



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Little Book of Everything



Worthington Area YMCA
Membership Owner's Manual

Welcome page

Congratulations on joining the Y. You are now a member of a growing and diverse community of health seekers from many walks of life, all taking steps toward improving not just health, but connections – with friends, family and the community we live in.

The Y has been serving as a source of strength and recreation for Worthington Area residents for many years. The current facility has been open since November 2009. By joining, you're contributing to a tradition of youth development, healthy living and social responsibility – our three Areas of Focus.

Joining was the first step - the next step is discovering all the Y has to offer. This booklet is designed to get you acquainted with who we are and what we do. It is a reference for in house policies as well as wider philosophies.

While our programming changes each season, most of the information in this booklet will be constant.

So, browse it, keep it handy...and welcome to the YMCA



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Mission statement

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

Core Values

Caring. Honesty. Respect. Responsibility.

Code of conduct

At the YMCA and in its programs, we expect staff, members and guests to demonstrate our core values of caring, honesty, respect and responsibility by:

Speaking in respectful tones; refraining from the use of vulgar or derogatory language; and dressing appropriately.

Resolving conflicts in a respectful, honest and caring manner; never resorting to physical contact or threatening gestures.

Refraining from intimate behavior in public; abstaining from contact of a sexual nature.

Never engaging in theft or destruction.

Never possessing, using or distributing a weapon.

Never engaging in the use, sale, dispensing, or possession of illegal drugs or narcotics, or the use of alcohol or tobacco on YMCA premises or during YMCA programming.

Noncompliance may result in suspension or termination of YMCA membership privileges.

AREAS OF FOCUS

We believe that to bring about meaningful change is individuals and communities, we must be focused and accountable. At the Y we measure the success of our cause by how well we engage communities in our three areas of focus:

Youth Development

We believe the values and skills learned early on are vital building blocks for life. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

Healthy Living

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong programs, or bringing your loved ones closer together through our many family centered activities.

Social Responsibility

The generosity of others is at the core of the Y's existence as a nonprofit. It is only through the support of our volunteers and public/private donors that we can support and give back to the communities we engage.

FACILITY HOURS

Monday-Thursday	5:30am – 9:30pm
Friday	5:30am - 7:30pm
Saturday	8:00am – 5:00pm
Sunday	1:00pm – 5:00pm

Closed on: Easter Sunday, Memorial Day, Labor Day, Christmas Day

Special Hours: July 4th, Thanksgiving Day, Christmas Eve, New Year’s Eve, New Year’s Day

Age Guidelines:

Under 9 years old – must be registered and participating in an activity, supervised by an Adult (someone over 18-years-old), or in Child Watch always. Adults must be IN the water with them while swimming. Children who wear diapers must use a swim diaper when swimming.

Ages 10-11 – Needs to scan membership card at Front Desk. Can be in the facility without an adult and must follow all established rules and policies. Cannot be in the fitness center and only allowed in the pool area with adult (18 yrs. +) supervision.

Age 12 – Must sign in and follow all established rules and policies. Cannot be in the Fitness Center. Allowed in the pool area without supervision and will be required to take a swim test.

Ages 13-15 years old – Must sign in and follow all established rules and policies. Cannot be in the Fitness Center unless they have completed Active Teens Program. Allowed in the pool area without supervision and will be required to take a swim test.

Ages 16 + - Must sign in and follow all established rules and policies. Allowed to be in the fitness center and pool area without supervision. Will be required to take a swim test.

CHILD WATCH

Child watch is a safe, cheerful and engaging environment for children to enjoy while their parents spend time at the YMCA. This program is available to children 6 months to 9 years old and is only to be used while parents are using the facility. If your child needs a diaper change while in our care, you will be asked to return briefly to the Child Watch area to do so.

Child watch participants need to be YMCA members. Children who are not members are welcome to utilize the program for a fee of \$2.00 per child.

Child Watch Hours – *may vary depending on demand*

Monday, Wednesday, & Friday - 8:30-11:00am

Monday – Thursday - 4:30-7:00pm



MEMBERSHIP INFORMATION

Tours

Members and non-members can request a tour at any time. No appointment is necessary. Just stop at the Front Desk and request a tour. We'd love to show you around.

Rates

Membership rates are approved by the YMCA Board of Directors and are calculated to cover operating, maintenance and improvement expenses.

Corporate Rates

The Y has a corporate rate to encourage area businesses to maintain a healthy workforce. For more information contact the YMCA.

