



Huntington High YMCA Membership Handbook

Opened in 1926
Current Members total over 10,000



"We build strong kids, strong families, and strong communities."

HUNTINGTON HIGH YMCA POLICIES

Facility Policies and Regulations:

- ❖ Must have a current YMCA Membership to use the facilities.
- ❖ Open hours vary according to the season. For the hours of operations and Membership Rates please check the front desk or call 697-7113.
- ❖ Note: Membership Rates may increase in January of each year
- ❖ **Guest Passes:** Persons can only purchase a guest pass if they are with a current YMCA member and can only be a guest for three times in one year. Any adult, age 18 and older, interested in joining the Huntington High YMCA can receive a one day guest pass when they take a tour of the facility. All guests must read and sign a release waiver before proceeding past the service counter.
- ❖ **Guest Pass Fees:**
 - Guest Passes for ages 3-14 are \$2.00 per person.
 - Guest Passes for ages 15-18 are \$5.00 per person.
 - Guest Passes for ages 19 and older are \$5.00 per person.
- ❖ Guests 10 and older are permitted without a parent, but must have an emergency contact phone number and an adult must sign the release form for the youth.
- ❖ Duplicate cards cost \$2.00 for youth and \$5.00 for seniors.
- ❖ **Youth 6 years and younger must be accompanied by a parent, guardian or an individual 16 years or older when using the Huntington High YMCA..**
- ❖ **Youth 7 years and older can use the Huntington High YMCA by themselves.** Parents must understand the YMCA is not a baby-sitting service and should make sure their children understand that they are not to leave the YMCA. The YMCA is not responsible if a child leaves the YMCA without having personal supervision by a parent, guardian, or baby sitter.
- ❖ May Building Members using the Huntington High YMCA must bring their membership card plus have a picture ID.
- ❖ **Kennedy Center outdoor pool use is limited to Kennedy Center YMCA members and May Building YMCA members, HHS members may use the pool by paying the guest fee, however, they do not have to be a guest of a May Building or Kennedy Center Member.**
- ❖ Anyone caught using someone else's membership will be immediately asked to leave the YMCA and will not be permitted back in the YMCA. In addition, the card that is being used will be confiscated and the membership suspended. No refunds will be issued.

Fitness Center Policies and Regulations:

- ❖ **Youth 12 and 13 years old** can use the fitness center equipment without supervision, **only** after they complete the 3 session instructional program. They must make an appointment to receive this instruction.
- ❖ **Youth 8 - 11 years old** can use the fitness center, however, **they must be supervised** by an individual 18 years or older. The supervising individual must stay with the youth during the entire time they are using the fitness center.
- ❖ **Youth ages 7 and younger** are not permitted to use the fitness center equipment.

- ❖ **Food and soft drinks are not permitted in the fitness center.** Water is permitted but must be in a plastic shatter proof container.
- ❖ Do not bang weights, perform slow and controlled movements.
- ❖ Please wipe off the equipment after each use. Cleaning supplies are available at the cleaning stations.
- ❖ **Profanity is absolutely prohibited.**
- ❖ There is a **30 minute time limit** on cardio vascular machines.
- ❖ Please allow others to work in when performing multiple sets.
- ❖ When using the treadmill start belt slowly before stepping on machine.
- ❖ Please return treadmill to 2 miles per hour or less and 0% grade when finished.
- ❖ Return all equipment to initial settings.
- ❖ If unsure of equipment use please see attendant for proper instruction.
- ❖ Please report any problems to attendant.

Weight Room Policies and Regulations:

- ❖ **Youth 10 - 13 years old must be supervised** by an individual 18 years or older to use the weight room. That individual must stay with the youth during the time they are using the weight room.
- ❖ **Youth 12 to 13 years old** can use the weight room **without supervision** only after they go through an 8 session instructional program to learn proper form, technique, and safety procedures. Please make an appointment to receive this instruction.
- ❖ **Youth 9 years and younger are not permitted** to use the weight room.
- ❖ **Food or soft drinks are not permitted in the weight room.** Water is permitted but must be in a plastic shatter proof container.
- ❖ **Do not drop weights.**
- ❖ Replace all weights when finished.
- ❖ The use of spotters and collars is highly recommended.
- ❖ Grunting or energy releasing noises are not permitted.
- ❖ **Profanity is absolutely prohibited.**
- ❖ No spitting on floor or walls.
- ❖ The use of chalk not permitted.
- ❖ Please allow others to work in when performing multiple sets.
- ❖ Please wipe off equipment after each use. Cleaning supplies are available at the cleaning stations.
- ❖ Please face the numbered side of the weight plates toward the end of the bars or so they can be seen when replaced on the weight trees.

