



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

MEMBERSHIP & PROGRAM HANDBOOK
YMCA of the Chippewa Valley



customerservice@ymca-cv.org

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WELCOME TO YOUR YMCA!

Why the Y?

As the leading nonprofit for youth development, healthy living, and social responsibility, the Y works side-by-side with our neighbors every day to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive. We encourage our members to develop a sense of responsibility to each other and their community. To do our important work, the Y relies on support from members, donors, volunteers, and community leaders.

The Chippewa Valley is blessed to have so many people devote their time, talent and treasure to making the YMCA a place for youth, families, fellowship, values, and community.

Welcome to your YMCA!

Theresa Hillis, CEO



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

OUR 3 MAIN AREAS OF FOCUS:

YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

HEALTHY LIVING

We help individuals and families build and maintain healthy habits for spirit, mind, and body in their everyday lives.

SOCIAL RESPONSIBILITY

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return.



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

YMCA OF THE CHIPPEWA VALLEY

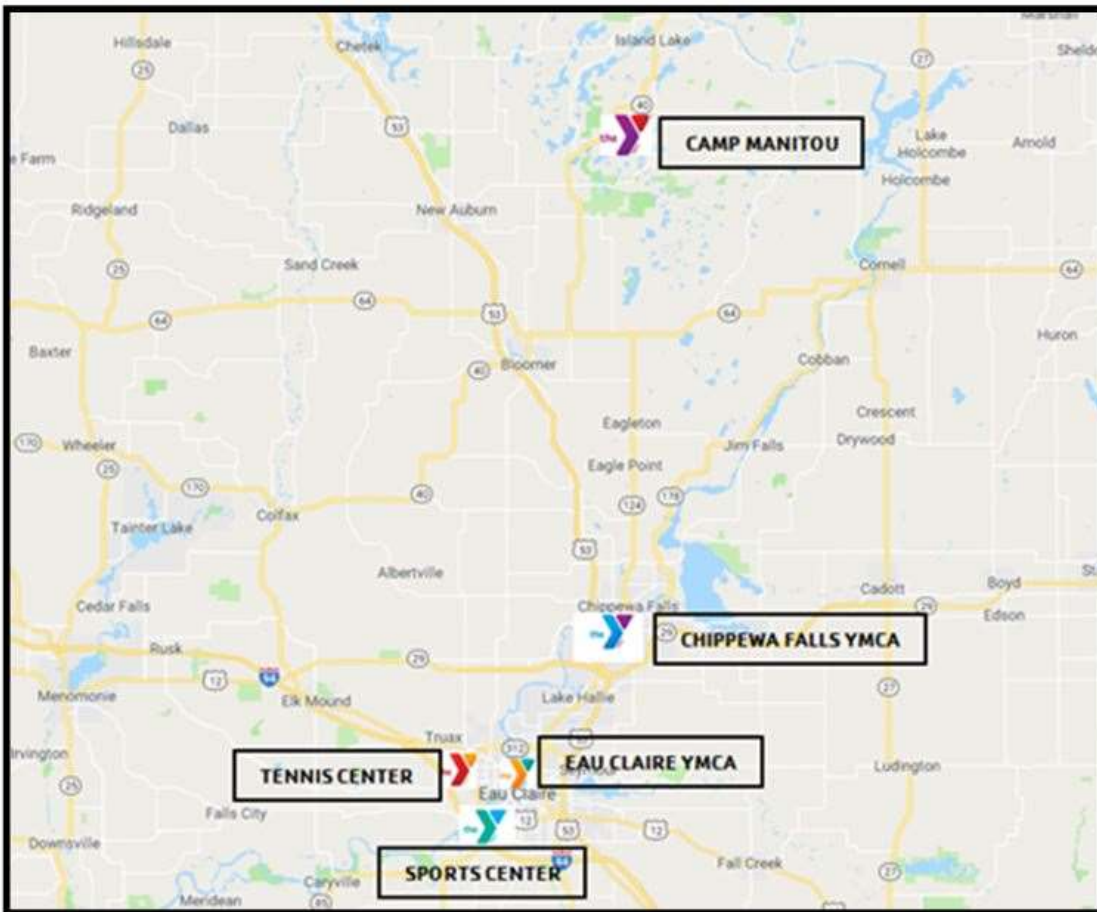


<p>CHIPPEWA FALLS YMCA 611 Jefferson Ave. Chippewa Falls, WI 54729 715.723.2201 www.chippewaymca.com</p>
<p>EAU CLAIRE YMCA 700 Graham Ave. Eau Claire, WI 54701 715.836.8460 www.eauclairemca.org</p>
<p>L.E. PHILLIPS YMCA SPORTS CENTER 3456 Craig Rd. Eau Claire, WI 54701 715.552.1200 www.eauclairemca.org</p>
<p>JOHN & FAY MENARD YMCA TENNIS CENTER 1260 Menomonie St. Eau Claire, WI 54703 715.836.8470 www.eauclairemca.org</p>
<p>CAMP MANITOU 27960 137th St. New Auburn, WI 715.839.4607 www.ycampmanitou.org</p>
<p>YMCA EARLY LEARNING COMMUNITY 630 Miller St. Chippewa Falls, WI 54729 715.723.5135 700 Graham Ave. Eau Claire, WI 54701 715.836.8460 www.chippewaymcachildcare.com</p>

WHICH BRANCH WORKS FOR YOU?

