



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

WELCOME TO OUR FAMILY

**YMCA OF INDIANA COUNTY
MEMBER HANDBOOK**

Dear Friend,

It is my pleasure to welcome you to the YMCA of Indiana County!

Our Y is made up of people of all ages, faiths, and abilities, working side by side to ensure that everyone has the opportunity to live life to its fullest. We value caring, honesty, respect, responsibility, and teamwork and everything we do stems from this. Our staff and volunteers are all committed to understanding our communities needs. We are proud to provide families and individuals with a safe and nurturing environment, and play a vital role in influencing the lives of those in our community.

The information introduced in this Member Handbook has been arranged to assist in making your visit here at the YMCA a safe and enriching experience. As you read through this handbook, I encourage you to direct any questions to our staff.

Welcome to the YMCA of Indiana County, where we build strong kids, strong families, strong communities!

Best regards,

**Eric Neal
Chief Executive Officer**

**YMCA OF INDIANA COUNTY
60 North Ben Franklin Rd
Indiana, PA 15701
www.icymca.org
Phone: (724)463-9622
Fax: (724)465-2656**

**MACK PARK POOL
752 S. 6th Street
Indiana, PA 15701
www.icymca.org
Phone: (724)463-7622
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Board of Directors

The Board of Directors is a policy-making and governing body that identifies the direction the YMCA of Indiana County moves in. The board directs and monitors YMCA funds in accordance with general policies and raises funds within the YMCA community to support the YMCA's mission. They also monitor YMCA programs.

Persons serving on the board are suggested or nominated by the board and staff from within our service area. Individuals interested in volunteering for a position are urged to contact the CEO. Board members are elected and voted in by the existing board and are eligible to serve up to a maximum of three, three-year terms.

To see who currently serves as board members please stop by the Welcome Center.



WHY WE'RE HERE

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen. We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why through the YMCA, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health, and educational achievement.

FOR HEALTHY LIVING

Improving our community's health and well-being. The YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests. As a result, nearly 400,000 youth, adults, and families are receiving the support, guidance, and resources needed to achieve greater health and well-being for the spirit, mind, and body.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors. The YMCA has been listening and responding to Indiana and its surrounding areas most critical social needs for years. Whether developing skills or emotional well-being through education and training, welcoming and connecting diverse demographic populations through global services, or preventing chronic disease and building healthier communities through collaborations with policymakers, the Y fosters the care and respect all people need and deserve.

OUR MISSION

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

YMCA Hours of Operation

Monday-Thursday	5:20 a.m.-9:45 p.m.
Friday	5:20 a.m.-8:30 p.m.
Saturday	7:15 a.m.-6:00 p.m.
Sunday	11:30a.m.-5:00 p.m.

Pool Hours of Operation

Monday-Thursday	5:30 a.m.-9:30 p.m.
Friday	5:30 a.m.-8:30 p.m.
Saturday	7:15 a.m.-5:00 p.m.
Sunday	12:00 p.m.-4:00 p.m.

Holiday Hours

New Years Day	CLOSED
Good Friday	CLOSED
Easter	CLOSED
Memorial Day	CLOSED
4th of July	CLOSED
Labor Day	CLOSED
Thanksgiving	CLOSED
Christmas Eve	CLOSES at 1:00PM
Christmas	CLOSED
New Years Eve	CLOSES at 1:00PM

Inclement Weather

The YMCA of Indiana County makes every effort to provide programs and services during most inclement weather conditions. Service to YMCA members is a priority.

- Call the YMCA at (724) 463-9622 if you have questions regarding closing or class cancellations.
- Visit YMCA of Indiana County at www.icymca.org
- Visit our Facebook page at www.facebook.com/indianaymca for inclement weather closings.
- Download our app by searching DAXKO, download DAXKO then search "YMCA of Indiana County"
- Tune into WDAD (1450 AM), 1160 (WCCS), 92.5 (U92), and 106.3 (Cat Country 106.3) for closing information.

The YMCA does not provide make ups, credits, or refunds for missed classes for any reason including inclement weather related cancellations.

