BEFORE THE DRAFT DATE WILL PAY MEMBERSHIP DUES FOR ONE MORE FULL MONTH.** The Joining Fee is a one-time fee as long as you remain an active member of the YMCA of Pueblo. If you cancel or discontinue your membership for more than 30 days, a Joining Fee will be charged when you reapply for membership.

Member I.D. Card Bar Code

A member ID card will be issued at the start of a membership. This card will be used for the check-in process. Membership cards are property of the Y and must be surrendered upon demand. We reserve the right to deny entry in the interest of safety and security. A replacement card can be bought for \$3 with a valid photo ID.

Nationwide Membership

Visit participating Ys across the United States and Puerto Rico.

- Visit ymca.org before you travel to make sure the Y you intend to visit participates in Nationwide Membership. Over 2,500 Y locations participate.
- You must have an active membership to be eligible for Nationwide Membership. **Guest passes cannot be purchased by a Nationwide member at the YMCA of Pueblo.**
- On average, at least 50% of your visits must be to your Home YMCA (the local association that enrolled you and collects your membership dues).
- If you have known periods of seasonal travel (when you will not be using your Home Y at least 50% of the time or will be a resident of another area for more than 28 days), you will need to cancel your Home Y membership and join the Y where you will be living for that time period.
- If you are a college student, you will need to join the YMCA where your usage is 50% or greater. Nationwide Membership is based on individual usage not the family unit. Most Ys have a young adult or college membership option or you can ask about the financial assistance program.
- Please bring a photo ID with you. Most YMCAs require a photo ID for all visitors.
- You will be asked to sign a waiver when visiting other YMCA locations.

Guest Pass Policy

The YMCA of Pueblo is a membership organization and our first priority is to serve our members. Our guest pass policy's purpose is to: enhance service to current members who are encouraging a friend to join; and to make reasonable accommodations for our out-of-town family and visitors. **ALL CURRENT YMCA Members receive TEN (10) complimentary guest passes per year, per household.** Guest names are now recorded for each member at the Welcome Center. After the 10 free guest visits, additional guests are required to pay the Guest Rate Fee.

Rates and more info can be viewed at puebloymca.org/guest. Guest must provide a valid photo I.D., register at the Welcome Center, sign the Guest Waiver and be accompanied by the active YMCA of Pueblo member during their visit. Anyone caught sneaking a guest in may have their membership terminated.



YMCA Facility Policies

Communication

It is imperative that you provide us with current and correct contact information such as a phone number and email address. We use several forms of communication to share with you important updates. We send out messages to operations, policies, facility maintenance, etc so that you are aware of changes ahead of time. You may email info@puebloymca.org with any concerns, comments or feedback.

Lost & Found

We encourage you to leave items of value at home, and lock up your personal items in a locker while in the Y's Community Campus. We have lockers located throughout the facility for you to use. The Y does not assume responsibility for lost or stolen property. However, items that are found and turned in are kept in the Lost and Found, which is accessible through the front desk. If you have lost something, please check with us. Unclaimed articles are given to charity after 30 days.

Photo and Video

The YMCA of Pueblo reserves the right to use without limitation or obligation: photographs, film footage, or tape recordings which may include my or my children's image or voice for the purposes of promotion or interpreting Y programs.

Audio & Personal Recording

For the courtesy of others, please use headphones or earbuds while listening to music or other forms of audio. **Personal recordings/photographs are strictly prohibited in all locker rooms/changing room areas. No exceptions.** Personal recording/photography are allowed in other areas of the YMCA; so long as the following conditions are met: Only you and/or your family members are visible in the shot, you have made others aware you are recording and that they may be visible in the shot. This party must give verbal consent that can be revoked at any time, personal recording/photographing does not disrupt others activities. YMCA Management reserves the right to ask photographing/recording to cease at any time. Violations of this policy will result in disciplinary action up to, and including, termination of membership.

Maintenance Schedules

The Y may alter facility, room, and/or class schedules if a room or piece of equipment needs cleaning or repairing.

Hygiene

Must shower before entering the pool, even after using the steam room. Shaving isn't allowed in the steam rooms. Please keep personal grooming activities to the restroom, locker room, shower and dressing areas only.

Food and Beverages

Please only take water into the locker rooms, strength and conditioning area, aquatics area and gymnasium. Food and other beverages must be consumed in the lobby or community areas.