	CHIPPEWA FALLS YMCA	EAU CLAIRE YMCA	L.E. PHILLIPS YMCA SPORTS CENTER	JOHN & FAY MENARD YMCA TENNIS CENTER	CAMP MANITOU
Multi-Purpose Turf/ Sport Court			●		
Multi-Purpose Gymnasium	●	●			
State-of-the-Art Fitness Equipment	●	●			
Handicap Accessible Equipment	●	●			
Free Weights	●	●			
Cardio Equipment: Exercise Bikes, Stair Climber, Treadmills, Elliptical Machines	●	●			
Onsite Massage Therapy	●				
Chronic Disease Prevention Programs	●	●			
Pickleball	●	●	●		
Racquetball Courts	●	●			
Indoor Tennis Courts				●	
Indoor Track	●	●			
Group Exercise Classes	●	●		●	
Group Cycling Classes	●	●			
Personal Training	●	●			
Indoor Swimming Pool	●	●			
Outdoor Circuit	●				
Locker Rooms	●	●	●	●	
Child Watch	●	●			
Full-Time Licensed Child Care Facilities	●	●			
Before & After School Enrichment	●	●			
School's Out Day Care	●	●	●		
Summer Camps	●	●	●		●
Overnight Camp					●
Volunteer Opportunities	●	●	●	●	●
Adult Sport Leagues	●	●	●	●	
Youth Sport Leagues	●	●	●	●	
Locker Rental	●	●		●	
Towel Service		●		●	
Gymnastics	●		●		

FIND US ON THE MAP



MEMBERSHIP FOR ALL

Everyone is welcome at the Y. We provide membership and program services to everyone desiring to participate regardless of race, religion, gender, marital status, national origin, disability or income. The YMCA of the Chippewa Valley provides scholarships for children, teens, adults, and families who cannot afford the full cost of a Y membership.

We use a sliding fee scale based on total household income, which requires supporting documentation to prove household income. Recipients are expected to be responsible for a percentage of the membership cost. Qualification for YMCA financial assistance for membership is reviewed every year.

If you need financial assistance, please ask for an application and talk with a Member Services representative.

MEMBER BENEFITS

As a member of the YMCA of the Chippewa Valley, you will benefit from:

- Free Wellness Consultation
- Free access to over 90 group exercise classes each week
- Complimentary Wi-Fi
- Priority registration and reduced rates for YMCA programs
- Access to pools:
 - 6-lane lap pool in Eau Claire and Chippewa Falls Branches
 - small pool for children (Eau Claire Branch)
- Several fitness areas with over 90 pieces of state-of-the-art cardiovascular and strength training equipment
- Use of walking/jogging tracks
- Access to 5 gymnasiums
- Access to racquetball courts
- YMCA Sports Center with turf field, gymnastics, sport court, and locker rooms (Fees apply)
- Eight indoor tennis courts at the John & Fay Menard YMCA Tennis Center (Fees apply)
- Special tiered member pricing to Camp Manitou, our overnight camp in New Auburn
- Child Watch drop-off babysitting services for children 6 weeks to 10 years of age
- Kid's Gym with indoor playground (Eau Claire Branch)
- Youth Development Center with billiards, foosball, and games (Eau Claire Branch)
- Youth Center with air hockey, video games, board games, and more (Chippewa Falls)
- YMCA membership accepted at most of the 2,700 Y's across the country
- Day passes may be purchased which allow for member privileges for that day. See our website for current rates.

CODE OF CONDUCT

Our Code of Conduct defines acceptable behavior for all members, guests, and program participants. The YMCA is founded on Christian principles and prohibits inappropriate behavior and conduct. This includes, but is not limited to, profanity or abusive/offensive language, inappropriate attire, smoking, vaping, use of alcohol or drugs, the removal of YMCA property and criminal conduct of any type. Conduct detrimental to the association and/or in disregard of YMCA member policies and practices may result in suspension and/or termination of guest privileges.

- All persons involved with the YMCA are expected to model our core values: Caring, Honesty, Respect, and Responsibility.
- Please wear your swimsuit only in the pool area and locker rooms. Shoes, shorts or pants, and shirts are required in other areas of the facility at all times.
- No angry or vulgar language including swearing, name calling or shouting.
- No physical contact with another person in any angry, sexual or threatening way.
- Carrying or concealing objects that may be used as weapons is prohibited.
- No use or possession of illegal chemicals or alcohol is allowed.

- YMCA facilities, grounds, and programs are tobacco-free. This includes E-cigarettes.
- Behavior resulting in the loss and/or destruction of property is not tolerated.
- Cameras and cell phone use are prohibited in YMCA locker rooms and restrooms.
- A photo and waiver must be on file for all members and guests.
- Conducting or participating in paid instructional sessions, lessons, personal training, etc. with an instructor not employed by the Y is prohibited.

