



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Membership Handbook

DICKSON COUNTY FAMILY YMCA



Dickson County Family YMCA
225 Henslee Drive
Dickson, TN 37055
(615) 326-7070
www.dicksoncountyfamilyymca.org

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

YMCA HISTORY

The YMCA was began in London, England, in 1844. It was founded by George Williams and some friends who lived and worked as clerks in a drapery, a forerunner of dry-goods and department stores. Their goal was to help young men, like themselves, find God. The first members were evangelical Protestants who prayed and studied the Bible as an alternative vice.

The first U.S. YMCA was founded in Boston in 1851. It was the work of Thomas Sullivan, a retired sea captain and lay missionary, which brought the YMCA stateside. From Boston, YMCAs spread rapidly across America, many of which started to serve specific groups such as railroad and factory workers, as well as African Americans, Native Americans, and recent immigrants. After World War II, women and girls were admitted to full membership and participation. Today, half of all YMCA members are female, and half are under age 18.

Collectively, YMCAs are the largest not-for-profit community service organizations in America. YMCAs are at the heart of the community life in neighborhoods and towns across the nation. They work to meet the health and social service needs of 18.9 million men, women and children.

YMCAs help people develop values and behavior that are consistent with Christian principles. YMCAs are for people of all faiths, races, abilities, ages, and incomes. No one is turned away for inability to pay. YMCA's strength is in the people they bring together.

If a person has used their free one-day guest pass, but would not like to join but would like to use the facility they must pay our \$5.00 drop in facility fee.

The YMCA reserves the right to restrict the number of visits a person can use and/or restrict the hours that a person can use the facility.

Guests that are 13 years of age and older must fill out to completion our GUEST PASS form and give it to the front desk staff upon entering the facility. Failure to do so will result in a denial of entry and usage of the facility.

For guests under the age of 13, the adult member or parent/legal guardian must complete the GUEST PASS form and give it to the front desk staff. The adult member is required to remain at the YMCA for children under the age of 12. Guests under the age of 12 will not be allowed to stay in the facility without adult supervision.

CANCELLATION POLICY

If a member needs to cancel his or her membership, a request must be put in writing by completing a Cancellation Form at the Front Desk no later than 48 hours before the 1st of every month. If a member terminates their membership and returns to the YMCA within 30 days of cancelling, he or she will not have to repay the joining fee. After the 30-day grace period, the joining fee must be paid again to re-join the YMCA.

• **SEXUAL BEHAVIOR POLICY**

The official policy of the YMCA prohibits inappropriate sexual behavior at its facility and program locations. Any member engaging in such prohibited behavior at the YMCA and/or program locations will have his or her participation privileges terminated immediately. Any guest who violates this policy will be prohibited from ever being a part of the YMCA. Members and guest of the YMCA who witness any inappropriate behavior are encouraged to report the activity immediately to a YMCA staff member.

• **GUEST POLICY**

Our guest policy is that a Dickson County guest may come one time at no charge. Members may bring guests to the Dickson Y- two times per guest. Members may bring out of town guests who live more than 50 miles away up to 14 times annually.

• **NATIONWIDE MEMBERSHIP**

Nationwide membership is available for active Y members. Registered sex offenders (RSO) are prohibited from participating. Special memberships established by any Y for group homes, other agencies, etc., are not eligible. Nationwide member visitors must use their home Y at least 50% of the time. Program discounts are not part of the Nationwide Membership. Nationwide members visiting the Dickson YMCA for a period greater than 28 days must transfer membership affiliation for continued use. A nationwide member can lose their national privileges at the discretion of the Dickson Y.

OUR MISSION STATEMENT

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

FACILITY USE GUIDELINES

Parents of children under the age of 12 must remain in the YMCA at all times. Children age 12 and up may come to the YMCA without a parent or legal guardian. All guidelines in this handbook are subject to change with Executive Director having final decisions on all matters of YMCA membership and programs.

MEMBERSHIP

HOUR OF OPERATION

Monday- Thursday	5:00 a.m. – 9:00 p.m.
Friday	5:00 a.m. – 8:00 p.m.
Saturday	7:00 a.m. – 7:00 p.m.
Sunday	12:00 p.m. – 5:00 p.m.

1. Who shall be eligible to hold membership in this corporation?

Any person who supports the purpose may become a member of this corporation in accordance with such provisions as may be established by the board of directors, and shall so continue to be a member unless the Board or its authorized agent concludes, in its sole discretion that a member has failed to live up to the standards and commitments of being a member of the Dickson County Family YMCA.

1. SUSPENSION OR REVOCATION OF MEMBERSHIP

- **Membership privileges may be suspended or revoked by the Executive Director.**
- **The length of suspension or a refund of membership dues or fees will be determined by the same authority.**
- **A person whose membership in another YMCA has been suspended or revoked shall not be eligible for membership in the Dickson County Family YMCA during the period of suspension or revocation.**
- **Individuals convicted of any felony sex crimes shall not be allowed membership or their membership shall be terminated. Individuals formally charged with a sex crime shall be suspended or shall not be allowed membership during the investigation of the criminal proceeding. Individuals convicted of any crimes against children shall have their membership status reviewed by the Executive Director, and any decision regarding the same shall be at the sole discretion of the Executive Director.**

2. GENERAL FACILITY INFORMATION

- **ENTRY INTO THE YMCA**
When a person 12 years old and up joins the YMCA they will be presented with a membership card. All members are required to bring their card and scan it at the front desk each time they visit. If the card is lost or stolen, a \$4.00 fee is charged for replacement.