Children

As a parent or guardian, you are responsible for your children at all times. Children 11 and younger must be accompanied by a parent or guardian over the age of 18 at all times while on campus, unless they're engaged in a directed program activity. **CHILDREN AGED 12 YEARS AND OLDER ARE WELCOME TO BE IN THE FACILITY ON THEIR OWN. Max 4 hours per day.** Youth ages 12-17 cannot be responsible for guests and members under the age of 12. (i.g. 14-year-old sibling cannot watch 11-year-old sibling). Please keep in mind that certain areas of the campus have higher age and use requirements that may require the child to be older than 12 for use. The 12-year-old minimum is simply for general access to the campus. Please see the following pages for age requirements for individual areas within the campus. In accordance to local laws, if a child is not picked up within 30 minutes of the facility closing, local authorities will be contacted.

Restrictions

We reserve the right to deny entry in the interest of safety and security. Any violation of the Code of Conduct may also lead to denied entry. **Please accept instruction/direction from Y staff members and volunteers.** The Board of Directors has determined that persons convicted of any offense that places their name on the sex offenders list are not eligible for membership or access to the facility at the YMCA of Pueblo. The YMCA may, in its discretion, periodically review sex offender lists and do background checks for this purpose. In the event it is determined that a member or prospective member's name is on a registered sex offender list, that person will not be eligible for membership. The entire Y campus and property is a tobacco, vapor, electronic cigarette, illegal drug, marijuana, and alcohol free zone as per city ordinance and YMCA of Pueblo policy.



YMCA Facility Policies

Aquatics Center Policies

The pool schedule is regularly updated to accommodate the needs of all. Maintain a safe aquatic environment for everyone. Rules are subject to change.

Aquatics Safety Policies

- Swimmers ages 0-11 must have an adult 18+ in the aquatic area at all times.
- Always obey the lifeguards on duty.
- Please review the Swim Band Policy below in regards to age limits and supervision requirements.
- Showers are required before entering any pool.
- **APPROPRIATE AND PROPER SWIM ATTIRE IS REQUIRED.** No cotton or denim clothing may be worn in the pool area. Shirts, shorts and shoes must be worn in all areas outside of the pool/locker rooms. If additional coverage is wanted, swim suit must be worn under shirt or shorts made of a synthetic material.
- WALK slowly in and around the swimming pools.
- No rough play, sitting on shoulders, chicken fights, throwing others, hanging on the basketball nets/hoops, or climbing on or over the lazy river walls is permitted.
- Children of diaper wearing age must have bottoms with elastic legs/waist or a swim diaper, and must be checked every 30 minutes.
- Only Coast Guard approved inflatables allowed. **Exception:** pool noodles.
- Individuals who have been ill in the past 24 hours must refrain from using the pool or steam rooms. Do not swim if you have open cuts, sores, or infections of any kind.
- Food and beverages are prohibited in the pool area, with the exception of water. Glass objects are prohibited.
- No diving in any area of the pool.
- No prolonged underwater swimming or extended breath-holding.

Aquatics Etiquette

- All patrons have the right to swim laps in the lap lanes, provided that they swim laps continuously. Two or more swimmers can successfully share a lane by "circle swimming". Please respect each other and the swim equipment.
- The Therapy Pool is adults only with the exception of children with therapeutic needs, and scheduled swimming lessons.
- This is a family facility; please refrain from public displays of affection.

Swim Band Policy

All Children under 48" need to take a swim assessment before swimming in our pools. This policy to identify the swimming capabilities of all children to better ensure their safety. Those who do not take this swim test will be considered a non-swimmer and will require further supervision of a guardian who is 18 years or older.

Red Band: have not taken or have not passed the swim test

A red band indicates to lifeguards that a child is a non-swimmer who is under 48", and that the guardian is responsible for the non-swimmer. Children with a red band are required to be within touch reach of a guardian 18 years or older with a limit of 2 red banded children per guardian at one time. If a child is 8 years or older a parental guardian does not have to accompany the child, but the child will be required to wear a Coast Guard approved personal flotation device if under 48".

Green Band: passed the swim test

A green band indicates to lifeguards that a child has passed the swim test, is under 48 inches and is considered a swimmer. Any child listed in our records as a green band may be asked to re-test should a lifeguard deem it necessary. With a green band, a child will be able to swim in any area of the pool that is available for recreational swim. If the child is 7 years old or younger, a guardian 18 years or older must remain in the pool area at all times.

Green Band Swim Test Criteria

Child will jump feet first into the pool at least 4 feet deep or deeper, surface and tread water for 1 minute. Without grabbing the wall, the child will swim the length of the pool using a front stroke with the ability to have their face in the water and take comfortable breaths. Once to the other end the child will roll on their back for 10 seconds, then continue back to the starting place using a resting stroke on their back.

Water Slides

Swimmers must be 48" or taller. Only one person can go down a slide at a time. Life jackets are not permitted to be used on the water slides.