Members and guests are responsible for their own personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain from doing so. If you feel uncomfortable confronting the person directly, please report the behavior to a YMCA staff person immediately.

The appropriate YMCA staff member will investigate all reported incidents. Suspension or termination of membership privileges may result from a violation of the Code of Conduct.

MEMBER/GUEST/PARTICIPANT SCREENING POLICY

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. This information may be shared with other Ys.

CHILD PROTECTION

YMCA of the Chippewa Valley screens members and guests against the National Registry of Sex Offenders. All new members and guests over the age of 18 must present a valid photo ID to use a YMCA of the Chippewa Valley facility or participate in a program. Failure to present a valid ID upon request may result in denied access until a valid photo ID is produced.

The YMCA of the Chippewa Valley reserves the right to refuse access to any person who does not meet the mission, values, and goals of the YMCA.

WEAPONS POLICY

The Y is committed to maintaining a safe and healthful environment for its members, guests, and employees. As part of this commitment, it is the Y's policy to prohibit weapons of any type at all times, except those by law enforcement.

CAMERA USE

Use of cameras and cell phones is not allowed in the locker room or bathroom areas. Photos and videos must not be taken without permission.

FACILITY AGE GUIDELINES

General Guidelines for all Facilities

Ages 0-7:

- Youth must be with an adult to be admitted into the Y.
- Youth must be in direct supervision of an adult at all times, be attending a YMCA program, or be active in Child Watch.
- The adult must accompany the child to the YMCA program/Child Watch and be reachable in case of emergency.
- Child Watch guardian must remain in the building.

Ages 8-9:

- Youth must be with an adult to be admitted into the Y.
- Youth must be in a Y program or an adult must be in the building and reachable in case of emergency.

Ages 10+ can be in facility without an adult.

Pool Area Specific

Ages 0-7:

- Adult or YMCA swim instructor must be in the pool with youth and in direct supervision.
- The youth must pass the Y swim test to swim in the main pool.
- Children who wear diapers must wear swim diapers.

Ages 8-9:

- Can be in the small pool (Eau Claire specific), but adult must be in building.
- Must pass swim test to be in the main pool.
- If youth cannot pass swim test, adult must be in the main pool with them and they must stay in the shallow end.

Ages 10+ can be in the pools without an adult but must pass the swim test in order to be in deep end of the main pool.

Any individual, any age may be asked to perform a swim test to evaluate skills.

Weight/Cardio Rooms or Fitness Class or Track*:

Ages 0-11:

- Are not allowed in these areas.
- Special Note: Ages 8-11 can be on track with an adult in direct supervision.

Ages 12+ receives full access. Must follow all rules in these areas.

Youth Development Center (YDC – Eau Claire) / Youth & Teen Center (Chippewa Falls)

Ages 0-7 must be accompanied by an adult.

Ages 8-18 receives full access to this room.

Ages 19+ must be accompanied by a child (18 and under).

GENERAL INFORMATION

Day/Guest Passes: Guests are always welcome at the YMCA with a Guest Pass or purchase of a Day Pass and will have member privileges for that day (does not include discount on programs). Guests must have a photo ID and register at the Welcome Desk. Guests must also sign a waiver. Guests must abide by all rules, policies, and procedures. Some youth may be old enough to enter the YMCA alone. Please refer to our Facility Ages Guidelines on this for details. Please see website for current Day Pass pricing.

All youth must have a signed waiver by parent/guardian on file.

YMCA Leader on Duty: It is the policy of the YMCA of the Chippewa Valley to have a Leader on Duty at all times. They are present to ensure the safety of all members and guests, address all member concerns and react to emergencies that may occur. Please contact these staff members at any time with your questions or concerns.

Locker Rooms: All YMCA of the Chippewa Valley facilities have locker rooms. All have day use only lockers. Day use lockers with personal padlocks left on overnight will receive a notification of removal from maintenance staff and will be removed. The locker's contents will be stored for two weeks before being donated to an appropriate charity. We are not responsible for the replacement of cut locks.

We recommend all lockers are locked when in use. Eau Claire and Chippewa Falls Branch will provide complimentary padlocks while supplies last. Padlocks may be checked out with a form of collateral. The YMCA will not be held responsible for any lost or stolen items

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.

Lost & Found: The YMCA is not responsible for lost or stolen items; however, if you do lose something, please check with Member Services.

Children in Locker Rooms: For the comfort of your child and fellow members, children ages 3+ must use the appropriate gender locker room or the family locker room (family locker rooms only at Chippewa Falls YMCA). Children under age 3 may use any locker room with their parent (except adult-only locker rooms), but we always recommend the family locker room (Chippewa Branch) which was built for this purpose.

Gym Bags: For your safety, store personal items including gym bags, purses, extra clothing, etc. in a locked locker. Locks are available from Member Services. The YMCA isn't responsible for lost or stolen items and leaving items unsecured in public areas is never a good idea.

ACCIDENT, INJURY OR INCIDENT

We do our best to keep you safe, but if an accident, injury or unusual incident does occur, please report it to the Leader on Duty or the Member Services staff immediately. The Y recommends all

members and participants consult a physician prior to starting an exercise program. The Y assumes no responsibility for injuries incurred while participating in YMCA activities; it is expected that all members who use YMCA facilities carry their own medical insurance.

