



TWO RIVERS YMCA POLICIES

1. An annual medical examination is strongly recommended for all members and participants, particularly if you are new to an exercise program. Each person participates at their own risk. The YMCA was constructed with the highest health and safety standards and does not provide accident insurance.
2. Members must bring and show their membership card each time they visit the YMCA. If you forget your card, another form of identification is required. Those too young for an ID are required to visit the membership desk for verification. ID fraud is grounds for membership suspension or termination.
3. Please bring your own padlock to secure your belongings. Loaner locks are available at the Service Center.
4. Children must be picked up by 9:00 pm weeknights and 5:00 pm weekends. If children are not picked up by these times, the police will be called to take your children home.
5. Boys and girls locker rooms are for all ages. Children six and above must use the same sex locker room. Children five years and younger are allowed to use the boys and girls locker room facilities of the opposite sex under the direct supervision of an adult. Special Needs Changing Room is available.
6. Women's and men's locker rooms are for those 18 years or older. Under-age use may result in suspension or termination of membership.
7. Youth Supervision - Children under 8 years of age must be under direct adult supervision at all times. Children under eight years of age must be accompanied in the water by a parent/guardian during all open/family swim times.
8. For your safety and security, hoods may not be worn, hats must be straight, no gym bags, jackets, etc. may be left on the gym floor or workout areas. Please place in a locker or hang on hooks in the gym or gym hallway.
9. The decision(s) of the lifeguard on duty is final.
10. The YMCA prohibits any individual or organization from providing services, charged for or free, without authorization in YMCA facilities. This includes, but is not limited to: personal training, group exercise training, sports training or coaching, health coaching, and swim instruction.
11. All participants must wear appropriate athletic attire. Do not wear jeans in exercise areas as rivets can tear exercise machine pads. No midriiffs, closed toe shoes only in exercise areas. No dark soled gym shoes are permitted. Gym shorts, shirts, or sweatsuits in the physical area, and regular swimsuits or clean shorts without frayed ends in the pool area. Children who are not toilet trained must wear tightly fitted plastic pants or swim diapers (available for purchase at service center).
12. All scheduled activities (times, fees, staff) are subject to change or cancellation at the discretion of YMCA staff.
13. Y phones are not permitted for personal calls.
14. Missed classes cannot be made up.
15. Paging an individual can be done only on an emergency basis.
16. Management of the Two Rivers YMCA may suspend or cancel the rights, privileges, or membership of any member at any time whose actions are detrimental to others' enjoyment of the facilities. We reserve the right to verify identification of members and guests.
17. The YMCA reserves the right to cancel any program not meeting a minimum enrollment. If a program is cancelled, paid program fees are refunded in full. If for any reason you are dissatisfied with a class and wish to withdraw from it prior to the class meeting the second week, the YMCA will refund your fees. Withdrawal after this point must be for medical reasons only and will be prorated from the date of the doctor's statement. Refunds will be mailed. We will not reschedule or refund classes due to inclement weather or uncontrollable circumstances.
18. The Activation Fee is not refundable. Paid up memberships are refunded the unused balance if you are dissatisfied for any reason. A 30-day written notification is required to cancel a bank draft membership.

19. Cell phone usage is permitted in PHONE ZONES located in the North and South Lobbies, Wellness Center Lobby, Men's and Women's Locker Room Lounges, Small Gym, Large Gym, Health Improvement Center waiting area, River Center Lobby/Entry, and Spirit, Mind and Body Center Lobby. Music devices may be used in the Wellness Center. No photographic device usage allowed, period.
20. The YMCA was constructed with the highest health and safety standards and does not provide accident insurance and is not liable for injuries that occur on its premises or during its activities.
21. The Two Rivers YMCA prohibits all persons who enter Y property from carrying a handgun, firearm, or weapon of any kind on to the property regardless of whether or not a person is licensed to carry. This includes all sidewalks, drive-ways and parking lots located on YMCA property.

Men's and Women's Locker Room Policies

These locker rooms are for those 18 years and older. Boys and girls locker rooms are for all ages, and must be used if you are here with your young children. We also have special needs/family changing rooms available for parent/child (up to age 8) or to those who might need to assist an adult of the opposite sex.

All members and guests using the locker room should bring a lock to use. A Kit Locker can be rented for a small fee and includes a YMCA combination lock. Other than the rental lockers, locks must be removed after each use in order to have enough space for all members. Locks that are left overnight on the non-rental lockers will be cut off at the end of the day and contents bagged and stored at the service center.

The YMCA is not responsible for personal belongings. Please do not leave items of value in a locker or unattended. If you forget your lock or need to purchase a lock, they are available in the service centers. There are various hooks throughout the shower room -please use for your bags or towels. Be a courteous locker mate and don't leave your bag in a shower as a means of "reserving" a shower. It is also a courtesy to clean up spilled makeup, excessive hair in the sink, etc., and to let the service center know immediately if there is a "major" mess to be cleaned up. We need your eyes and ears! Please help keep your locker room clean and safe by reporting any inappropriate use of these facilities, including use by those under age 18.

A "suit spinner" is located between the steam room and the sauna to help dry your swim suit. Place the suit (straps-first) into the tank and press the lid down firmly to activate the spinner-release after a few seconds (it's very quick!) Only swim-suits are allowed in the spinner.

Sauna/Steam/Whirlpool

Many medical conditions and use of medications limit or prevent usage of these facilities. If you have any medical problems, please consult your physician before use. Some of these conditions include high blood pressure, heart disease, and pregnancy. Steam and Sauna are turned on and ready to use. To activate whirlpool jets, use the time switch on the west wall.

- Steam: Wet heat, high humidity, 110-115 degrees F, 5 minutes recommended. Nude or swimsuit only, no street clothes or shoes.
- Sauna: Dry heat, 170 degrees F, 5-10 minutes recommended. Nude or swimsuit only, no street clothes or shoes.
- Whirlpool: 104 degrees F, 5-10 minutes recommended.
- If any symptoms of nausea, dizziness or faintness develop, discontinue use immediately.
- For safety reasons, never enter these high-heat areas directly after strenuous exercise. Wait at least 10 minutes to cool down.
- Use of these areas does not promote weight loss. Exercising in high-heat areas is not permitted. Wearing "rubber suits" or other heat trapping clothing is prohibited in these areas.