Shutdown Week

The YMCA of Indiana County will coordinate a one – two week period at the end of summer during which tasks such as preventive maintenance, cleaning, and revitalization will take place. At this time, the YMCA will be closed. Any person interested in registering for a program or membership will be welcomed at the Welcome Center by our staff. Please contact the Welcome Center for the date of the next annual renovation and the availability of program areas during this maintenance period. Volunteers are greatly appreciated during this time!

THANK YOU FOR BECOMING A MEMBER

At the YMCA of Indiana County, we strive to provide opportunities to learn, grow and thrive. The Y can be a wonderful experience for all. We hope you will take full advantage of everything we have to offer! Take a look and find what is right for you.

Membership Cards

To ensure quick and efficient entry, each member is given a YMCA card to swipe upon arrival at the Welcome Center. Members must present a valid YMCA card to permit entry into the facility.

Membership Hold

In cases of medical leave and/or extended illness or temporary relocation, memberships may be put on-hold with authorization. Memberships may be placed on-hold for a minimum of three months and a maximum of six months within a one year period. Accounts will be charged \$5 per month on-hold in lieu of the regular monthly membership fee during relocation; medical holds (with a doctors note) will be done at no cost. All requests for holds must be made in writing to the Director of Member Services or the Director of Member Engagement. (There is a form to complete at the Welcome Center).

Termination of Membership

Members using automatic monthly withdrawal as a form of membership payment must submit a written termination request thirty days prior to their regularly scheduled draft date to discontinue bank draft payments (typically each account is drafted 1 more time). Membership and bank withdrawal will remain continuous until the YMCA receives a thirty day written request including a member's signature. Join fees and membership dues paid in full are nonrefundable. Termination request forms can be obtained at the Welcome Center.

The YMCA reserves the right to terminate or revoke a membership in cases of misconduct, policy violations, or any other reason.

Reinstatement of Membership

Expired or terminated memberships may be reinstated within thirty days of expiration without repaying the join fee. Terminated or expired members who wish to renew their membership following a thirty-day grace period will be expected to pay the join fee.

National Sex Offender Public Website

The safety of our children is the highest of priorities. Therefore, we periodically compare our membership database against those listed on the US Department of Justice Website. In the event one of our members is on the list, their membership will be terminated. Additionally, the YMCA of Indiana County will not grant or sell a membership to anyone who is on that list. For this reason, all guests age 18 and over must show a photo ID upon entry to the building.

Guest Policy

- Current members may bring up to 4 guests annually at no additional charge. After 4 guest passes have been used, a guest may come for a nominal fee.
- A single guest will be limited to 4 total visits over a 3 month period; at that point he/she will be required to purchase a membership if they want to continue using the facility.
- Guests must be accompanied by a current member.
- Guest must present a photo ID, sign a waiver of liability and have a current picture on file.

VISITOR & GUEST PASSES

ADULT AGES 18+	\$8
YOUTH AGES 11-17	\$6
YOUTH AGES 3-10	\$4

IT'S GREAT TO BE

Membership Benefits

A YMCA membership gives you access to a welcoming facility, open seven days a week, with a variety of activities. It gives you access to support and guidance from professionally trained staff. It provides a place to go for quality family time, personal time, or interaction with friends and fellow members. Members also receive reduced rates on YMCA of Indiana County programs.

Included in your Membership

Coffee and Wi-Fi

Daily newspapers available in the lobby for you to read

Locker Rooms and Family Changing Rooms

Weekly Group Exercise Classes

Youth and Adult Sports

Facility Fitness Center: Cardio and Weight machines as well as a Free-Weight area

Sauna and Steam Rooms

Full Size Gymnasium

Outdoor 1/2 Mile Walking and Running Track

Pickleball games and Equipment

2 Swimming Pools (1 indoor at the YMCA and 1 outdoor at Mack Park during the summer months.)

Rec Room / Game Room

Tumbling Room

Child Watch: 90 Minutes free 2x each day (morning and night)

And so much more!

MY Y IS EVERY Y. NATIONWIDE.

We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace, or in another region.

The reciprocal membership program is valid for YMCA full facility/full privilege members only. Program-only participants may upgrade to a full membership at any time to qualify. Silver Sneakers members may only use other Silver Sneakers locations. Silver & Fit is only valid at your home YMCA – Not valid on Nationwide Membership.