Paid Instruction/lessons/etc by non Y employee/s is prohibited in any Y facility or property.

Conducting or participating in paid instructional sessions, lessons, personal training, etc with an instructor not employed by the Y or under contract with the Y is prohibited.

MEMBERSHIP POLICIES

Membership Dues Agreement: Members understand that all changes affecting their monthly draft, (i.e. billing information, holds, downgrades, termination) require a written notice before the end of the month prior to their next draft date. Any error must be identified no later than 60 days from the posted bank statement date. The YMCA is not responsible for errors occurring later than 90 days from the date of the initial error. The YMCA draft is a continuous membership plan. Memberships will remain in effect until properly terminated with the YMCA. The YMCA may, at their discretion, adjust the monthly membership rate applicable to the category of membership. Members will receive at least a 30-day notice of the change before a debit occurs at the new rate. The primary membership holder is fully responsible for their membership and for all persons associated with their membership, including their knowledge of the aforementioned policies and liability waiver. Member is responsible for providing accurate contact information including updated address, phone number, email address, and billing information including expiration date and account information.

Payment Options

Bank Draft: Monthly dues are automatically withdrawn from your checking or savings account each month. Outstanding balances must be reconciled upon rejoining. Written notice, by the end of the month prior to your next membership draft, is required for bank draft changes.

Credit Card Draft: Monthly dues are automatically withdrawn from your credit or debit card each month. Outstanding balances must be reconciled upon rejoining. Written notice, by the end of the month prior to your next membership draft, is required for credit card changes.

Quarterly, Semiannual & Annual Payments: Payments are equal to the total of three (3), six (6) or twelve (12) monthly payments. These payments are non-refundable.

Returned Payments: A \$35 returned payment fee will be applied for any item returned by a financial institution

Membership Cancellation Policy: Cancellations of membership must be made by the end of the month prior to your next membership draft date, in writing. This can be done by filling out membership cancellation form at the Service Desk, cancelling online through our website, or by emailing customerservice@ymca-cv.org.org with the request. No refunds will be given for any unused portion of a membership.

Request for Membership Hold: Memberships can be placed on hold indefinitely with proof of medical reason. Otherwise memberships can be placed on hold for up to 5 months with a hold fee of \$10 per month.

Membership Cards/Identification: YMCA members are required to check-in with their membership card each visit. If a member doesn't have their membership card with them, they may check-in by name, but another form of picture identification may be required if staff cannot verify identification. Membership cards and privileges are not transferable to other individuals. If you lose your membership card, staff at both the Welcome Desk and Service Desk can replace it for you.

Membership status changes: Changes to your membership, including additions and deletions and change in membership type must be processed by Members Services in writing. Bank draft changes or cancellations must be processed before the end of the month for the next month.

Family memberships apply to households with a maximum of two adults residing at the same address and children residing at the same address who are up to the age of 24, if a full-time student, and up to the age of 19, if not a student.

Transfer of Memberships: It is the policy of the YMCA of the Chippewa Valley to accept the transfer of membership from any YMCA nationwide. We will waive the Joiner's Fee and the transferring member can then elect their category of membership and payment option at that time. Transferring members must activate their YMCA of the Chippewa Valley membership within 30 days of termination at their previous YMCA.

Joiner's Fee: The Joiner's Fee is an administrative fee to establish your membership. As long as your membership remains continuous, this is a one-time fee. The Joiner's Fee varies depending on type of membership and applies to all membership categories.

There is no Joiner's Fee for:

- The initial membership for employees of our corporate partners.
- Transferring memberships from other YMCA's if done within 30 days of membership.
- Membership For All members.

NATIONWIDE MEMBERSHIP

At the Y, we believe positive, lasting personal and social change can come about only when we all work together to invest in our kids, our health and our neighbors. This strengthening of community and the realization of a Y's full potential has the most impact when all Ys are open to all Y members and provide safe and welcoming environments for everyone.

With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. Nationwide Membership is an essential part of our cause to strengthen communities.

It enables members to:

- Reach their health and wellness goals wherever they live, work or travel.

- Connect with the larger Y community in meaningful ways.

The goal of Nationwide Membership is to ensure all nationwide members have access to and can use all the areas and programs of any Y they visit.

By participating in the YMCA Nationwide Membership Program, the member agrees to release the National Council of Young Men's Christian Associations of the United States of America, and its independent and autonomous member associations in the United States and Puerto Rico, from claims of negligence for bodily injury or death in connection with the use of YMCA facilities, and from any liability for other claims, including loss of property, to the fullest extent of the law.

CANCELLATIONS/REFUNDS

Membership:

Cancellations of membership must be made by the end of the month, one month prior to when the cancellation takes effect. This can be done by filling out a membership cancellation form at the Service Desk, cancelling online through our website, or by emailing customerservice@ymca-cv.org with the request. No refunds or credits will be given for any unused portion of a membership.