Joining Fee

A one-time fee is applied to each new membership at the rate of \$50. There is no joining fee for youth memberships, and a \$25 joining fee for college and young adult memberships. If membership lapses 30 days or more, the fee will be charged again.

Payment Plans

Auto-Pay: Monthly fee is drawn from a checking/savings or credit/debit card/account on the 15th of each month.

Annual: Pay a full year up front and dues will not increase during the 12-month term. Renewals are subject to current rates. Annual payments can be made by cash, check, and all major credit cards.

Cancellations

Monthly memberships are continuous until written request is given for termination. Termination requires an advanced notice. Cancellations will take effect on the date indicated on the cancellation or if prior to the 10th of the month it will be effective on the 15th of that month. If request is received after the 10th of the month payment will be withdrawn on the 15th and cancellation will be effective on the 15th of the following month.

Financial assistance

The Worthington Area YMCA strives to make membership available to anyone, regardless of income. With support from the United Way and Worthington Regional Healthcare Foundation and funds raised through our annual Strong Kids Campaign, individuals and families are aided when they cannot afford the full rate.

Financial assistance applications are available online on our website or at the Front Desk. Applications need to be completed in full along with proof of income provided to be processed. Reduced rates are determined on a case-by-case basis. Most applications take up to two weeks to process.

PASSES

Day Passes

Non-members can purchase a one-day pass from an associate at the Front Desk.

Guests

Full facility members (pool passes, short term, Silver Sneakers, Silver Fit not included) may bring guests to the Y but are limited to two per calendar year. Members are responsible for their guests and are not allowed to bring in groups of guests. The Y reserves the right to limit guest passes. Guest must be accompanied by the member and register at the Front Desk before admission.

MEMBERSHIP

Member benefits

Membership gives you access to a welcoming facility open seven day a week. You have access to the support and guidance from professionally trained staff, it also gives you a place to go to for quality family time, personal time or interaction with friends and fellow members.

Membership includes:

- Free Wellness Center Orientation
- Several Free Group Exercise Classes
- Discounts on Premium Exercise Classes
- Complimentary Wi-Fi
- Access to vending machines
- Priority registration
- Access to Aquatic Center which includes: indoor pool with zero depth family area, water slide and play features, diving board, climbing wall, water slide, 25-yard lap area, and seasonal outdoor pool
- Wellness Center with over 90 pieces of state-of-the-art Cardio machines, Selectorized weight machine circuit, and full line of free weights
- Walking/jogging track
- Access to 2 Gymnasiums for basketball, volleyball, pickleball, soccer, and other large group activities
- Drop off Child Watch services for children 6 months to 7 years of age
- Kids Gym with Electronic Game Board
- Three locker rooms including a Family/Special needs locker room with 3 private changing rooms
- Two complimentary guest passes each calendar year for each member to use
- YMCA Nationwide Membership for all full facility members

MEMBERSHIP TYPES

Youth: age 18 and under

College: Full time status, verification of 12 credits must be provided

Young Adult: age 19-25

Adult: age 26 and over

Adult +1: Two adults living in the same household

1 Adult Household: Household where only one adult resides with their dependent children 18 and under, or Full Time Student with verified 12 or more credits and age 22 or under

Family: Household where only one adult resides with their dependent children 18 and under, or Full Time Student with verified 12 or more credits and age 22 or under

Senior Citizen: age 62 and over

Transfer of Memberships

It is the policy of the YMCA to accept the transfer of membership from any YMCA nationwide. We will waive the joiners fee and the transferring member can then elect their category of membership and payment option at that time. Transferring members must activate their membership within 30 days of terminating at their previous YMCA.

Regular Worthington Area YMCA memberships are not transferable to other members.

Nationwide Membership

Full facility use members are enabled to visit any participating YMCA in the nation at no additional cost. Some restrictions apply.

Full Facility Member Definition

Full Facility use members are those that have annual memberships such as: Youth, Young Adult, Adult, Adult+1, 1 Adult Household, Family, Senior Citizen, College.

Short term and program participants are not considered Full Facility such as: 1-Month or 3-Month memberships, 4-month college, 2-Month Rehab, Summer or Annual Pool Passes, Silver & Fit, or Silver Sneakers.

GOOD TO KNOW

Id cards

Each member 8 and older are issued an ID card. Be sure to bring this each time you visit the Y for access to the facility. ID cards are nontransferable and remain the property of the Y. Replacement cards are \$5 each. IF a card is damaged, bring to the Front Desk for a replacement at no charge.

