



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 - YMCA Without Walls
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!



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 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: Food and beverages are not 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 SMARTSTART: Our member onboarding program includes a series of 3 personalized appointments, 30 to 60 minutes long, designed to support you in pursuit of your health & wellness goals. A specialist will meet with you to discuss your needs and interests. Together you will develop an achievable plan for success. These 3 sessions with a trained coach are valued at \$150, but are offered as a complimentary service for all new members.

KIDS ZONE & THE ZONE: Are available at no charge to full members and guests with children ages 6 weeks to 11 years. The Kids Zone is for children 6 weeks to 6 years of age. The Zone is for children from 7 to 11 years of age. Unless in a supervised YMCA program, all children 11 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 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.

CONTACTS: We encourage you to reach out to your branch executive with any feedback. If, however, you would like to elevate a question or concern, you can do so on our website. The homepage contains an email link to concerns@suncoastymca.org. In addition, if you see any red flag behaviors or potential illegal activity and would like to report it anonymously, you can do so by clicking on the link to the ethical reporting system.

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

- Food, drink, or glass containers should not be in the pool area (except when permitted in select locations).
- 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.

KIDS ZONE (6 WEEKS TO 6 YEARS OLD) AND THE ZONE (7 TO 11 YEARS OF AGE)

- 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.
- 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.
- Youths ages 10-15 must complete their SMARTSTART 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.

GYMNASIUM

- Please refrain from bringing food, drinks, or gum into the gym.
- 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.

EMPLOYMENT: The YMCA offers both full-time and part-time opportunities in a variety of areas. Here, you will create solutions – for one person or an entire community. You will apply your experience, knowledge, and abilities, and discover new talents within yourself as you make a real difference in the lives of those around you. You will put your imagination and creativity to work in an environment built upon teamwork and community. Consider joining the YMCA at ymcasuncoast.org/jobs

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 on our website.

The YMCA is committed to serving all people including those with disabilities in accordance with all laws and in compliance with the Americans with Disabilities Act. Should you have any concerns or questions, or need to request a reasonable accommodation or modification, please email the YMCA at concerns@suncoastymca.org or visit our website at www.suncoastymca.org for more information.

CREATING A SAFE ENVIRONMENT FOR CHILDREN

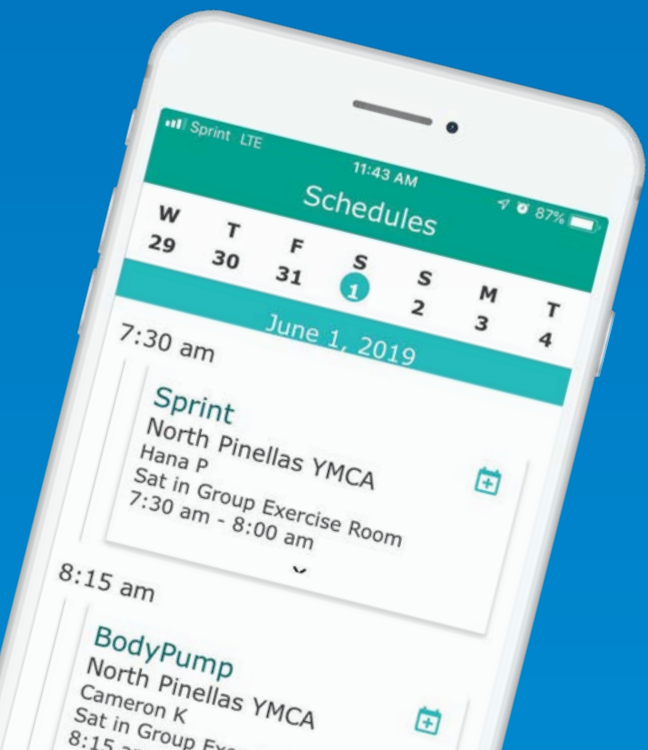
- We are staffed with qualified and trained personnel throughout the facility however, unless children are participating in a YMCA supervised program that requires an adult to sign them in and out, the parent or guardian must provide supervision of their children.
 - We are committed to protect the youth in our YMCA and communities by practicing the three habits of Child Abuse Prevention. They are "KNOW, SEE and RESPOND."
 - Know: when we understand the common practices of those who harm children and the best practices to stop them.
 - See: when we can recognize the warning signs or behaviors that signal abuse or risk for abuse.
 - Respond: when we take action in response to behaviors we recognize as being inappropriate or questionable.
- In addition, each staff and registered volunteer must agree to abide by our Code of Conduct. The Code of Conduct outlines appropriate behaviors and provides rules for all to follow that are designed to prevent potential abuse or to put the adult in a vulnerable position for an allegation of abuse.
- While our staff are excellent caregivers, we follow best practices in child abuse prevention; therefore, we do not allow any staff to be alone with a child where they cannot be observed by others. As a result, we do not permit our staff to babysit or provide supervision to children they have met at the YMCA outside of the Y.
 - In our continued commitment to provide a safe environment, the YMCA screens members through the National Sexual Offender and Predator Registry. Member behavior must align with our core values. The Y may revoke membership privileges from those that do not meet this standard.
 - Members age 11 and younger must be accompanied and supervised by a parent/adult (age 16 and older) on site at all times. Exceptions are made for those in identified programs, such as camps, Parents Night Out, etc. We do encourage parents to observe our supervised programs as well.