Memberships can be placed on hold indefinitely with proof of medical reason. All memberships can be placed on hold for up to 5 months for a monthly fee.

Fee-Based Programs/Lessons/Classes:

No refunds will be given once registered for a class or program.

Class Cancellation:

If a fee-based program is cancelled by the YMCA, a full refund or credit (member's choice) will be offered. Please refer to inclement weather policy below for weather related cancellations.

Medical cancellation:

If a participant withdraws from a fee-based program due to a medical reason, a credit for the unused portion of the program will be offered. Proof required.

Inclement weather policy:

Refunds/credits will not be offered because of inclement weather cancellations. Make-up classes will not be offered due to inclement weather cancellations.

CHILD WATCH

Child Watch is a free babysitting service available for members with a family membership for children 6 weeks to 11 years of age. While children are enrolled in Child Watch, a parent must remain in the facility at all times and have their cell phone on them. It's a great opportunity to take a class, swim or walk (within the facility) with a friend while our experienced caregivers take care of your children. We maintain ratios of 1 staff to 7 children within the rooms. Child Watch is limited to a maximum of 2 hours per visit.

General Care:

- Food is not allowed in Child Watch, and we do not provide snack. We will allow for water breaks and will feed infants milk if provided by parent/guardian.
- Child Watch staff are not licensed to change diapers. If a child is in need of a diaper change, it is the parent's responsibility.
- Only parents/guardians or siblings 18+ (with parent/guardian permission) are authorized to drop off and pick up children.
- Children who are ill or appear to be ill are not allowed in Child Watch.

Child Watch hours are available at the Eau Claire Branch and the Chippewa Falls Branch. Please check local branch for hours and reservation policies.

RULES AND GUIDELINES

Aquatics

General Rules

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

- Lifeguards and aquatic staff have authority over the pool area.
- Please respect the requests of the YMCA staff on safety issues.
- A swim suit must be worn. No cotton shirts or cut-offs allowed.
- Shower required prior to entering the pool area.
- No running on the deck and in the locker rooms.
- Non-swimmers are prohibited from the deep end of the pool
- No outside personal flotation devices (PFDs) allowed. PFD's available if needed.
- Diving is permitted only in the deep end of the large pool, into the 9+ foot depth
- No food, beverages or gum allowed the pool area.
 - Only closed, shatterproof water bottles are permitted.
- Individuals with infectious medical conditions are prohibited from swimming.
- Inform the YMCA staff of anything that may be a safety issue.
- All YMCA pool toys/equipment must remain in the pool area and put away after use.
- Kickboards and pull buoys are provided only to lap swimmers and YMCA programs.
- Appropriate language should be used at all times; vulgar/offensive language isn't tolerated.
- Inflatable flotation devices are not permitted in the pools, except when provided by the YMCA at special occasions.
- Swim test is required for children 16 years of age and under to access the deep end of the pool. This is required at every visit.
- Young children who are not toilet trained must wear a swim diaper (also known as a Little Swimmer). You may purchase one at the Service Desk (available at Eau Claire Branch only).
- No prolonged breath holding activities as this may result in "Shallow Water Blackout."
- Starting blocks are for swim team and swim lesson use.
- Only YMCA staff may teach any aquatic instruction. Pool may not be used for non-YMCA sanctioned instruction.
- No street shoes are allowed on any part of the pool deck.
- No mermaid suits or mono fins allowed.
- Do not hang onto the lane lines or ropes.

Proper Swim Attire

- Bathing suits are required.
- Non-cotton, clothing is allowed as approved by aquatic staff with a proper swim suit underneath.
- Cut-offs are not permitted.
- Young children who are not toilet trained must wear a swim diaper (also known as a Little Swimmer). You may purchase one at the Service Desk (Eau Claire Branch)

Age Guidelines for Aquatics - Please refer to Page 8

Swim Test Policy

Jump into deep water; swim 25 yards in a horizontal position while maintaining a strong stroke, without the use of goggles, fins or other equipment. The swimmer must occasionally put face in the water then breathe to the front or to the side. Upon completion, the lifeguard will provide you with a colored wrist band. This test is given at each visit to the pool for swimmer's safety.

Small Pool Rules (Eau Claire Branch)

- Enter or jump feet-first into the water, no diving or head-first entries.
- Share facility toys.
- Running, aggressive or rough horseplay are prohibited.
- Play inside of the pool. Please no running or playing on the pool deck.

Diving Board Rules (Eau Claire Branch)

- One person at a time on the diving board.
- Wait until the previous diver has cleared the landing area before diving.
- Do not dive off the side of the diving board.
- No swimming or playing in the diving area when the diving board is being used.
- One bounce allowed, please no running dives.
- Any flips, dives or jumps must be forward-facing and out and away from the diving board.
- Do not dive under the influence of drugs or alcohol.
- Diving fulcrum is not to be adjusted.
- No hanging from the diving board.
- Aquatic staff may restrict certain dives based on safety concerns.

Lap Swim Etiquette

When we work together, lap swimming can be a wonderful experience for all levels of need and fitness and enhance the aquatic experience for all patrons. Be welcoming when a swimmer decides to join your lane.