Members participating in the Insurance Incentive Plan are responsible for scanning their own cards at the gate. Staff are not allowed to add visits or take check ins over the phone.

Photo identification

The YMCA requires members to be photographed for safety and security purposes. These photos are stored in the database and are displayed on the computer monitor each time the member enters the facility.

Cell phones

The use of cameras and video recording devices, including cameras on cell phones, is prohibited in the locker rooms and rest rooms. Please refrain from talking on cell phones in the Fitness Center.

Email

The purpose of collecting email is strictly for internal YMCA purposes only. Membership and Program information is delivered electronically to keep our members better informed. Emails are required for online registrations, no personal information will be sold or provided to any third parties.

Photo policy

The YMCA reserves the right to take photographs of adults and children using the facility or participating in programs to use for promotional materials, including YMCA website and social media. If you do not wish to be included, please inform the photographer.

For personal use: audio, camera & video recording devices are prohibited in YMCA facility unless there is implied authorization. Staff reserve the right to ask members or guests who they are taking pictures of and/or recording to determine if there is implied authorization.

Sexual offender/background check

The mission of the YMCA is to help build strong kids, families, and communities. Important to this effort is our ability to provide a safe and threat free environment. For this reason, the YMCA monitors the sexual offender registry. Persons on this list will not be eligible for membership, program participation, volunteer or employment opportunities.

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.

Security cameras

For the safety of our members and guests the YMCA is equipped with security cameras in many locations throughout the facility. Please report any concerns to the front desk for investigation. It is helpful to have exact times and descriptions for identification on cameras.

Accident /incidents

A risk of injury exists when engaging in physical activity. Members and program participants are advised to use protective equipment where necessary and to be alert to the signals of over exertion. Contact a YMCA staff person immediately if there is an accident, injury or unusual incident. First Aid kits are available throughout the facility. Please ask staff for assistance, please be advised that you are fully responsible for yourself, your children and your guests.

Mini Lockers

There are mini lockers available for valuable items such as wallets, keys, phones, etc. at the Front Desk. Ask a staff person to assist with these.

Towel Service

The YMCA offers daily towel rental for \$1.00, or on a monthly rate of \$7. Clean towels are available at the front desk along with the soiled towel basket.

Locker rooms

Men's, Women's, and Family Locker rooms are available for use. We recommend that all lockers are locked when in use, locks are provided by the members. Lockers with padlocks left on overnight will receive a notification to remove from the staff and will be removed after two weeks. The locker contents will be stored for two weeks before being donated to an appropriate charity. We are not responsible for the replacement of cut locks.

Reserved locker service is available for a monthly rate of \$10 and includes towel service. Large lockers are not available for reserve, only the small or medium sized lockers.

Children in locker rooms

For the comfort of your child and fellow members, children ages 3+ should use the appropriate gender locker room or use the family locker room. Children under age 3 may use any locker room with their parent but we always recommend the family locker room which was built for this purpose.

Transgender use of locker rooms

The YMCA encourages those individuals that are transgender to use the Family Locker rooms

Manager on Duty (MOD)

It is the policy of the Worthington Area YMCA to have supervisory staff on duty always during regular business hours. After 5:00pm and during the weekends either an MOD or a Building Supervisor are available limited hours and on call. They are present to ensure the safety of all members and guests, hear all member concerns and react to emergencies that may occur. Please ask to speak to these staff members at any time with questions or concerns.

Lost & found

YMCA is not responsible for lost or stolen items; however, if you do lose something please check with the front desk. Valuable items are kept in a safe location for approximately 3 months. All other items are kept for 2-4 weeks and then donated to an appropriate charity.

Comment Cards

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. The comment card box is located at the front desk near the courtesy phone. For personal concerns and immediate response, we ask that you speak with any of our administrative staff.

Registration

Members receive member registration rates for programs, events, and swimming lessons. Registration can be done in person, online or by mail. Early registration is recommended as some classes are limited in size.

Registration is available during the Y's regular hours or online at any time.

Some registrations are not accepted over the phone, and all phone registrations require payment at the time of the call.

Program Cancellations

The Y may cancel any activity due to insufficient enrollment. When this happens, we will make every effort to contact registrants in advance of the scheduled start and complete refunds/credits will be given.

In the event of a physical injury or medical illness resulting in an inability to participate in a registered program, participants must notify the YMCA and provide a doctor's note to receive credit/refund.

Those who wish to withdraw their registration from an activity must do so no later than two (2) business days before the activity is scheduled to start and a \$3.00 service charge will be accessed.

