



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CONNECT TO THE CAUSE

Welcome to YMCA of the Suncoast!

CITRUS MEMORIAL HEALTH FOUNDATION YMCA
CLEARWATER YMCA
GREATER PALM HARBOR YMCA
GREATER RIDGECREST YMCA
HERNANDO COUNTY YMCA
HIGH POINT YMCA
JAMES P. GILLS FAMILY YMCA
NORTH PINELLAS YMCA

ymcasuncoast.org

WELCOME!

As a new member, we're so happy you've joined us. At the Y, our cause is strengthening the foundations of our community. Every day, we work side-by-side with our neighbors to ensure everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. We invite you to get connected and enjoy your YMCA membership!



PROGRAMS WE OFFER

Swimming

At the Y, we know Florida leads the nation in accidental drownings, and we take water safety seriously — it's an important life skill. We teach children and adults how to be safe and comfortable in the water. Learn more at ymcasuncoast.org/swimming.

Camp

Friendships, achievement and belonging are essential dimensions of well-being that the Y cultivates through our camps in the summer and for school-out days. Our trained staff members don't just keep kids occupied — each experience helps nurture the potential of every child and teen. Learn more at ymcasuncoast.org/summercamp.

School-Age Programs (Child Care)

One in five children ages 6-12 are regularly left without adult supervision, and our school-age programs allow you to work without worry — whether it's before- or after-school enrichment, or programs that help close the achievement gap. The Y provides licensed before- and after-school for more than 4,400 children across the four counties we serve. We provide family-centered, values-based programs to nurture the potential of every child and teen. Programs are offered on school-out days and during all holiday breaks. Find out more at ymcasuncoast.org/after-school-care.

Clinically Integrated Health Programs

Our programs help intervene and support people with chronic disease.

- YMCA's Diabetes Prevention Program, ymcasuncoast.org/diabetes-prevention
- LIVESTRONG® at the YMCA, ymcasuncoast.org/livestrong
- Moving For Better Balance (for fall prevention), ymcasuncoast.org/balance
- Enhance®Fitness (for arthritis), ymcasuncoast.org/enhancefitness
- Blood Pressure Self-Monitoring Program, ymcasuncoast.org/blood-pressure

Family Opportunities

Games, outings, service projects and parent-child clubs all provide ways for your family to connect and have a great time. We offer all kinds of opportunities for you to try new things and explore together, strengthening relationships along the way.

HEALTH & FITNESS: For more than 160 years, the YMCA's approach to exercise has been to focus on the wellness of the whole person — spirit, mind and body. Our professional staff will help you design an exercise program that you'll enjoy and stick to. Weight train to build strength or rehabilitate, or join a group exercise class like yoga to reduce stress and improve flexibility. See your Y's group exercise schedule online or on our app.

SPECIAL EVENTS: Each year, with members' help, the Y conducts several events, including fishing tournaments, dances, 5K runs, golf tournaments, prayer breakfasts and more. These gatherings provide a unique opportunity to meet a neighbor, volunteer or discover new friendships.

YOUTH/ADULT PROGRAMS: In YMCA youth sports leagues, kids learn the importance of teamwork and fair play, as well as the rules of the game. There's basketball, volleyball, flag football, soccer, baseball, enrichment programs and more. Adult sports are offered too! Learn more at ymcasuncoast.org/youth-sports.

SILVERSNEAKERS®: The SilverSneakers Fitness Program is a benefit offered in partnership with select health care providers. Members are entitled to a membership at the YMCA, including SilverSneakers classes, guidance from qualified fitness instructors and senior advisors, social activities, and the use of the wellness center.

The Y is for everyone

As a cause-driven leader in the community, the Y doesn't turn anyone away for an inability to pay. We offer financial assistance through our People Helping People program. Learn more at the Member Services desk or visit ymcasuncoast.org/assistance.



THE BASICS

MEMBERSHIP CARD: Your membership card/key tag is important. Please show it — or the smartphone app — at every visit.

PREFERRED PRICING: As a member, you will receive preferred pricing on programs and classes. **NOTE:** Membership and program fees are nonrefundable.

GUESTS: Guests are welcome at the Y! Please obtain a three-day guest pass at ymcasuncoast.org.

ATTIRE: Athletic shoes and shirts must be worn during exercise in all workout areas of the facility. Proper swimsuits must be worn when using the pool.