- It is courteous to wave or temporarily stop a nearby swimmer to notify them of your presence in a lane.
- **Lane designation:** lanes are designated as slow, medium, or fast. Choose a lane compatible with your speed, then notify the others in the lane you are joining them.
- **Lane splitting:** Two swimmers within one lane. One swimmer swims on the right side of the lane, and the other swimmer swims on the left side of the lane.
- **Circle swimming:** Two or more swimmers within one lane, by swimming in a counter clockwise fashion on the right side of the lane following the swimmer in front.

- **Passing:** Pass on the left. Tap the foot of the person in front of you before passing. If you are being overtaken at the turn, stop and wait until the other swimmer has pushed off the wall.

Staff Certifications

All YMCA Lifeguards are certified professional rescuers in Lifeguarding, CPR/AED, and First Aid.

Gymnasiums

- Children under the age of 8 are not allowed in the gym without an adult in direct supervision.
- Shirts must be worn at all times.
- Must wear non-marking athletic shoes dedicated to gym use while using the gym.
- Please pick up garbage, towels and anything else that doesn't belong.
- Patrons must follow the Code of Conduct and conduct themselves in a respectful manner. Profanity, fighting, and arguing, or excessive questioning of authority will not be tolerated.
- Disagreements not settled in a timely manner will result in the participants being asked to leave the floor. Disputes must be settled politely without violence or intimidation.
- Dunking is allowed, but any damage to YMCA property (backboard or rim) will be the financial responsibility of the person involved.
- The use of YMCA facilities is voluntary. The YMCA is not responsible for any injuries that occur while in our facility.
- The emergency exits are for emergencies only and must stay closed. Anyone caught using these will be asked to leave the facility.

Weight/Cardio/Exercise Rooms

- Members and guests aged 12+ are permitted full use of cardio equipment and selective weight equipment.
- Appropriate workout clothes and close-toed shoes are required. T-shirts or tank tops must be worn at all times. No going shirtless or sports bra only.
- Limit your time on all cardio equipment to 40 minutes during peak times, or when others are waiting.
- Circuit users utilize each machine for a set of 8-20 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.
- For your safety, and out of respect for other members, we ask you not to use cellphones for photos or videoing in which other members may be seen. We ask that you use headphones when playing music. If talking on the phone, move out of the weight/cardio areas.
- For the safety of all members, collars (clips holding the weights on the bars) are required on all free weight bars. Spotters are recommended. Please do not drop weights.
- As a courtesy to all members, when using free weights, please return equipment to its proper place at the end of your workout.
- It's highly recommended for members to 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.
- Only closed water bottles are allowed. All other food and drink is prohibited.

- 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.
- Wipes or disinfectant spray and towels are provided to wipe down each machine after use.

Group Exercise

A wide variety of group exercise classes are included at no additional charge as part of your YMCA membership. Individuals ages 12 and older at all fitness levels are welcome to participate. Registration is not necessary, and classes may be attended on a drop-in basis, except for specialty classes. Class sizes may be limited and are first-come, first-served. Registration is required for fee-based specialty classes.

- YMCA instructors will remove a member/guest for safety issues or disruptive behavior.
- Complete class schedule listings are available at the Welcome Desk or Service Desk, or on our website.
- Members and guests are eligible to participate in group exercise classes at age 12 or older.
- Shirts, shorts, sweat pants, tights, leotards, socks and closed-toe athletic shoes are acceptable. No street clothes including jeans, sandals or swimsuits allowed.
- Members must follow the class guidelines and instructor's directions. It is highly recommended to see a physician before beginning an exercise program, especially if you have any pre-existing medical conditions.

Running/Walking Track

- Members are eligible to use the track alone beginning at age 12. Members 8+ may use the track under the direct supervision of a responsible adult (18+). Single-wide strollers are allowed on the tracks.
- Proper workout attire and closed-toe athletic shoes are required. No sandals, swimsuits or clothing that may be inappropriate in a family environment is allowed.
- The track has sufficient width for 3 people. One lane should remain open at all times to allow other members to pass. Slower walkers/joggers should use the inside lane(s), allowing faster members to pass on the outside lane.
- No spectators are allowed on the track.

Racquetball Courts

- Prior to use, participants must check-in at the Welcome Desk for court time.
- Use the courts at your own risk.
- Use proper equipment.
- No food or drink allowed in the courts.
- Equipment can be checked out at the Welcome Desk.
- Children under the age of 18 cannot use courts without proper eyewear. We recommend all participants to wear protective eyewear.
- YMCA-sponsored events have priority.
- Reservations by members can be made in advance at the Welcome Desk.
- Personal belongings may be kept in the court or in locker room.
- Shoes that mark the floor are not permitted.
- Permitted activities include: racquetball, handball, and wallyball (Eau Claire only). All other activities must be approved by staff.

- The Welcome Desk will be happy to assist you with court times, reservations, and equipment rental.

Non-members are welcome to play on open courts but may not make reservations and must pay the day pass fee unless a member has a guest pass they are using.