No refunds will be given after the two (2) business day policy prior to the start of the activity. If you are registered for a program and you cancel your membership you will be billed for the non-member rate of the program.

If a program is cancelled due to weather related issues, please see the Weather Procedures in this handbook.

THE RULES

Most areas of the Y have rules posted to keep things running smooth for all members. Here is an overview of rules by area.

Gymnasiums

1. Appropriate gym attire is required always.
2. Inappropriate language is not permitted.
3. Violators of the rules and regulations forfeit use.
4. Parental supervision is required for all children during family gym times.
5. Proper gym clothes and tennis shoes that do not mark the floor must always be worn.
6. No roller shoe use allowed in the YMCA.
7. No dunking or hanging from the basketball rim.
8. All personal trash and equipment must be picked up after use.

Running/Walking Track

1. Fast runners should stay to the outside of the track. Slow runners and walkers to the inside.
2. Be mindful of others on the track.
3. No loitering.
4. No more than two people may walk or run side by side.
5. No cell phone use on the track; only in the lobby of the building.
6. Children must be at “arm’s length” with parents while on track.
7. Please observe alternating days for track directions.
8. Strollers are allowed on the track.
9. Proper workout attire and closed toe shoes are required.

Group Fitness Classes

1. Follow class instructions and recommendations and ask questions if you are unclear.
2. Keep conversations and distractions to a minimum.
3. Inform the instructor of any questions or concerns regarding your class or fitness level.
4. Please wait outside the room until class begins.
5. Workout attire is required. No street shoes are allowed.
6. If only one member arrives for class, instructor may cancel.
7. Non-glass water bottles are allowed and encouraged.
8. Return equipment to proper storage location after use.
9. Abusive language or disruptive behavior will not be tolerated
10. Please be mindful of others in class and be on time.
11. Youth under 14 are not allowed in class unless noted or approved by instructor.

Locker Rooms

1. Wipe off boots and shoes before entering locker rooms.
2. No running.
3. No standing on benches, stools, and chairs.
4. Lock your locker, the Y is not responsible for lost or stolen items.
5. Do not leave items in lockers overnight.
6. No food or beverages in locker rooms.
7. No horseplay in showers and dry-off area.
8. Small children should be accompanied to and from rest rooms.
9. No glass.
10. No loitering.



Fitness Center

1. Open to ages 14 and older.
2. Youth ages 11 to 13 can receive a pass to use the fitness center after taking and passing the active teens class.
3. Wipe off equipment when finished.
4. Ask a YMCA staff member for assistance when needed.
5. Check with a physician before starting any exercise program.
6. No open-toed shoes allowed in the fitness center.
7. Return equipment to proper storage area after use.
8. Observe posted fitness center rules and languages.
9. Spray and paper towels will be provided to wipe down each machine after use. It is highly recommended that you bring a workout towel, as there will be none available for member use.
10. 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.
11. As a courtesy to all members, when using free weights please return equipment to its proper place at the end of your workout.
12. For the safety of all members, collars are required on all free weight bars. Spotters are recommended. Please do not drop weights.
13. For your safety and out of respect of other members, we ask that cell phones are not used in the wellness center. For personal conversation we ask that they be conducted outside of the Fitness Center and away from other members using the equipment.

Bouldering Rules

1. No food or candy while in the bouldering area.
2. There needs to be at least one spotter when bouldering.
3. Climbers must keep shoulders below the bouldering line.
4. Children 7 and under must be supervised and spotted by their parents/guardians while bouldering.
5. Never boulder under a climber or through a climber's route.

Rock Wall

1. Everyone must sign a waiver. Anyone underage of 18 must have a parent or legal guardian sign the waiver.
2. Climbers must undergo an initial orientation.
3. Must be at least 4 years old to climb.
4. No food, candy, or open containers in the climbing area.
5. All climbers should be familiar with the equipment, techniques and wall safety.
6. All belayers are required to wear their YMCA belay card while climbing.
7. Stay out of the "crash zone" while waiting or observing.
8. All climbers must wear appropriate footwear, no bare feet, open toe or heeled shoes.
9. No climbing when wet.
10. Use only the holds on the wall for climbing.
11. Climbers must stay "on route" while climbing.
12. No solo climbing allowed.
13. No sitting or lying down while belaying.
14. All accidents or equipment damage must be reported immediately.
15. All climbers must sign in at the front desk.

Water safety is our #1 Priority!