Indoor Walking/Jogging Track Policies and Regulations:

- ❖ Racing is not permitted.
- ❖ **Youth under the age of 6 are not permitted** to use the walking/jogging track.
- ❖ **Youth 6-7 years of age must be supervised** by parent or an individual 18 years of age responsible for the youth. **The supervising individual must be present and on the track** for the youth to utilize this facility.
- ❖ **Youth 8-10 years of age** are permitted on the track **if a parent or an individual 18 years of age responsible for the youth is present in the building.**
- ❖ **11 years of age and older** do not need supervision while on the track.

- ❖ 26 laps equal a mile.
- ❖ No climbing on the railing around the track or on the bleachers.
- ❖ No climbing on the wall next to the stairwell leading out of the adventure zone.
- ❖ No sitting or standing in the windows that surround the track.
- ❖ Do not use the emergency exits unless there is an actual emergency.

Game Room Policies and Regulations:

- ❖ Persons wishing to check out equipment must have a current YMCA Membership card.
- ❖ **Fighting and arguing is not permitted.**
- ❖ Everyone using this room and equipment must **share and be considerate of others.**
- ❖ Turn in all equipment to game room/gym supervisor when finished playing.
- ❖ Pick up any trash and throw in trash cans, do not leave trash on the equipment or floor.
- ❖ **Do not place food or drink on any equipment or game tables.**
- ❖ All food or drink must be consumed in the chairs away from the game tables and equipment.
- ❖ Gum is not permitted in the game room.
- ❖ Do not hit the ceiling with balls or cue sticks.
- ❖ Report all problems with equipment or other facility users to the game room/gym supervisor.
- ❖ Do not take any equipment out of the game room.
- ❖ **Gambling and profanity are absolutely not permitted.**
- ❖ Do not bring your own basketballs or games to the game room or gym.
- ❖ Utilize the equipment in the proper manner and report any damaged or broken equipment to game room/gym supervisor.
- ❖ **No one is permitted in the game room/gym supervisor's office.** If you need a game or equipment see the supervisor.

Gymnasium Policies and Regulations:

- ❖ Membership cards must be in possession at all times
- ❖ A membership card must be presented to check out basketballs.
- ❖ Hard sole shoes are not permitted on the gym floor.
- ❖ Spitting on the floors, walls or mats is prohibited.
- ❖ **Profanity is absolutely prohibited.**
- ❖ Pick up all trash and place in trash cans before leaving the gym.
- ❖ Clean up all spills on the gym floor.
- ❖ **Fighting or arguing is prohibited.**
- ❖ Everyone must share court space with others.
- ❖ When gyms are crowded no cross-court basketball is allowed, all games must be played on one basket.
- ❖ Do not sit on basketballs; do not throw basketballs against the walls or the ceiling lights.
- ❖ Personal basketballs are not permitted in the building.
- ❖ Contact the gym/game room supervisor immediately if anyone is causing problems.
- ❖ Gum is not permitted in the gyms.

- ❖ Please wipe off gym shoes before entering the gyms.
- ❖ **Food or soft drinks are not permitted in the gym.** Water is permitted but must be in a plastic shatter proof container.

Huntington High Youth Members Open Swim Procedures:

- ❖ The following is the procedure that must be followed by Huntington High Youth Members when they are coming to open swim at the May Building.
 - The only days that Huntington High Youth Members can come to open swim at the May Building is on Friday 5:00 - 8:00pm and Saturday 12:00 - 3:00pm. They can only come and swim these hours and are not allowed to use any other part of the building. If they are caught in any other part of the building they will lose their swimming privileges.
 - The youth that are Huntington High YMCA members and are coming to swim they must have a permission form filled out at the Huntington High YMCA and have it with them when they come to swim. They must be brought over by a Huntington High Staff member or the Huntington High Staff must call and inform the May Building Service Counter how many youth are coming over with their permission forms filled out. These forms will have their name, phone number, and contact person to call in case of an accident. If the Huntington High Youth Member does not have a form they are not allowed to go swimming. The May Building Service Counter Staff is to collect these forms and keep them. If the pool or any staff member has a problem with a Huntington High Youth Member they are to put their form on George Smailes desk and put on the form the problem they had with that youth member.
 - Parent's of the Huntington High Youth Member's can come in and watch their child swim but can not swim or use the building. This swim time is only for Huntington High Youth. If a parent wants to swim with their child they must make arrangements with George Smailes prior to the date their child come to swim and George Smailes will leave a special pass at the May Building Service Counter for that parent, but the child must still have a permission form filled out from the Huntington High YMCA
- ❖ These procedures must be followed. If a child shows up with a permission form and you have not been contacted by the Huntington High YMCA before allowing the child to go swimming call the Huntington High YMCA (697-7113) to make sure they were there and had the form filled out at the Huntington High YMCA.
- ❖ We want these children to enjoy swimming at the May Building but they must follow this procedure and you must make sure the procedure is followed. If you do not follow the procedure they you are at fault just as much as the youth member.

