



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WELCOME TO THE YMCA!

As a member or guest, you're joining a supportive community, one dedicated to youth development, healthy living and social responsibility. To promote safety and a welcoming environment for all, you are asked to conduct yourself with respect and consideration when in our facilities or participating in our programs.



[www.muscatiney.org](http://www.muscatiney.org)

### OUR VALUES:

CARING

HONESTY

RESPECT

RESPONSIBILITY

## A SAFE SPACE FOR ALL



Members, guests and program participants are encouraged to take responsibility for their personal comfort and safety by asking any person whose actions unreasonably interfere with their enjoyment of the YMCA to refrain from such behavior. Anyone who feels uncomfortable in doing so should report the behavior to a YMCA staff member.

## CODE OF CONDUCT

**We expect persons using the YMCA to act maturely, to behave responsibly and to respect the rights and dignity of others. EXAMPLES OF PROHIBITED ACTIONS INCLUDE, BUT ARE NOT LIMITED TO, THE FOLLOWING:**

- Using, possessing, buying, selling or delivering alcohol or illegal chemicals on YMCA property or at YMCA events.
- Smoking or vaping on YMCA property.
- Carrying or concealing a weapon or any object that may be used as a weapon, excluding law enforcement.
- Harassment or intimidation by words, gestures, body language or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive or threatening manner.
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person on YMCA property or at YMCA events.
- Unsafe, inappropriate or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property or injury to a person.
- Loitering on YMCA property.
- Engaging in conduct that unreasonably interferes with another person's enjoyment of the YMCA.
- Use of cell phones or other electronic devices in restrooms, locker rooms, pool complex, and child care areas

## REPORT A CONCERN:

Members, participants and staff have the right to file a grievance, concern, or complaint regarding Muscatine Community YMCA facility, programs or staff members without fear of being penalized. Should you need to report a concern, damaged equipment, etc. please use the QR Code below to access and complete our Staff Notification Form.

Please do not use this form in cases of emergency.



In order to carry out these policies, we ask that members, guests and program participants identify themselves to staff upon request. YMCA management will investigate all reported incidents. The YMCA reserves the right to deny access, revoke membership and/or immediately remove any person from the facility who violates any of the above behaviors or any other behavior that may be detrimental to others. The YMCA reserves the right to deny access or membership to any person who is listed on a national, state and/or tribal sex offender registry or database. Staff will determine whether a violation of the Code of Conduct has occurred.

# FACILITY



## BE AWARE

All physical areas of our facility (Fitness Areas, Pool Complex, Sauna, Steam Rooms, Kids' Adventure Center, etc.) close 15 minutes prior to our scheduled closing times to ensure ample time for members to transition.



## KEEP PERSONAL ITEMS SAFE

The YMCA is not responsible for theft or damage to your property. Valuables are best left at home. Lock all personal belongings in a locker. Locks are available to borrow at the Welcome Center.



## INCLEMENT WEATHER

If the Muscatine Community School District cancels school, dismisses school early, or cancels evening activities due to inclement weather, all YMCA youth and adult programming will be cancelled.

If there is Severe Weather warnings or watches, the YMCA staff will direct everyone to the hallway in front of the locker rooms until the warning/watch has expired. Anyone over the age of 18 may leave at their own risk. Anyone under the age of 18, must remain in the shelter area until the warning has expired or physically accompanied by a guardian over 18.



## PROGRAM CANCELLATION POLICIES

All programs have limited enrollment. Registration is on a first-come, first-serve basis. The YMCA reserves the right to cancel, reschedule or combine classes that do not have sufficient enrollment. No credit is issued for individual missed classes. Make-ups are scheduled at the discretion of the Program Director.



## FOOD & DRINK

Other than water, no food and/or beverages are permitted in any of the physical areas, including locker rooms.



## HELP US KEEP OUR YMCA CLEAN

Inform a staff member of any broken or damaged equipment, spills, messes, etc.



## RESTRICTIONS FOR CHILDREN

Children in the YMCA who are 7 years and younger must be accompanied by a guardian who is 16 years or older at all times.



## SMOKE & TOBACCO FREE CAMPUS

Smoking or other use of the tobacco or tobacco-like products (examples include, but are not limited to cigarettes, electronic cigarettes, cigars, chewing tobacco, snuff, pipes, snus, etc.) on Muscatine Community YMCA property, at any time, is strictly prohibited.



## CELL PHONE & RECORDING DEVICE POLICY

Cell phone use is limited to hallways and lobbies only and should never be used in locker rooms, bathrooms, pool complex or child care areas. Photographs & video recordings are not permitted.



# MEMBERSHIP



## MEMBERSHIP CARDS & PHOTO I.D.

All members must present their membership card to use the facility.

For security purposes, photo ID must be presented when joining the YMCA. All current & prospective YMCA members/guests 18 & older are screened against a national, state and/or tribal sex offender registry or database.