1. Swimming without a lifeguard present is prohibited.
2. Warning: Failure to follow rules can result in severe injury to self and others and/or loss of privileges.

Lap Swimming Please refer to the current pool schedule for lap swimming times, this schedule is available in the lobby or on our web site.

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

Aquatic Center

1. **Swimmer Safety:** Obey lifeguards always and report problems or emergencies to the lifeguards. The primary function of the lifeguard is to enforce the pool rules and ensure that our pools remain healthy and safe, not to discipline or “baby-sit”.
2. **Aquatic Safety Breaks:** Safety is our #1 priority. Safety breaks may occur for the last ten minutes of every hour during open swim.
3. **Age Requirements:** Children ages 7 and younger must be accompanied by an adult in the water always. Children who cannot swim and have not passed a swim test must also be accompanied by an adult in the water. Children ages 8-11 must have an adult supervising from the pool deck near the swimmer or in the water actively supervising.
4. **Showering:** Any person using a public pool must take a cleansing shower, using warm water and soap, and thoroughly rinse off all soap before entering the pool enclosure. A user leaving the pool to use the toilet must take a second cleansing shower before returning.
5. **Proper Attire:** Appropriate swimming attire (swimsuits) is required. NO swimsuits or clothing that may be deemed YMCA inappropriate is allowed. See chart of examples in the back of the book.

6. **Pool Safety:** All swimmers must behave with caring, honesty, and respect & responsibility. No running, horseplay, unnecessary roughness, fighting and foul language will not be allowed in the pool area or locker rooms. No back dives, inward dives, spins, or flips from the edge of the pool. Front dives are allowed only in the 10ft deep water. Starting blocks are only to be used under the supervision of a swim team coach/instructor and only during designated times. Sitting on or hanging from pool ladders, ramps, lane lines, and safety lines are not allowed. No spitting, spouting of water or blowing nose in pool. All patrons must obey lifeguards; the decision of the lifeguard is final.
7. **Food:** In order to keep the pool area and deck clean and safe, NO glass container, gum, candy or food of any kind is allowed in the pool area. Seating is available in the main lobby for snacks. Please try to avoid wearing shoes on the pool deck.
8. **Swim Diapers:** Children who wear diapers must wear designated swimming diapers, commonly referred to as “little swimmers”. Regular diapers are not allowed at any time.
9. **Floatation Devices:** Only U.S. Coast Guard floatation devices are allowed. Children/adults wearing a personal floatation device must be directly supervised by an adult who is IN the water next to the child/adult. If you are directly supervising a child/adult who is wearing a personal floatation device, you must stay in the area of the pool that you are able to touch the bottom. Floatation devices are not allowed past the safety rope/black line or in the diving well area.
10. **Toys and Pool Equipment:** Water toys, rafts and other unapproved floatation devices from home are not allowed at any time. Absolutely no rafts or inflatables of any kind are allowed. Kick boards, pull buoys, fins and other swimming lesson equipment may be used for stroke

practice under the supervision of a parent or by adults during lap swim. Lifeguards always have the discretion not to allow any equipment or toys for safety reasons.

11. **Health:** If you have an open or exposed wound, please do not use the pools. No person with or suspected of having a communicable disease which could be transmitted using the pool shall be permitted in the water. Please do not enter the pool if you are experiencing or recovering from diarrhea or have had any signs or symptoms of stomach disease in the previous seven days.
12. **Breath Holding Training:** All types of breath holding are dangerous and prohibited in all bodies of water. This includes static, dynamic, and hypoxic training (swimmer trying to hold their breath or swimmer trying to swim as far as they can underwater).
13. **Inclement Weather:** The Aquatic Center will close all pools immediately if lightning, or thunder is present in or around the area. The pools will remain closed until 30 minutes past the last visible lightning strike or episode of thunder.
14. **Note & Float Policy:**



EMERGENCY PROCEDURES

Severe Weather Watch (Thunderstorm and Tornado):

General facility: will remain open. Staff will observe the weather conditions for changes.

Aquatics Center: will remain open. Lifeguards will observe the weather conditions for changes.

Outdoor games and Activities: will continue. The Y activity staff will remain observant of the weather conditions.

Severe Weather Warning (Thunderstorm):

General facility: will remain open.

Aquatics Center: will immediately close.

Outdoor Games and Activities: will immediately close.

Lightning and Thunder:

General Facility: will remain open.

Aquatics Center: if a flash of lightning is seen or thunder is heard, the pool will immediately close. No one may enter the pool until 30 minutes after the last flash of lightning or sound of thunder.