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!



facebook.com/ymcasuncoast
twitter.com/ymcasuncoast
youtube.com/user/ymcasuncoast
Google+ YMCA of the Suncoast
pinterest.com/ymcasuncoast
instagram.com/ymcasuncoast
LinkedIn YMCA of the Suncoast



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.

Summer Camp

We're committed to serving families year-round, which is why we offer YMCA Day Camp. Friendships, accomplishment and belonging are essential dimensions of well-being that we cultivate through our day camps. Our trained staff members don't just keep kids occupied — they are helping to create memories that will last a lifetime.

Learn more at ymcasuncoast.org/summercamp.

School-Age Programs (Child Care)

The Y provides licensed before- and after-school for more than 4,000 each day. Our programs provide youth with a safe place to go before and after the bell. More importantly, it helps youth realize who they are and what they can achieve. The balanced program support academic achievement, fosters health and wellness, and instills positive social-emotional skills.

Programs are also offered on school out days and during all holiday breaks.

Learn more at ymcasuncoast.org/after-school-care.

Teen Programs

We nurture the potential of every child and teen. A teen's future success is fostered by caring adults who make them feel loved, competent, happy and healthy today. That's why our staff and volunteers are also mentors, role models, sharing a part of this very important-but very inspiring-responsibility in helping youth realize who they are and what they are capable of achieving. We offer programs such as Youth in Government, Leaders Club and Counselor and Training, just to name a few.

Learn more at ymcasuncoast.org/teen-leaders.

Community Integrated Health Programs

Chronic diseases are responsible for 7 in 10 deaths among American's each year, and the vast majority of health care costs. Our programs help to prevent or control chronic conditions. Each of these programs has been shown to improve the health of participants.

- YMCA's Diabetes Prevention Program
- LIVESTRONG at the YMCA
- Moving for Better Balance (falls prevention)
- EnhanceFitness (arthritis management and falls prevention)
- Blood Pressure Self Monitoring

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 and Fitness

For more than 170 years, the YMCA's approach to exercise has been to focus on the wellness of the whole person- spirit, mind and body. In addition to our state of the art exercise equipment, the YMCA of the Suncoast offers over 500 group exercise classes per week across the association; there is something for everyone. Options include Mind/Body classes like pilates, yoga, and meditation; dance based classes like Zumba or Line Dancing as well as High Intensity Interval Training, Strength and Boot Camp type classes. The YMCA of the Suncoast partners with Les Mills to provide several of the Les Mills licensed formats including BODYPUMP, BODYCOMBAT, BODYFLOW, TONE, RPM & SPRINT. Our goal is to help support you to meet your goals. Our professional wellness staff will help you design a plan that will work for you.