## NATIONWIDE MEMBERSHIP

We are a proud participant of Nationwide Membership. As a member of the Muscatine Community YMCA, you can access 90% of the Y's throughout the country. Verify if the Y you will be visiting participates or offers additional benefits by visiting [ymca.net](http://ymca.net).



## NON-MEMBERS

All non-member guests/participants over the age of 18 must present a photo ID when purchasing a day pass or Multi-Visit Punch Card.

Day Passes and Multi-visit punch cards allow full access to our facilities and amenities and can be purchased at Member Services.



## FINANCIAL ASSISTANCE

The YMCA's Annual Campaign provides financial assistance for membership dues to those who qualify (please contact Member Services for more information). Children who receive financial assistance with their membership are also entitled to receive reduced rates on certain classes.



## ATTIRE

The YMCA reserves the right to define inappropriate attire when necessary. For member safety and to promote facilities that are welcome to all, the YMCA has adopted the following dress code:

- No explicit or inappropriate language or designs on clothing.
- Appropriate shoes that cover the whole foot and do not leave marks are required in all Fitness Areas and Gyms (no sandals, foam or soft-sided sandals (e.g. Crocs), etc.)
- Appropriate family-friendly swim attire is required when using the pool, sauna, steam room and spa.

# AQUATICS



## PARENT/GUARDIAN RESPONSIBILITY

You are responsible for supervising your children at all times. Lifeguards are on duty to enforce rules for a safe pool experience and respond in case of emergency.



- Children 7 years and younger must be accompanied IN THE WATER by a caregiver at least 16 years of age at all times.
- All youth 14 years and younger will be swim tested.
- Non-Swimming children must be within arms' reach of a responsible caregiver and/or wearing approved floatation at all times.
- Floatation devices must be U.S. Coast Guard approved. No inflatables.
- No more than two non-swimming children per caregiver.



## HELP US KEEP THE POOLS CLEAN.

A cleansing shower is required before entering any pool or the spa.



## OBEY THE LIFEGUARDS

Swimming is only permitted when a trained, tested, rescue-ready lifeguard is on duty. A minimum of two lifeguards are required for Family and/or Rec Swim.



## EMERGENCY SIGNALS

**One Short Whistle Blast:** pay attention to the Lifeguards.

**One Long Whistle Blast:** Clear the Pools immediately.



## SAFETY FIRST

Only Coast Guard-approved flotation devices may be used. All swimmers aged 14 years or younger will be swim tested.



## PROHIBITED ITEMS

Water wings, mermaid tails/mono fins, inflatable rings/toys/rafts/balls, and full face masks are not permitted. Please refer to the lifeguard on duty for approval of other toys and equipment.



## CELL PHONES & OTHER ELECTRONIC DEVICES

Cell phones and other electronic devices prohibited within the pool complex.



## PLAY NICE

No diving. Enter the water feet first only. No running or rough play is permitted. Food, candy, soda, and gum are not permitted in the pool complex. No glass containers. Diaper changing on deck is prohibited. Diaper aged children must wear swim diapers.

Breath holding activities are not permitted in YMCA pools.

# HEALTH & WELLNESS



## GET ORIENTED

Schedule a complimentary Weight Room orientation with our experienced Fitness staff at Member Services today!!

## WORKOUT SAFELY

Use a spotter on every set.  
Use clamps on every bar.  
Do not drop the weights



Use of the Fitness Area (Weight Room) and all of the fitness equipment is restricted to individuals entering 9<sup>th</sup> grade or older.

### Exceptions:

- Individuals younger than 9<sup>th</sup> grade that have taken & successfully passed the YMCA's W.O.W. course may use the Fitness Area during designated times.
- Individuals that are part of a YMCA class/activity may use the Fitness Area under the direct supervision of a YMCA Staff member.



## KEEP PERSONAL ITEMS SAFE

Gym bags, coats etc. should be stored in a locked locker or cubby. Valuable items are best left at home.

## APPROPRIATE WORKOUT ATTIRE

Appropriate fitness attire is required. No boots, sandals, soft-sided shoes or bare feet are permitted.



## BE RESPECTFUL

Be courteous and respectful of others. Share the equipment, please do not monopolize machines or equipment.



## HELP US KEEP THE YMCA CLEAN

Please wipe down machines & equipment after each use and return equipment to it's place. Report any damaged or broken equipment to a staff member. No food or drinks permitted in the Fitness Areas, except water.



## CELL PHONES

Please leave the fitness areas for phone calls. Photography and video recording are not permitted.

# SUPPORT SERVICES



## BIG BROTHERS BIG SISTERS

BBBS is a one-to-one mentoring program that makes meaningful matches between adult volunteers (BIGS) and children (LITTLES) in our community.



## SPECIAL OLYMPICS

Special Olympics is a competitive sports program adaptive to each individual's needs or ability level. They provide sports and activities for youth and adults with Intellectual Disabilities.



## FAMILY PROGRAM SERVICES

FPS provides a wide variety of family support with parenting information, support groups and an opportunity to explore issues specific to their needs.