FOOD AND BEVERAGES: No food or drink is permitted in the workout areas. Water is always allowed and encouraged!

WHAT TO BRING: Please bring your own workout towel. The YMCA does not provide a towel service.

SPECIAL NEEDS: Persons with special needs are encouraged to participate in YMCA programs. If you require assistance, please contact the program director.

SMOKE-FREE FACILITY: To promote wellness, the YMCA is smoke-free. This includes e-cigarettes.

MEMBER SERVICES

GETTING STARTED WITH MYFIT: The wellness staff is available to help you meet your fitness goals. We encourage you to make an appointment for myFit — a free wellness plan introduction. We'll be there to support you in creating healthy changes to a more active lifestyle.

KIDS ZONE & CHILD SUPERVISION: The Kids Zone is available at no charge to full members and guests with children ages 6 weeks to 11 years. Unless in a supervised YMCA program, all children 12 and younger must be accompanied by an adult while in the facility.

FAMILY LOCKER ROOM: Our family locker room is designed for parents with small children, individuals with special needs and those who prefer a more personal changing space.

LOCKERS: Lockers are available for day use. Just bring your own lock and remove it at the end of each visit. Items left overnight will be removed from the locker room and placed in the lost and found. Always secure your belongings. Safety is a team effort. The staff is diligent about providing a safe environment for our members.

LOST AND FOUND: The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items at the Member Services desk for two weeks, then donate them to another charity.

USE YOUR MEMBERSHIP EVERYWHERE: Your association membership is good at all Tampa Bay area YMCAs and all over the United States at participating Ys. To find any Y in the U.S., visit ymca.net. A map of all Tampa Bay area YMCAs is at ymcasuncoast.org/locations.

PAYMENT METHODS

- **Electronic Fund Transfer:** An easy way to pay as you go! Your checking account or major credit card is debited once per month.
- **Other Forms Of Payment:** We accept cash, check, Visa, Mastercard, Discover or American Express. See the Member Services desk for payment details.

YOU NEED TO KNOW...

To uphold our values of caring, honesty, respect, and responsibility, we abide by some basic rules, standards and behavior expectations to keep our Y a healthy, safe, and nurturing environment for all. Thank you!

POOL

- No food, drink, or glass containers (except when permitted in select locations) in the pool area.
- Diving is for designated areas of 9 feet or deeper water only.
- Babies and toddlers must wear swim diapers.
- Children 13 and younger will be swim-tested prior to using the pools.
- All non-swimmers are required to wear a Coast Guard-approved personal flotation device and remain within arm's length of a parent/guardian at all times when in water higher than the child's armpits.
- Infants and toddlers must be within arm's length of a parent/guardian at all times, even when in the zero depth entry section.
- Noodles, kickboards, back pack floats and other devices are to be used for training only during swim lessons, organized exercise classes, lap swimming, or at the lifeguard's discretion.

MEMBERS YOUNGER THAN 16

Members age 12 and younger must be accompanied and supervised by a parent/adult (age 18 and older) on site at all times. Exceptions are made for those in identified programs, such as camps, Parents Night Out, etc. Youths ages 10-15 must complete their MyFit sessions prior to using the wellness floor.

- Ages 10-12 may work out with a parent.
- Ages 13-15 may work out on their own.

KIDS ZONE

- Children are invited for a maximum stay of two hours.
- Parents must remain in the Y while their child is in the Kids Zone.
- Sick children are not permitted in the Kids Zone area.
- No diapers will be changed by Y staff members.
- Bottle feeding is permitted when parents prepare and label bottles in advance.
- Food and drinks are not allowed in the Kids Zone, but children may bring water bottles marked with their name.
- Guests may use the Kids Zone twice for free.
- Parents must sign children in and out upon dropoff and pickup, and present photo identification.

WELLNESS CENTER

- Please wipe down equipment.
- There is a 30-minute limit on all cardio equipment.
- Please don't drop dumbbells or slam weights; return all weights to proper racks when finished.
- Spring collars must be used with all bars and free weight lifting.
- Spotters are required at all press stations.
- Proper work-out attire includes shirt and closed-toed athletic shoes.
- Cell phone use should be outside of the wellness center.

GYMNASIUM

- No food, drinks, or chewing gum.
- Shirt and non-marking shoes required.
- No profanity, fighting or spitting.
- Please respect equipment.
- Goggles are recommended in our racquetball courts.