YMCA Facility Policies

Locker Room Etiquette

Men's and Women's Locker Rooms

These locker rooms are **OPEN TO ADULTS AGE 18 AND UP ONLY**. Youth, even those accompanied by an adult, must use the Family locker rooms, or either the Boys or Girls locker rooms. **STEAM ROOM USE IS FOR ADULTS 18+ ONLY.**

Boys' and Girls' Locker Rooms

These locker rooms are **STRICTLY FOR YOUTH 17 AND UNDER**. Please be courteous to other members and guests and do not engage in any horseplay or other inappropriate activities in these locker rooms.

Family Locker Area

The family locker room is available for families with members of both genders in need of a changing space or restroom facilities. There are 4 changing rooms, and 4 rooms with showers and toilets available. Please be considerate of the limited spaces. We ask that you utilize the other locker room options if they are applicable to you or your group. If a family locker room space is unavailable, there are restrooms available in the community hallway off of the lobby. Since children age 7 years and younger should not be in the facility out of arms reach of an adult, we allow young children accompanying an adult of the opposite gender to use these restrooms.

Locker Use

Please bring your own lock for daily use. The Y is not responsible for any items lost or stolen from the locker rooms. We suggest that you leave valuables at home. In order to keep our lockers available and our locker rooms maintained, items may not be left overnight. If locks are left on overnight, they will be cut and the items in the locker will be kept in the Lost and Found.

Privacy

Please keep your cameras clear of the locker rooms and restrooms. For the safety, security, and comfort of our guests, we ask that you not use your camera in the campus facility, especially in the locker rooms, restrooms and pool areas. Cell phones should only be used for communication in these areas, and not for pictures and video. Violation of this policy could result in membership termination.

Pool Access

The pools are only accessible through the locker rooms. You must shower before entering the pool, even after using the steam room. The Men's, Women's, and Family locker rooms are equipped with their own Suitmate® swimsuit dryers. Please only dry one garment at a time. For the most effective use, follow the instructions on the lid while using this machine. Please do not use it to dry your towels, undergarments or any other non-swimsuit apparel.

Safety and Emergencies

If an incident occurs that the Y staff should be aware of, call buttons are located between family locker rooms 1 and 2, and near the double sinks across from the toilets in the men's, women's, boy's and girl's locker rooms. There are also call buttons in the group exercise rooms, strength and conditioning area, and in the gymnasium. These contact the front desk directly via our phone line.

Steam Room Etiquette

There are steam rooms located in the men's and women's locker rooms.

- **CHILDREN ARE PROHIBITED IN THE STEAM ROOMS.**
- A swim suit or a towel must be worn at all times. **NO NUDDITY.**
- Shaving or the use of vaporizers, oils, or creams is prohibited.
- Keep personal grooming activities to the restroom, locker room, shower and dressing areas only.
- The steam rooms will be closed for a short period each day for maintenance and cleaning, as posted.



YMCA Facility Policies

Gymnasium Etiquette

As a parent or guardian, you are responsible for your children at all times. Children 11 and younger must be accompanied by a parent or guardian over the age of 18 at all times while on campus, unless they're engaged in a directed program activity.

- Good sportsmanship and appropriate behavior are expected from everyone. The use of abusive language, taking part in rough play, using obscene gestures, or generally disrespectful behavior is prohibited.
- No food or beverages are allowed, with the exception of water in a resealable container.
- Respect the equipment. Use it as intended. Do not kick basketballs and volleyballs, do not hang from the basketball rims or nets and do not hang on the volleyball nets.
- Only use the emergency exits for emergencies.
- Appropriate clothing must be worn. This includes a shirt, closed-toed athletic shoes with proper support, shorts, and/or sweats.
- If there is a program or class on one or both sides of the gym, please be respectful and let them finish before using that area. If you are using the gym after an activity, please wait patiently or use another portion of the facility.

Strength & Conditioning Etiquette

8-11 year old youth are welcome to utilize the cardio and circuit equipment once they have completed a Y Youth Fitness Orientation, and as long as their parents are supervising their activities.

12-14 year old youth are welcome to use the cardio and circuit machines once they have completed a Y Youth Fitness Orientation, but we still ask that if they use the circuit machines that they are being supervised by a parent at arms' length.

- To use the circuit machines and free-weight equipment you must be 4'11" or taller.
- Consult a physician before beginning a workout program, if you are new to exercise.
- Appropriate clothing must be worn. This includes a shirt, closed-toed athletic shoes with proper support, shorts, and/or sweats. Jeans are not acceptable.
- No food or beverages are allowed, with the exception of water in a resealable container.
- Dropping and slamming the weights can be harmful to you, other members and the equipment. Also, leaning weight plates against the painted walls can damage not only the paint, but put dents in the walls as well. Re-rack the free-weight plates, bars, and dumbbells when you are finished with them. Safety collars are required on all barbells.
- The Y offers Personal Training services by certified trainers. Our qualified professional staff can design a personal fitness plan to help you meet your goals. **PERSONAL TRAINING IS NOT PERMITTED ON THE CAMPUS BY NON-Y STAFF.** Violation of this policy could result in membership termination.