Outdoor Games and Activities: activity staff and referees will postpone the outdoor activity until 30 minutes after the last flash of lightning or sound of thunder. The Program director will determine when to cancel that day's activity.

Tornado Warning:

General Facility and Aquatics Center: program and facility usage will cease, and all staff will assist all patrons to the designated areas.

Outdoor Games and Activities: Staff will assist players and spectators to their safe areas,

Winter Weather and Ice:

If ISD 518 or MN West schools have a late start, early out, or are cancelled or the National Weather Service issues any type of watch/warning we will review the weather conditions and decide how we will proceed with handling with programs and facility hours.

Weather related cancellations will be posted on the Worthington Area YMCA Social Media sites, on the Worthington Area YMCA website, and announced on the RadioWorks website and on-air weather-related announcements. We will also do our best to reach out and contact all program participants via phone, text, or email to notify them of the situation and relay any information needed.



SUPPORT YOUR YMCA

Strong Community Campaign

The Worthington Area YMCA seeks to ensure that everyone can participate in programs and services that assist them in living fuller, healthier lives. Because of the positive impact of this campaign, lower-income youth, teens and families throughout our community are provided the opportunity to participate in programs and membership more than ever before.

Making a gift to the Strong Kids Campaign not only supports the YMCA's commitment to serving all, but it makes a direct and positive impact on the quality of life for local individuals and families.

Endowment/Heritage Club

This is a one-time gift to the Endowment program. Heritage club members will add to our endowment fund that will continue to grow and provide for the ongoing support each year for the many programs of the YMCA.

United Way

The Worthington Area United Way is a key contributor to the Y. The United Way for years has supported the Y's mission of making strong healthy and family-oriented programs affordable for all.

VOLUNTEERING

Volunteers are the strength of our organization. They make it possible to offer the wide range of quality services and programs. Their contributions impact all aspects of the YMCA and have a direct hand in improving lives in the community.

Volunteer Opportunities:

- Board Member
- Committee Member
- Janitorial
- Maintenance
- Fundraising
- Youth Sports Coaching/Assisting
- Youth, teen and family nights



CONTACT INFORMATION

Phone: 507-376-6197

General Information: Hours & Location press 1

Pool Hours press 2

Membership Services press 3

Visit us online at www.ymcaworthington.org

Check out our Facebook page at
www.facebook.com/worthingtonareaymca

Staff

Executive Director – ext. 225

meredith.daley@ymcaworthington.org

Business/Operations Director – ext. 227

mark.wibbens@ymcaworthington.org

Program Coordinator – ext. 226

payton.marquardt@ymcaworthington.org

Health & Fitness/Program Director – ext. 230

trista.jacobs@ymcaworthington.org

Aquatics Manager – ext. 224

joelle.kielkopf@ymcaworthington.org

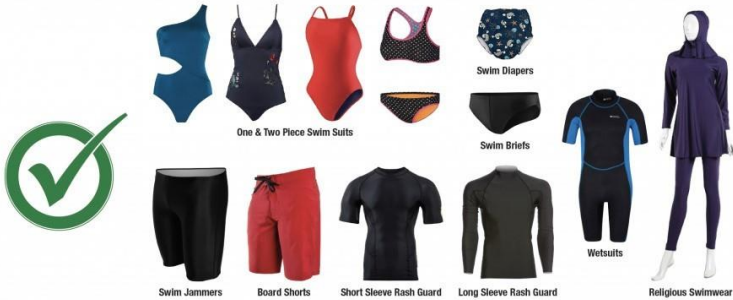
Member Engagement Director – ext. 223

khrystyna.lupkes@ymcaworthington.org

YMCA SWIM ATTIRE GUIDELINES

The YMCA strives to be a safe environment for all. To ensure safety, the YMCA will only allow the following items of clothing in the pool

Approved Swimwear



Prohibited Apparel



1. Street clothes can transport airborne and ultimately waterborne contaminants into the pool.
2. No cotton-based clothing is allowed in the pool. Cotton and similar materials can absorb the chemicals in the water, causing the water to become less effective at maintaining the proper chemical balance or may cloud the water.
3. Lycra and Nylon are the best non-absorbent material for swimming and are the best fabrics for swim attire.
 - a. Other absorbent materials (such as cotton) can break down in the water and cause fibers to clog filters.
 - b. Any "colored" material (unless specifically made for swimming) can bleed into the pool, affecting water chemistry and balance. This is a reason for cloudiness in pools.



Worthington Area YMCA
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