GROUP EXERCISE

- Water bottles with a secure cap are permitted in the studio.
- Proper attire and closed-toe athletic shoes are required.
- Please respect equipment and return it to its proper storage place.
- Always consult a physician before you begin an exercise program.

MAKE A DIFFERENCE

VOLUNTEER OPPORTUNITIES: Volunteers truly are the backbone of the YMCA. If you share our commitment to the continued well-being of our youth and community, please consider becoming a Y Community Champion or joining a Togetherhood® project. Mentor a teen, clean up a neighborhood, coach a team, help us raise funds or serve on a committee. Learn more at ymcasuncoast.org/volunteer.

ANNUAL CAMPAIGN: As a YMCA member, you do for yourself; as a YMCA donor, you do for others. We invite our members to make a donation to help others in need enjoy the benefits of YMCA membership. Funds raised in the community stay in the community, or can be directed to a specific area (i.e., youth sports, camp, swim lessons or other programs). Through our People Helping People program, the annual campaign assures that no one is turned away from a YMCA because of financial reasons. We count on our members and generous donors to help kids and families who may otherwise not be able to participate in programs like camp and after-school activities. Learn more at ymcasuncoast.org/give.

INTERNATIONAL YMCAS: Approximately 230 local U.S. YMCAs maintain partnerships with Ys in other countries. YMCA of the Suncoast has a partnership with the YMCA in Peru. If you are interested in getting involved, please contact your local YMCA for more information.

COMMUNITY DEVELOPMENT: To help strengthen our community, we collaborate with dozens of local agencies to offer child care services, water safety classes, mentoring opportunities, employment training and more. The YMCA brings people from all backgrounds together to share experiences, offer support and learn from each other.

Keep up with the Y!

Our smartphone app is a great way to see group exercise and pool schedules, see the latest news and more!

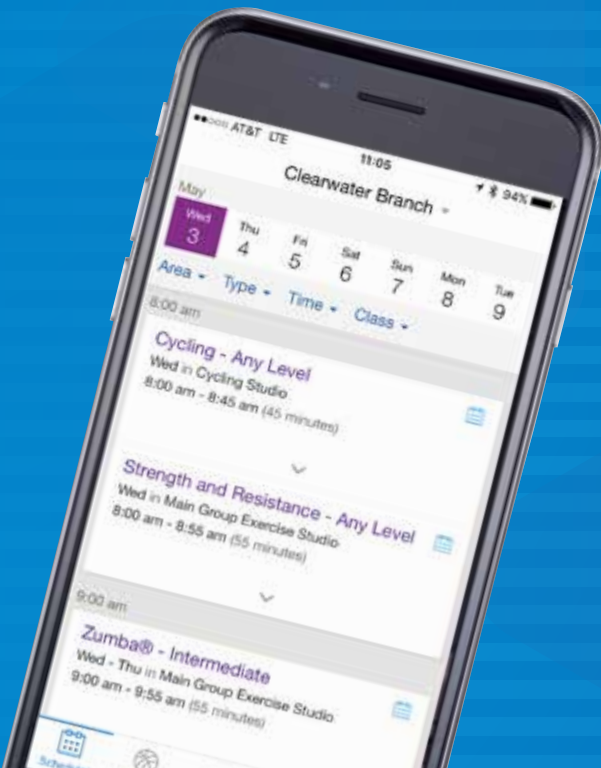
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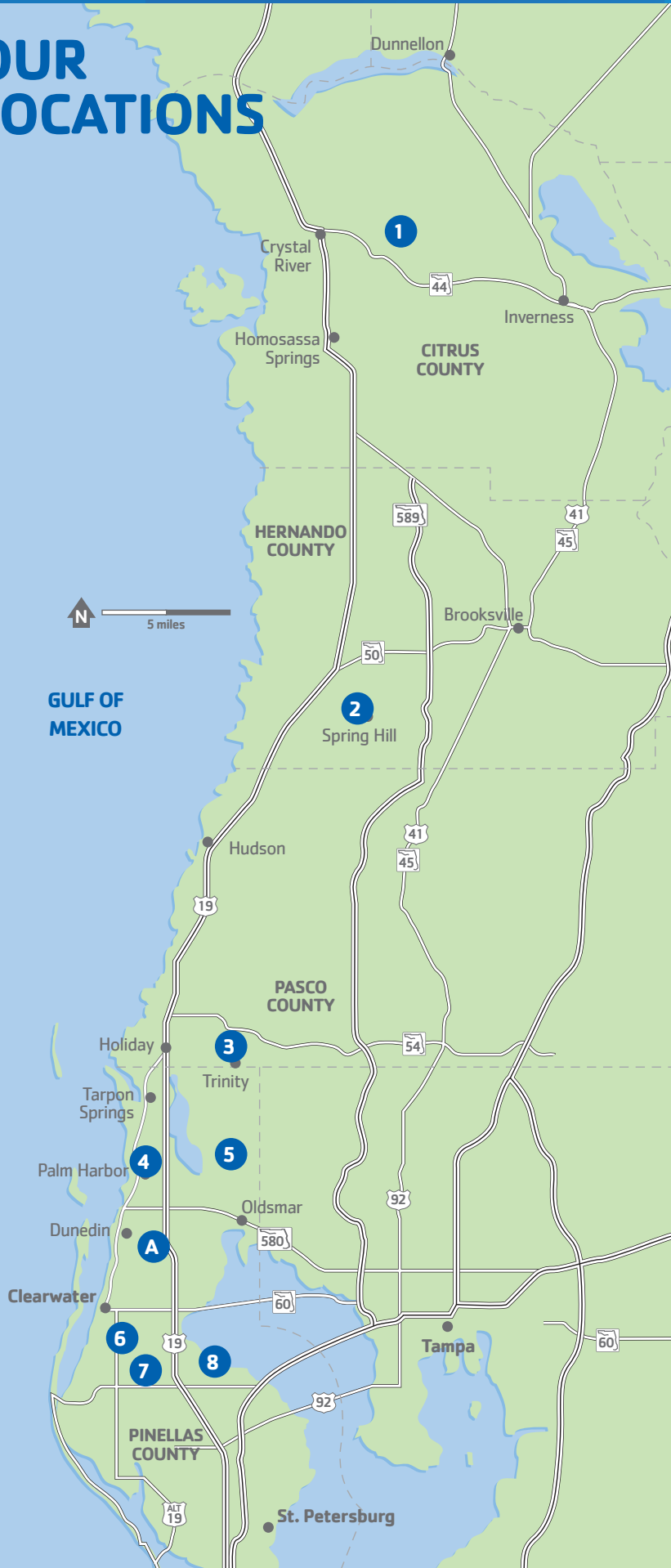


