



WE'RE GLAD YOU'RE HERE!

Welcome to the YMCA of Greater Indianapolis!
We want our new members to have a great experience at the Y.
Getting started is as easy as 1-2-3!

1

Use Your Membership Often.

We encourage you to use the Y as often as you can!

2

Talk to a Y Staff Member.

Our staff are here to help you find the program and activities that are of interest to you and will best fit your needs. We're here to answer all of your questions as well as give you the tools to make your YMCA experience an enjoyable one!

3

Take Advantage of your FREE Member Benefits.

Start by attending your FREE Wellness Appointment with a YMCA Wellness Advisor. (Register at Member Services.) And check out our FREE land or water group exercise classes. Our trained staff will listen to you and together you will put in place a plan to reach your goals and also to help you find your fit in making connections at the Y.

OUR MISSION

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

OUR FOCUS

YOUTH DEVELOPMENT
Nurturing the potential of every child & teen

HEALTHY LIVING
Improving the nation's health & well-being

SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

OUR CORE VALUES

CARING
Show a sincere concern for others

HONESTY
Be truthful in what you say & do

RESPECT
Follow the Golden Rule

RESPONSIBILITY
Be accountable for your promises & actions



A FEW IMPORTANT NOTES ABOUT YOUR YMCA:

THE WELLNESS CENTER

- A Wellness staff member is always present to help you with the machines or for advice.
- FREE Wellness Appointments are available to you, and can be scheduled at Member Services.
- Members ages 8+ have various access to equipment in the wellness center. Please refer to the age signs in the facility and get a wristband in the Wellness Center.
- A shirt and covered shoes must be worn at all times in the Wellness Center.
- Please respect other members by wiping off equipment after use.
- Personal belongings and gym bags must be stored in the lockers outside of the Wellness Center or in the storage cubbies. Valuables should be secured in the free lockers.

THE SWIMMING POOL (where applicable)

- Lifeguards are always present for your safety.
- Nationally certified swim instructors teach our YMCA swim lessons.
- Appropriate swim attire must be worn in pools, saunas and whirlpools.
- Children 10 and under must have adult supervision at all times.
- Other aquatic safety rules and procedures are posted in the swim areas.

PLAY & LEARN CENTERS (CHILD WATCH)

- Our Play & Learn centers are available*
- Refer to your Program Guide or posted signs for hours.
- Your household membership includes two FREE hours of Play & Learn per day while you workout.
- YMCA Play & Learn staff are always present for your child's safety.
- Children as young as six weeks old may be placed in the Play and Learn centers.

GENERAL MEMBERSHIP INFO.

- Your Association-wide membership is valid at all 12 YMCA of Greater Indianapolis locations, as well as at participating Ys across the country.
- Your membership includes many FREE land and water group exercise classes and FREE monthly family nights. Please visit indymca.org or see a staff member for specific facility schedules.
- Membership cards must be presented at the hospitality/welcome desk in order to enter the YMCA.
- Members over the age of 16 without a membership card must present a photo ID. Replacement cards are available for a \$5 fee.

- Children age 10 and under must be supervised by someone age 16 or older.
- Use of tobacco/nicotine, non-prescription drugs or alcoholic beverages is prohibited on YMCA property, as are firearms and/or weapons.
- The only animals allowed on YMCA property are Seeing Eye Dogs, Service Dogs or other animals used for medical purposes. Other special needs requests may be made at Member Services.
- The YMCA refrains from assuming responsibility for damages to or theft of articles and valuables left in lockers, vehicles, or elsewhere in the building.
- Bullying or threatening another person verbally or physically is prohibited on YMCA property.
- Workout and swim attire must be appropriate for a family environment.
- In case of an accident, a YMCA staff member must be informed, and an incident/accident report should be filed by the staff member.
- Shirt and shoes must be worn at all times, unless a specific program designates otherwise (such as Yoga, where you may remove your shoes).

BRING A FRIEND!

- Members of the YMCA may host individuals and families as guests. Members can bring an unlimited number of guests for free, one time each per calendar year. After that, normal guest pass fees apply.
- Members will receive a \$25 Refer-A-Friend program credit for all referrals made to the Y that result in a membership.
- Guests who do not have a Free Guest Pass will be charged regular YMCA guest fees.
- Guests may apply their guest fees toward their membership fees if they choose to join the Y.

PROGRAM REGISTRATION INFO.

- Program pricing for facility members is provided at a reduced rate; for most programs, this is approximately one half of that charged to all others.
- Programs may require a non-refundable deposit.
- Credits/refunds will be given for the following reasons:
 - Withdrawal, for any reason, from a class/program prior to the second class.
 - Participant is unable to attend class for a medical reason. A pro-rated credit/refund will be issued upon receipt of a doctor's note.
 - If the Y cancels a program or class.
- Credits are valid for six months, unless otherwise indicated.

PLEASE LET US KNOW IF YOU HAVE ANY QUESTIONS.

ENJOY YOUR Y!

*Except for YMCA at the City Market, Westfield Aquatic Center, and YMCA at the Athenaeum