John & Fay Menard YMCA Tennis Center

- Chippewa Valley YMCA members and Tennis Pass participants may reserve courts 6 days in advance for open play.
- Everyone must check in at the desk before entering the courts.
- Members may reserve a maximum of 1 court ahead of time per day.
- Reservations may be made for 30-minute increments, up to 2 hours.
- Please give all names in a group when reserving court time.
- Non-members are required to buy a day pass before they can play. They are also responsible for their court time fees.
- Non-members can use the facility 3 times annually.
- Appropriate clothing and shoes must be worn at all times.
- Please clean up all items before leaving the court.

L.E. Phillips YMCA Sports Center

The YMCA Sports Center offers open gym availability, scheduled programs, and league play.

- Members/guests must check-in with Sports Center staff upon arrival.
- No cleats or spiked shoes on the turf arena.
- Participants must wear clean shoes with non-marking soles only.
- No food or beverage allowed in the arenas.
- No gum allowed in the arenas.
- Children must be directly supervised.
- Shirts must be worn at all times.
- Helmets are required when skating on the Sport Court.
- Guests must show respect to others at all times.

Gymnastics

- Be safe & have fun!
- Shoes and clothing are to be left in the designated areas. The gym accepts no responsibility for lost or stolen articles.
- All participants must be in athletic clothing. Belt buckles, zippers, buttons, snaps or any other metal clothing accessories may not be worn on any apparatus.
- Midribs must be covered.
- Preschool equipment (hula hoops, bean bags, cones, balls, jump ropes) is for class use only.
- It is expected that participants respect gym staff, gym equipment, and any gym participants.
- No chewing gum, food or drinks in the gymnastics area.
- No working out or playing without an appropriate, proper, and thorough warm-up.
- Trampoline and Tumbl Trak:

- In order to use the trampoline or Tumbl Trak, a staff member must be present at that event. NO EXCEPTIONS!
- Only one person on the trampoline or Tumbl Trak at a time. No double bouncing.
- No jumping off any of the trampoline apparatus onto the floor.
- No horseplay or roughhousing will be allowed in the gym.
- Walk or climb off the equipment carefully.
- Check for proper matting before using any equipment.
- Never dismount off an apparatus onto anything but landing mats.
- Landing mats and pits increase safety but will not completely protect anyone from injury. Use proper landing progressions.
- Know your limitations! For your own safety, do not attempt skills you haven't been taught in class.
- No student or parent spotting of gymnasts.
- Parents must be prompt on picking children up.
- To maintain a safe atmosphere, gym rules must be followed. If these rules are not followed, this privilege may be taken away on an individual basis.

EARLY LEARNING COMMUNITY (child care center)

The YMCA has a licensed child care center located at both the Eau Claire and Chippewa Falls branches.

The Early Learning Community highlights include:

- Qualified teachers and assistant teachers trained in Early Childhood Education, CPR, and First Aid.
- Weekly themes and lesson plans that build positive social and emotional skills.
- Learning centers include: literacy, dramatic play, building, large and small manipulatives and more.

Additional information about our Early Learning Community is available online or you may contact the YMCA Early Learning Community Director for detailed information or to schedule a tour.

Eau Claire (715) 839-4610 Chippewa Falls (715) 723-5135.

CAMP MANITOU

Camp Manitou is an overnight camp with programs for youth entering grades 2-10. Campers will learn new skills, play large group games, and have plenty of opportunities to go swimming or boating every day. The activities we offer provide great opportunities for campers to enjoy the outdoors while learning to work together and foster new friendships. Campers make memories that will last a lifetime.

INCLEMENT WEATHER PROTOCOL

Eau Claire YMCA facilities follow the Eau Claire Area School District decisions.

Chippewa Falls YMCA facility follow the Chippewa Falls School District decisions.

- **Late School Start – for any weather reason (cold or snow)**
 - All classes, programming (including Early Learning Community swimming lessons, etc.), and Child Watch cancelled through 10 AM
 - Anything that starts at 10 AM or later will proceed as scheduled
 - School Aged Child Care (SACC) Before School program cancelled
 - **Chippewa Falls** - If a Late School Start is switched to a whole day cancellation, the Snow's Out Program will run at the Chippewa Falls YMCA.
 - **Eau Claire** - If a Late School Start is switched to a whole day cancellation, the Snow's Out Program will NOT run.

- **School cancelled for whole day**
 - All classes, programming (including Early Learning Community swimming lessons, etc.), and Child Watch cancelled up to 1 PM
 - The SACC Snowed Out programming will run
 - PM program decision will be made by 2 PM
 - Adult leagues will be determined by 3 PM
 - Programs held in the schools will be cancelled (swim team, basketball practices, etc.)
 - Team practices at any Y facility will be at the discretion of the coaches. Coaches should be in contact with their team.

