



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

MY Y SNAPSHOT

**NEW MEMBER
QUICK GUIDE**



**TUSCARAWAS
COUNTY
YMCA**

**THANK YOU
FOR BECOMING A MEMBER!**

06202022

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

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: Pool area closes 15 minutes prior to building.

FITNESS CENTER: ACCESS BY AGE GROUP

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.**

Youth Ages 7-14 may use the Youth Fitness Center located above the main gymnasium. Use Patton Center stairwell.

Free Fitness Classes, like Shred, that teach free-weight lifting are available. See Fitness Schedule for details.

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 rafts. Flotation devices must be Coast Guard approved.

Small Pool: 3-4 feet deep. Approx. 88 degrees. See pool schedule for adult and family swim times. No Lifeguard on duty. Parent must be in the water with children under 18 years old. No 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 provided staff training in CPR and First Aid.

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.

See www.tuscymca.org or stop by the Member Service Center for a complete Member Handbook.

OUR MISSION

The Tuscarawas County YMCA is committed to enriching the lives of everyone in our community by the development of healthy spirit, mind and body through membership services and programs based on Christian principles and values of caring, honesty, respect and responsibility.



TUSCARAWAS COUNTY YMCA
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