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

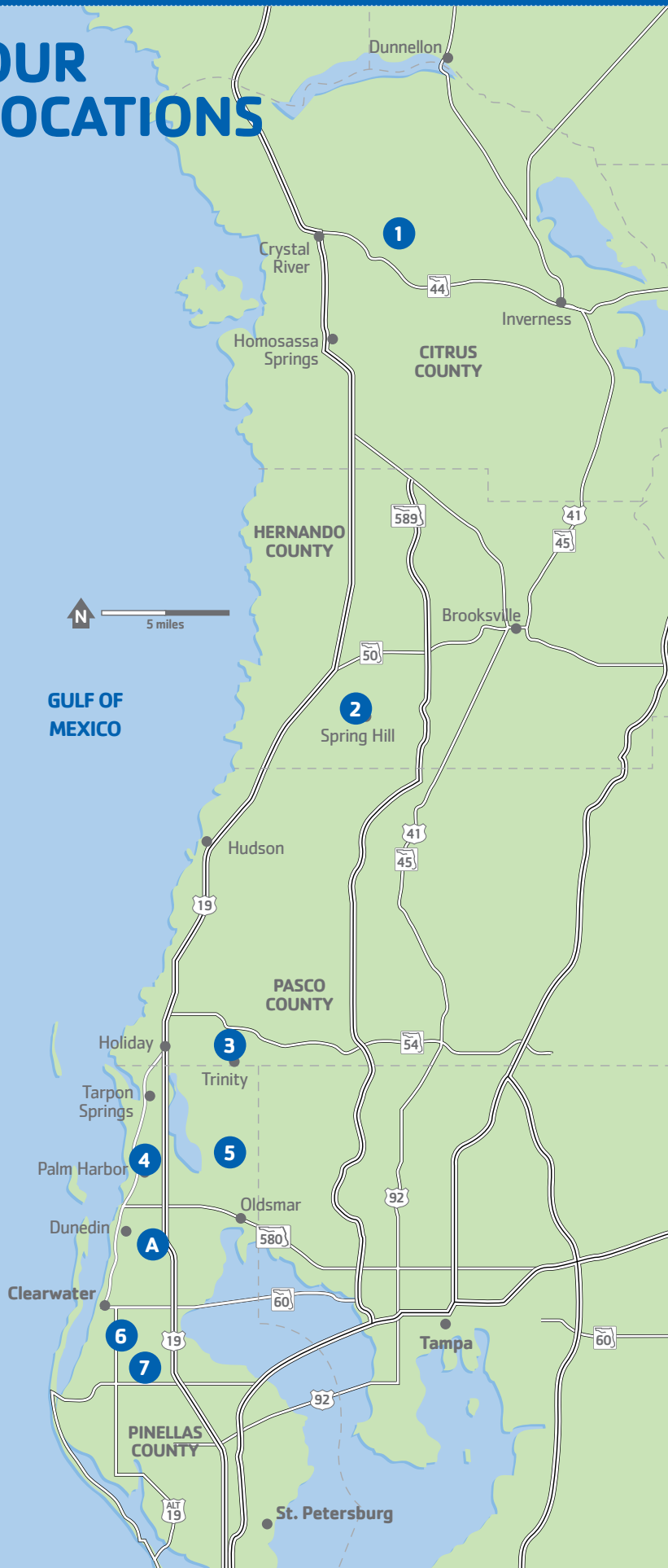
In YMCA youth sports leagues, kids learn the importance of teamwork and fair play, as well as the rules of the game. There's basketball, volleyball, flag football, soccer, baseball, enrichment programs and more. Adult sports are offered too! Learn more at ymcasuncoast.org/youth-sports.

Partner Programs for Membership

The SilverSneakers Fitness Program, Silver& Fit and Renew Active are offered in partnership with select health care providers. Members are entitled to a membership at the YMCA, including group exercise classes, guidance from qualified fitness instructors and senior advisors, social activities, and the use of the wellness center.



OUR LOCATIONS



1 CITRUS MEMORIAL HEALTH FOUNDATION YMCA AND CITRUS COUNTY SCHOOL-AGE PROGRAMS
4127 W. Norvell Bryant Hwy.,
Lecanto
P 352 500 9622

2 HERNANDO COUNTY YMCA AND HERNANDO COUNTY SCHOOL-AGE PROGRAMS
1300 Mariner Blvd., Spring Hill
P 352 688 9622

3 JAMES P. GILLS FAMILY YMCA
8411 Photonics Drive, Trinity
P 727 375 9622

4 GREATER PALM HARBOR YMCA
1600 16th St., Palm Harbor
P 727 787 9622

5 NORTH PINELLAS YMCA
4550 Village Center Drive,
East Lake
P 727 772 9622

6 CLEARWATER YMCA
1005 S. Highland Ave., Clearwater
P 727 461 9622

7 GREATER RIDGECREST YMCA
1801 119th St. N, Largo
P 727 559 0500

A ASSOCIATION OFFICE AN PINELLAS-PASCO SCHOOL-AGE PROGRAMS
2469 Enterprise Road, Clearwater
P 727 467 9622