- **No foul language, physical violence, or disruptive behavior.**
- **No destruction of property.**
- **No tobacco products, alcohol, or weapons allowed at any time. The YMCA has the right to search all individuals and their belongings.**
- **No offensive language or inappropriate t-shirts or clothing.**
- **No inappropriate sexual acts or displays.**
- **All youth are expected to arrange to be picked up from the YMCA before, or right at closing time.**
- **Failure to comply with these policies may result in suspension or termination of membership. Parents will be notified.**
- **This list is just a few examples for proper conduct at the YMCA. Failure to comply with these policies may result in suspension or termination of membership by decision of the Executive Director.**

TELEVISION POLICY

The YMCA has televisions for your enjoyment as you exercise. In keeping with our mission, we do not allow shows such as soap operas, questionable talk shows, MTV or any other programs that are inappropriate. All TV's will remain on news, weather, sports and other positive programming.

YMCA RULES AND CONDUCT

- **Limited Use of Cell Phone Cameras**

The use of cell phone cameras shall be limited to conspicuous locations, such as the lobby, wellness floor and front desk area. Cell phone cameras may not be used in any inappropriate areas, specifically including, but not limited to restrooms, showers, locker areas, etc. Violation of this policy may result in a verbal or written warning suspension, or termination of membership at the sole discretion of the Executive Director.

- **All members must display character values such as caring, honesty, respect, and responsibility.**
- **Entrance to the YMCA is through the front lobby only.**
- **Membership ID cards must be presented when entering the building.**
- **Please bring a lock for your belongings. The YMCA is not responsible for lost or stolen items. All personal property on YMCA grounds is subject to search and seizure.**
- **Shirts and shoes are required in the building at all times. No sagging pants or underwear showing.**
- **Women must cover their sports bras while exercising.**

- **YMCA RECIPROCITY**

When a member joins the Dickson county family YMCA the membership card can be taken to any YMCA in Middle Tennessee and be scanned through a reciprocity portal. The member must be sure to check into their home Y 51% of the time. If a member checks into a middle Tennessee YMCA more often than their home Y they will be flagged and have to pay the Middle Tennessee YMCA membership fees.

- **OPEN DOORS MEMBERSHIP**

Our goal is to offer service to anyone who desires to participate, regardless of their ability to pay membership or program fees. Those unable to pay the full fee may receive sliding scale assistance through our Open Doors Scholarship Program. Sliding scale assistance is based on monthly income and expenses, severe medical problems, or other applicable situations. Applications for assistance are available at the Front Desk and all information is confidential. However, financial assistance is limited to the amount of money raised for this cause.

VOLUNTEER OPPORTUNITIES

Do Something Good ... Volunteer at the YMCA! As a YMCA volunteer, your times and talent go a long way. You can lead a program, serve as a role model for young people, or help organize a special event like our Annual Healthy Kid's Day. No matter how you help, you will make a big difference as you work with others to create a feeling of unity in our community.

FACILITY PRIVILEGES

Your YMCA facility membership includes:

- **Free recreational use of all facility features including archery range and basketball court.**
- **Free childcare access to both YPlay and YAdventure.**
- **Free wellness consultations for both adults and youth.**
- **Reduced program fees.**
- **Weekly Group Fitness exercise classes.**
- **Specialty group training classes.**

FACILITY FEATURES

- **Wellness Center**

Members must be at least 12 years of age to participate on the Wellness Floor. Members must be at least 15 to participate in the Free Weights section. Parents of youth under 12 must accompany their child while walking around the track and roaming the facility. All youth and their parent or guardian will be required to check in at the front desk with their scan card or by name. We want members to learn how to properly use the equipment to avoid injury. All members are required to wear athletic shoes on the Wellness Floor.

- 1. Weighted Machines**
- 2. Free Weight Section**
- 3. Cardio machines**

- **Indoor Walking Track**

Members age 12 and up may use the track without adult supervision. Youth under the age of 12 may use the track when supervised by and or walking with their parent. The track is designed for walking, jogging, or running. Racing or horse play is not permitted. All members are required to wear athletic shoes while walking the track.

- **Chapel**

The Chapel is used for Bible study, prayer groups, and special community meetings.

- **YPlay**

YPlay is for children newborn–6. YPlay is open at limited times and children cannot attend YPlay for more than 2 hours per day and 9 hours per week due to the State of Tennessee Codes.

- **YAdventure**

YAdventure is for children 4–12. YAdventure is open at limited times and children cannot attend Adventure for more than 2 hours per day and 9 hours per week due to the State of Tennessee Codes.

- **Locker Rooms**

The Locker Rooms are designed for all members. However, an adult must accompany children under the age of 12 at all times.

Please bring your own lock to secure your valuables in the locker rooms, as the YMCA is not responsible for lost or stolen items. We ask that everyone take his or her belongings home on a daily basis. Lockers will be monitored periodically and locks that are left overnight will be removed. If the contents are not picked up within 3 days, the items will be given to Goodwill or the Salvation Army.

- **Studio A**

This multipurpose room is used as a group fitness studio for group classes.

- **Studio B**

This multipurpose room is used as a group fitness studio for group classes and other community activities.

- **Indoor Cycling Room**

Indoor Cycling classes are offered to adults and families.

- **Outdoor Basketball Court**

Our outdoor basketball court is great fun and exercise for the whole family. Children 12 and under must be supervised by an adult.

- **Archery Range**

Our 50–yard indoor archery range is available for members at any time who are 18 years of age and older. Specific shooting times for those members under the age of 18 will be posted at the front desk. Specific adult supervision is needed for children to shoot in the archery range.