# AMENITIES, PROGRAMS & SERVICES



## MEMBER SERVICES

Member Services is available Monday-Friday 8 am-6 pm & Saturdays 9 am-12 pm. Our Member Services staff will assist you with signing up for memberships, classes/programs, locker rentals and much more. They are a great place to get answers to general questions!!



## WELCOME CENTER

Welcome Center is open all hours that our facility is open and where you will scan your membership card to check in. You can borrow a lock, rent a towel (\$0.50), borrow other equipment or visit with our friendly Welcome Center attendants.



## Y PLAY

Y Play (child watch) is available for parents using the YMCA & is FREE with a child's Y membership. Parents/guardians must remain at the facility. Y play is available for infants through 8 years of age.



## KIDS' CLUB

Our licensed child care is for children in 4-year old pre-school (at MELC) through 6<sup>th</sup> grade. Registration is required. Kids' Club is available before and after school, during summer break and on no-school days.



## KIDS' ADVENTURE CENTER

K.A.C. is for members 8 years and younger only. Parent/Guardian supervision is required at all times. Please remove shoes before playing in K.A.C., but socks must be worn.



## TEEN CENTER

Our teen center is available to members and non-members any time the facility is open. Youth Development staff offer free daily activities for middle school students Monday-Thursday!



## INDOOR TRACK

Our three lane indoor track surrounds Gym 3 at the far end of our facility. 12 laps using the outside lane = 1 mile, or 13.5 laps using the inside lane = 1 mile. Please use caution and look both ways before crossing or entering the track. Street shoes, roller blades, track spikes and starting blocks are not permitted when using the track. Clean, dry walking/running shoes are recommended.



## GYMS

Our YMCA has 3 gymnasiums. Gym 1 is a college-sized court with 6 hoops available. Gym 2 is a youth/half-gym with 2 hoops. Gym 3 is a high school sized court with 6 hoops and is also home to our Pickleball courts. Please check schedules for Basketball pick up times, open gym times and Pickleball schedules.



## POOL COMPLEX

The YMCA has 2 pools: Our lap pool is a 6-lane, 25 yard pool. Minimum depth is 4 feet on both ends. Maximum depth is 6 feet deep in the middle of the pool. Average temperature is about 81 degrees. Our small, warm-water pool has a maximum depth of 4'6", and a minimum depth of 4'. Average temperature is approximately 89 degrees. Please see pool schedules for availability.



## SPA

Our spa is located within the pool complex. Spa users must be 16 years or older and should limit use time to 10 minutes. Average spa temperature is approximately 102 degrees.



## LOCKER ROOMS

Children 1<sup>st</sup> grade & older should use the appropriate, same-gender locker room or the Family Locker Room if accompanied by a guardian.

You may borrow a lock from the Welcome Center or bring your own. Lockers are available to rent in all four gender specific locker rooms.

Women & Girls Locker Room: Females of any age may use this locker room.  
Men & Boys Locker Room: Males of any age may use this locker room.

Women Only Locker Room: Adult (post high school & older) females may use this locker room. Lockers must be rented on a yearly basis. Locker rental includes towel service.

Men Only Locker Room: Adult (post high school & older) males may use this locker room. Lockers must be rented on a yearly basis. Locker rental includes towel service.

Family Locker Rooms: Children & their caregivers, individuals with special needs & their caregivers, or any member/guest who would like their own space or privacy may use the Family Locker Rooms.



## SAUNA & STEAM ROOMS

Sauna & Steam rooms are located in the Women Only & Men Only Locker Rooms.

Use is restricted to post high school and older only. Youth under 18 years of age are not permitted to use the Sauna or Steam Rooms.



## CYCLING STUDIO

The indoor cycling studio is available for adult use unless a Cycling class is scheduled. Cycling classes are available for beginners to advanced. Please see the program guide for our cycling class offerings.



## ADULT FITNESS CLASSES & PROGRAMS

Most adult fitness classes (land and water) are free with membership. We offer a wide variety of classes for every fitness level. Please see the Program Guide for class offerings and descriptions.



## INDOOR & OUTDOOR FITNESS AREAS

Our indoor and outdoor fitness areas have a large variety of weight machines, free weights and cardio equipment. The Outdoor Fitness Area is open as weather permits. Schedule a complimentary Fitness Area orientation today at Member Services! Personal training services are also available for a fee.



## PICKLEBALL & RACQUETBALL

Three regulation sized Pickleball courts are located in Gym 3. Adult drop in games and Pickleball 101 are offered several days a week.

Racquetball courts are available for reservations, just call the Welcome Center for available times!



## YOUTH CLASSES & PROGRAMS

You can sign up for youth classes and programs at Member Services. We offer a wide variety of classes for all ages. Please see the Program Guide for class offerings.



## OUTDOOR TRAIL

Our paved outdoor trail spans approximately one mile through wooded areas. Use this QR code to access a trail map (and a map of our facility)!!!