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instagram.com/ymcasuncoast
[LinkedIn YMCA of the Suncoast](https://linkedin.com/company/ymcasuncoast)

We're always open at ymcasuncoast.org



OUR LOCATIONS



- 1 CITRUS MEMORIAL HEALTH FOUNDATION YMCA
CITRUS COUNTY
SCHOOL-AGE PROGRAMS**
4127 W. Norvell Bryant Hwy.,
Lecanto
P 352 500 YMCA
ymcasuncoast.org/citrus
ymcasuncoast.org/citrusSAP
- 2 HERNANDO COUNTY YMCA**
1300 Mariner Blvd., Spring Hill
P 352 688 YMCA
ymcasuncoast.org/hernando
- 2 HERNANDO COUNTY
SCHOOL-AGE PROGRAMS**
1236 Mariner Blvd.
Spring Hill
P 352 686 YMCA
ymcasuncoast.org/hernandoSAP
- 3 JAMES P. GILLS FAMILY YMCA**
8411 Photonics Drive, Trinity
P 727 375 YMCA
ymcasuncoast.org/gills
- 4 GREATER PALM HARBOR YMCA**
1600 16th St., Palm Harbor
P 727 787 YMCA
ymcasuncoast.org/palmharbor
- 5 NORTH PINELLAS YMCA**
4550 Village Center Drive,
East Lake
P 727 772 YMCA
ymcasuncoast.org/northpinellas
- 6 CLEARWATER YMCA**
1005 S. Highland Ave., Clearwater
P 727 461 YMCA
ymcasuncoast.org/clearwater
- 7 GREATER RIDGECREST YMCA**
1801 119th St. N, Largo
P 727 559 0500
ymcasuncoast.org/ridgecrest
- 8 HIGH POINT YMCA**
5345 Laurel Place, Clearwater
P 727 507 YMCA
ymcasuncoast.org/highpoint
- A ASSOCIATION OFFICE
PINELLAS-PASCO
SCHOOL-AGE PROGRAMS**
2469 Enterprise Road, Clearwater
P 727 467 YMCA
ymcasuncoast.org/pinellasSAP

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.