Steelworks Club Etiquette

- Our functional fitness space, "Steelworks Club", pays homage to our origins and Steel City itself! This additional fitness space is included in your membership.
- **MUST BE AT LEAST 14 YEARS OF AGE TO USE THE EQUIPMENT IN THIS SPACE.**

Group Exercise Etiquette

11-14 year old youth may participate in classes with a parent or guardian so long as they are fully participating in class. No children are permitted. Participants 15 years old and older may attend group fitness classes without a parent present.

The minimum height requirement for all cycling class participants is 4'11"

- Participants will not be able to enter the class once class has started or if the class is at capacity.
- Bring bottled water and a towel.
- Keep conversations during class to a minimum. Turn off your cell phone or put it on silent mode.
- For your safety, cool down and stretching is an important portion of the class structure. If you must leave class early, please do so quietly, and be sure to cool down and stretch on your own prior to leaving.
- Use the sanitizer and towels provided to clean any equipment used during class. Return all equipment to the appropriate location before leaving.



YMCA Facility Policies

Child Watch Etiquette

Child Watch is a free, on-site, supervised child care option for members to use while they are in the facility.

Child MUST be an active YMCA of Pueblo member to utilize this service. Children using a Guest Pass (voucher) accepted.

Ages Served: 6 months to 10 years old.

- Only parents, grandparents, or legal guardians may sign in/out their child. **A Picture ID** is required to drop off and pick up children.
- If you need to have a different party take the child home, please leave a written note at the time of drop-off indicating the pick-up party.
- Maximum of two hours per day only.
- **The responsible party of the child must remain in the YMCA of Pueblo facility** for the entire time the child is in Child Watch.
- Make sure any personal belongings are marked with the child's name so that we know it belongs to them. Toys should not be brought into Child Watch.
- Food is not allowed. A drink with a lid is permitted.
- All children are required to wear socks. A child without socks will not be allowed.
- Staff will diaper children up to the age of 3. Any child 3 years of age or older will require a parent or guardian to change any soiled garments.
CHILD WATCH DOES NOT PROVIDE DIAPERS OR WIPES.
- Sick children are not permitted. Staff reserve the right to turn away a child.
- If Child Watch service is not utilized for 30 minutes, Child Watch staff may close this service early.

Climbing Wall Etiquette

Minimum age is 6 years old. Climbers ages 6 to 11 must have an adult aged 18 or older in the climbing area.

- All participants must sign the climbing waiver. A parent or guardian must be present to sign a climbing waiver for a youth.
- Only sport climb when there is an official climbing wall staff person on duty. Adults may use the boulder wall at any time without staff present.
- Boulder at shoulder height or below only.
- Let staff know if it is your first time climbing for a climbing orientation to go over proper communication and safety.
- A belay certification must be approved by climbing staff before non-staff can belay. This certification can be revoked at anytime due to safety violations.
- With the exception of harnesses, shoes, and chalk bags, please do not bring in any personal climbing gear to use on the wall.
- Shirt and athletic or climbing shoes must be worn while climbing.
- Use the double check exchange before each and every climb.
- When belaying someone else, keep your entire focus on the task at hand.
- Stay out from under other climbers while they traverse.

Birthdays & Community Wing Etiquette

- **BOOK YOUR EVENT AT LEAST TWO WEEKS IN ADVANCE.** A contract and payment paid in full 2-weeks prior to the party/event are required to hold a reservation.
- Reservations for rooms or activities are charged by the hour with a minimum of two hours. If you reserve two rooms, you will pay for each room (B & C) by the hour. The time booked for a party includes clean up time. All personal items must be removed by the end of the reserved time. Prior to the party, guests are provided 15 minutes to decorate.
- No piñatas allowed.
- Only painters tape may be used to hang up decorations.
- Food and beverages may be brought in from outside the Y. **NO ALCOHOL OR BARBECUE GRILLS ALLOWED.**
- All Y policies will apply to the party activity options, including age limits and dress codes.

Library at the Y

- Accessible to the public, regardless of membership at the Y.
- Any PCCLD materials may be returned to the Library at the Y, regardless of where they were originally checked out.
- Installing of additional programs on the computers is prohibited.
- Follow all instruction/direction from library staff.
- For the latest information on library hours, policies, or other questions, please visit www.pueblolibrary.org or call 719-562-5659.