Visitors must present a valid YMCA membership card, a photo ID, and complete a waiver of liability or standard membership application form. YMCA full facility/full privilege members must use their home branch at least 50% of the time. Program discounts do not apply. Participating YMCAs reserve the right to restrict facility/program access. Nationwide Members are not eligible to bring in guests. Other restrictions may apply.

Suggestions and Comments

Members are encouraged to share their ideas, remarks, and concerns regarding the YMCA facility with management.

Comments may be shared by calling or texting 724.427.5583

We value your voice. Calls and texts are anonymous unless you choose to leave your name.



A YMCA MEMBER

Payment Plans

Bank Draft

Monthly fee is drawn from a checking or savings account on the 1st or 15th of each month. If a payment or bank draft is not honored by your bank for any reason, a \$30 service fee will be applied to your account as well as a balance due. Payments are continuous until member completes cancellation process.

Credit and Debit Card Draft

Monthly fee is drawn from the card provided on the 1st or 15th of each month. If a draft payment is declined for any reason, we will automatically try to take the draft again. If your payment continues to decline the balance due and \$30 delinquent fee will be applied to your account. Payments are continuous until member completes cancellation process.

Annual

Full year of payment is collected at the time of sale. Annual memberships are good for one year and are renewable. Annually paid dues will not be refunded for early termination. Renewals are subject to current rates. We accept cash, check, money order, and all major credit cards.

Financial Assistance

The YMCA of Indiana County is committed to helping those who may not be able to afford YMCA programs and services through our financial assistance program. Financial Assistance applications are available at our Welcome Center or online at <https://icymca.org/membership/financial-assistance/>.

Please contact any of the Welcome Center staff for more information.

Personal Belongings, Lockers, and Lost and Found

- The YMCA is not responsible for lost or stolen property. It is recommended that you do not bring valuables with you to the YMCA; if you do, please lock your locker!
- Lockers are offered for your daily use. For consideration and security, locks are not to be left on day use lockers overnight. The YMCA is not responsible for locks left on lockers or items found in lockers at closing time (the lock will be cut off and the contents of the locker removed).
- Contents and locks of the lockers found at closing time will be transferred to the Lost and Found.
- Gym bags and other belongings are not permitted in the program areas due to limited space and safety. Coat hangers are provided for use in many areas.
- Rental lockers are available at a monthly rate of \$3.00 per 1/2 unit and \$5.00 for a full unit, space permitting. Inquire at Welcome Center for more information and availability.
- We make every effort to provide the safest possible environment for our children and members at play and in programs. Although we are respectful of PA gun laws, we ask you to please not bring your gun into the YMCA. If however, you are unable to leave your gun at home, we do require you to be sure your gun is locked in a secure location when using the YMCA.

JUST A FEW...

Program Area Guidelines

Guidelines and rules are posted in select program and exercise areas to assist in making a more safe and enjoyable environment for our members. Members are expected to follow the instruction and direction of staff members in all areas.

Program schedules, on our app, or at <https://icymca.org/schedules/>. Occasionally, there may be a schedule modification to provide space and time for special events and activities. Any change in schedule will be posted in the facility and on our app.

All indoor YMCA activities MUST be entered and dismissed through the main entrance of the YMCA. A session schedule for group exercise classes, lap swim, recreational swim, and gym use are available upon request at the Welcome Center. Detailed information including activities, schedules, and events can be found on our website.

Program Registration

The YMCA of Indiana County offers a variety of programs and classes. Many programs are included in the membership fees, however other programs, classes, and personal training are an additional charge. Membership does not always guarantee a space in a class or program.

Payment is due at the time of registration, regardless of membership status.

Please refer any questions about program fees, availability, and scheduling to the Welcome Center staff.

Online Program Registration

From the website www.icymca.org:

- Click on "REGISTER" and select which program you wish to register for
- Sign in by using your email address and password or click "I'm new to on-line registration"
- Enter last name, birth date, and zip code
- Choose the programs you wish to register for
- Some discounts or credits can only be redeemed at the Welcome Center
- Contact the Welcome Center if you experience problems
- Registration can also be completed through the mobile app

Summer Programming

Multiple program and exercise areas in the facility modify their schedules throughout the summer to help adjust and expand for summer programming. Please visit our website or download the our app for most current programming.