- **Early School Release because of SNOW**
 - All classes, programming (including Early Learning Community swimming lessons, etc.), and Child Watch cancelled starting at 2 PM through the remainder of the day
 - Programs held in the schools will be cancelled (swim team, basketball practices, etc.)
 - Team practices at any Y facility will be at the discretion of the coaches. Coaches should be in contact with their team.
 - **Chippewa Falls** – SACC Program will run at the Chippewa Falls YMCA
 - **Eau Claire** – SACC Program will be cancelled

- **Early School Release because of COLD**
 - All classes, programming, and Child Watch will continue as scheduled
 - Programs held in the schools will be cancelled (swim team, basketball practices, etc.)
 - **Chippewa Falls** – SACC Program will run at the Chippewa Falls YMCA
 - **Eau Claire** – SACC Program will be cancelled

- **For classes that begin before the school district announces if they are delayed or closed (all classes that start at or before 6 AM), a determination will be made by 8 PM the prior evening if the early morning classes will be cancelled. The cancellation will be announced on Facebook.**

- **Full-time child care will remain open and continue to operate as scheduled on any/all of these weather events when the YMCA remains open. Extreme circumstances could alter this.**

- **Private Instruction (personal training, tennis, swimming, etc.) will be decided between instructor and client.**

In some rare cases it may be decided that YMCA facilities will close altogether. In those cases, everything is cancelled, including private instruction and full-time child care.

Refunds/credits will not be offered because of inclement weather cancellations.

Make up classes will not be offered due to inclement weather cancellations.

SUPPORT YOUR YMCA!

Membership for All: The YMCA of the Chippewa Valley seeks to ensure that everyone has the opportunity to participate in YMCA programs and services, assisting them in living fuller, healthier lives. Donations from community members to our annual campaign fund our *Membership for All* program which provides membership and program assistance to individuals facing financial hardship. Approximately 1 in 5 of all members receive this kind of assistance.

Making a gift through the 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 make a gift to the Annual Campaign, please contact Suzie Slota at 715-839-4631 or at sslota@ymca-cv.org.

Volunteer information: 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.

Volunteer Opportunities:

- Annual Campaign
- Maintenance/Grounds
- Special Events
- Togetherhood Program
- Youth Sports
- Youth, Teen, and Family Nights

If you are interested in becoming a YMCA volunteer, please contact Suzie Slota at sslota@ymca-cv.org today.

RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

In consideration of participating in YMCA activities, and for other good and valuable consideration, I hereby agree to **release and discharge from liability** arising from negligence of the **YMCA of the Chippewa Valley** and its owners, directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them (hereinafter collectively referred to as "Releasees"), on behalf of myself and my children, parents, heirs, assigns, personal representative and estate, and also agree as follows:

1. I acknowledge that participating in YMCA activities involves known and unanticipated risks which could result in physical or emotional injury, paralysis or permanent disability, death, and property damage. Risks include, but are not limited to, broken bones, torn ligaments or other injuries as a result of falls or contact with other participants; death as a result of drowning or brain damage caused by near drowning in pools or other bodies of water; medical conditions resulting from physical activity; and damaged clothing or other property. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.
2. I expressly accept and assume all of the risks inherent in this activity or that might have been caused by the negligence of the Releasees. My participation in this activity is purely voluntary and I elect to participate despite the risks. In addition, if at any time I believe that event conditions are unsafe or that I am unable to participate due to physical or medical conditions, then I will immediately discontinue participation.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Releasees from any and all claims, demands, or causes of action which are in any way connected with my participation in this activity, or my use of their equipment or facilities, arising from negligence. This release does not apply to claims arising from intentional conduct. Should Releasees or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
4. I represent that I have adequate insurance to cover any injury or damage I may suffer or cause while participating in this activity, or else I agree to bear the costs of such injury or damage myself. I further represent that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume – and bear the costs of – all risks that may be created, directly or indirectly, by any such condition.
5. In the event that I file a lawsuit, I agree to do so in the state where Releasees' facility is located, and I further agree that the substantive law of that state shall apply.
6. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this agreement, I agree that if I am hurt or my property is damaged, lost or stolen during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

I have had sufficient time to read this entire document and, should I choose to do so, consult with legal counsel prior to signing. Also, I understand that this activity might not be made available to me or that the cost to engage in this activity would be significantly greater if I were to choose not to sign this release, and agree that the opportunity to participate at the stated cost in return for the execution of this release is a reasonable bargain. **I have read and understood this agreement and I agree to be bound by its terms.**

APPENDIX A EMERGENCY PROCEDURES

The chart below lists what each facility will do in the case of fire or tornado.

Facility	Fire	Tornado
Chippewa Falls Branch	All members and guests exit through nearest exit. All will meet in the field.	All members/guests will go to appropriate locker room. Youth will return to program or be released to guardians after tornado has cleared.
Eau Claire Branch	All members and guests exit through nearest exit. All youth programs will meet in the FTC (across the street).	All members/guests will go to appropriate locker room. Youth programs will go to the children's co-ed locker room. Youth will return to program or be released to guardians after tornado has cleared.
John & Fay Menard YMCA Tennis Center	All members and guests exit through nearest exit. All youth will meet in the grass area south of city parking lot.	All members/guests will go to appropriate locker room. Youth will return to program or be released to guardians after tornado has cleared.
L.E. Phillips YMCA Sports Center	All members and guests exit through nearest exit. All youth programs will meet in the north end of parking lot.	All members/guests will go to appropriate locker room. Youth will return to program or be released to guardians after tornado has cleared.