



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

# **MY Y SNAPSHOT**

## **NEW MEMBER QUICK GUIDE**



## **THANK YOU FOR BECOMING A MEMBER!**

### **OUR MISSION:**

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

**TUSCARAWAS COUNTY YMCA  
600 MONROE STREET, DOVER OHIO 44622  
WWW.TUSCYMCA.ORG 330-364-5511**

**WELCOME!** The Y seems new to you now but soon it will feel like home. Here are a few details to get you started. A complete New Member Handbook can be found at [www.tuscymca.org/membership-rates](http://www.tuscymca.org/membership-rates)

## **BUILDING HOURS:**

Mon-Thu 5:00 AM-9:00 PM

Friday 5:00 AM-7:00 PM

Saturday 6:00 AM-4:00 PM

**NOTE: Small Pool opens Mon-Sat at 7 AM  
All pool area closes 15 minutes prior to building.**



## **FITNESS CENTER:**

### **Members Age 15 & Older**

May access all areas of Fitness Center. Free Start Up Session recommended please sign up for appointment at Members Service Center.

- **Members Age 12-14** years may use cardio and strength machines only. **May not use Free Weight Area.** Free Start Up Session recommended.
- **Members Age 9-11 must be accompanied by an adult** in the Fitness Center at all times and **may only use walking track and treadmills.**

**Functional Fitness Room / Virtual Studio** located in the Lower Level of the Patton Center/Multipurpose Room 2.

- **Ages 15 & Up**
- **Children 7-14 must be accompanied by an Adult**

**Free Fitness Classes** See Fitness Schedule for details. Children are welcome as long as they participate in the class.

**Personal Trainers** available by appointment. See Program Guide for Details. Fitness Associates are on duty to help answer questions or show how to use equipment. They are happy to help.

## AQUATICS:



**Large Pool:** 4-9 feet deep. Approx. 81 degrees. 6 lanes/25 yards. Children under first grade must be accompanied in the water by an adult. See pool schedule for open swim or lap lane times. Lifeguard on duty. No inflatable rafts. Flotation devices must be Coast Guard approved.

**Small Pool:** 3-4 feet deep. Approx. 88 degrees. Children under first grade must be accompanied in the water by an adult. See pool schedule for adult and family swim times. No inflatable rafts. Flotation devices must be coast guard approved.

**Whirlpool:** Must be 18 years old and out of high school to use this area. Children are not permitted in this area.

### Reminders:

- Each water area has a lift to provide access for special needs individuals. Please ask the lifeguard for assistance.
- Proper swimming attire must be worn in all areas.
- Full pool rules are listed in each area. Please read before entering the water for the first time. Thank you.

**LOCKER ROOMS** Lockers for daily use. Please lock your locker.

**Family/Special Needs Locker Room:** This is a unisex area for moms with sons, dads with daughters or adults with special needs.

**Adult Locker Rooms:** These areas are for ages 18 & older only. Must be out of high school. Children are not permitted in these locker rooms.

**Youth Locker Rooms:** Boys Locker Room is on the lower level. Girls Locker Room is across from Racquet Ball Courts.

**Reminder:** We ask that everyone exit locker rooms at closing time. **No cameras or phone usage in locker rooms.**



## **SAFETY IS OUR TOP PRIORITY**

Our staff is prepared to respond to emergencies. We provide annual training for child abuse prevention and require staff to be certified in CPR/AED/FA within 60 days of hire.

The **tornado shelter** is located in the lower level of the Patton Center. When tornado alarms go off in our area we require all individuals go to the shelter area. In case of fire evacuation, please use nearest exit. Children under our care will be evacuated to a safe zone. Children will remain with YMCA Staff until picked up by parent.

In case of **thunder and/or lightning** all of our pool areas and outdoor youth sports will cease for at least 20 minutes after each occurrence. Participants should stay out of the pools or off fields and in cars or building until severe weather subsides. YMCA Staff will monitor weather situations.

**Child Abuse Prevention Focus: Know. See. Respond.** At the Y, child protection is our number one priority. Our goal is to help educate parents and children on how to be safe from child abuse in any environment with the skills they learn at our Y. Our staff and volunteers are trained by Praesidium Academy through practices around child safety to ensure your children are safe in our care. The trust that you place in us to care for your children is important to us and we do not take that trust for granted. If you have witnessed or suspect abuse, please call 1-855-OH-CHILD (1-855-642-4453) or the Praesidium Helpline 855-347-0751. All calls and reports are confidential.

**Report a concern, complaint or grievance:** We welcome and value feedback. Please report any concerns to our YMCA Leadership Team so that we can address it promptly by stopping at our Member Service Center, calling 330-364-5511, reporting at <https://tuscymca.org/child-abuse-prevention>.

**Privacy Policy:** For more information or to view our policy visit our website at [www.tuscymca.org](http://www.tuscymca.org) or contact the Tuscarawas County YMCA at 330-364-5511.

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**See [www.tuscymca.org](http://www.tuscymca.org) or stop by the Member Service Center for a complete Member Handbook.**

**Nationwide Membership:** From Another Y? When you join the Tuscarawas County YMCA you are welcome at YMCAs Nationwide. To find a Y in another location, go to [www.ymca.org](http://www.ymca.org). If you are visiting from another Y please have your membership card and photo ID available to scan. Programs for non-Tuscarawas County YMCA members will be charged at non-member rates.