GUIDELINES

Credit and Refund Policy

1. If the YMCA cancels a class or program due to lack of enrollment or facility conflict, the participant will be issued a full credit or refund.
2. Credits/Refunds (less a \$ 10 service charge) will be given for the following:
 - A. If the participant notifies the YMCA in writing more than 24 hours before the first class meeting, a credit/refund will be given less a \$ 10 service fee.
 - B. In cases of misconduct and misbehavior, credit/refunds will be given on a case-by-case basis.
 - C. Credit/Refunds will not be issued to deposits or registration fees for programs such as, day camp, fundays etc. Please contact the Welcome Center regarding any questions to this guideline.
3. Membership and join fees are non-refundable and non-transferable. The Director of Member Services may extend the length of an annual membership for any medical-related reasons and/or extended illnesses where the member was unable to use the facility and had immediately notified the Director of Member Services.
4. Check refunds will be processed through the Business Office within 30 days.
5. Account credit refunds are able to be applied up to one year after being issued.
6. The YMCA does not offer make ups, credits, or refunds for missed classes for any reason including inclement weather-related cancellations.

YOUR DUES
Operate the Facility.

YOUR GIFT
Changes Lives.



Annual Fund

Your support is necessary to fund many of the Y programs and services that families in need use every day. Together we can ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive in a YMCA program.

Your financial gift to our Annual Fund Campaign will provide us with the resources necessary to respond to increasing community needs. The YMCA touches the lives of children, teens and families in the Indiana County area every day with your financial support.

With 100% of the dollar that is raised going directly to scholarship and program support here at the YMCA of Indiana County, your contribution to the Annual Fund Campaign is an investment in our shared future. **Make your commitment today by stopping by the Welcome Center and filling out a pledge form or donate online here** <https://icymca.org/donate/> .

SPACES

ChildWatch

ChildWatch is a FREE service included in the family or youth membership providing a safe, fun, and supervised environment for infants 3 months and up and elementary school-age children.

This complimentary service is only offered for members WHILE PARENTS OR GUARDIANS ARE PARTICIPATING IN ACTIVITIES WITHIN THE YMCA FACILITY. Parent(s) must pre-register their child and will be allotted a time slot for a maximum of 90 minutes to leave their child(ren) with ChildWatch staff. Before signing their child(ren) up for ChildWatch, the parent(s) must fill out a ChildWatch packet including necessary health and emergency information concerning their child(ren).

- All participants must be registered and have their completed forms up to date. Drop-ins accepted if staff and space are available.
- Children may only be picked up by preauthorized adults who have their child's matching wristband.
- Children may stay up to a maximum of 90 minutes.
- Although Childwatch is a FREE service provided to YMCA members, a no-call/no-show will result in a \$3.00/child/instance fee.
- Sick or ill children may not participate in Childwatch.
- Toys may not be brought from home to be used in Childwatch.
- Childwatch is nut free; snacks containing nuts are not permitted.

ChildWatch Hours of Operation:

Monday-Friday 9:00 a.m. –12:00 p.m.

Monday-Thursday 5:00 p.m. –8:00 p.m.

Saturday 8:45 a.m.–12:00 p.m.



& PLACES

Gymnasium Rules

Gymnasium schedules for programs, open, and defined times are located in the front lobby and posted on the gymnasium doors. Open gym is available for many different uses. We ask members and guests to be courteous to others and try to accommodate everyone and their activities.

- Non-marking athletic shoes are to be worn in the gym.
- Food and beverages are not permitted in the gym, other than closed water bottles.
- Please refer to YMCA staff to adjust the basket height.
- Gym bags, coats, and other large personal belongings are not permitted in the gym and are to be kept in the locker room.
- The gym is not monitored by YMCA staff, members are expected to self-monitor their behavior. YMCA staff and managers on duty will periodically regulate Gym activities during all open times while class instructors will monitor during their class/program time.
- Shoes and shirts must be worn at all times.
- No dunking, hanging, or climbing on rims or backboards.
- Rough play, throwing or kicking balls at walls or windows, offensive language, spitting and fighting will not be tolerated.
- Children 7 and under must be directly supervised by an adult during all open gym times.
- Priority will be given to Y programs, events, and scheduled usage.
- No personal music should be played outside of personal use headphones.



Recreation Room

The Recreation Room is used for YMCA members or YMCA-approved programs. Youth ages 7 and under may not enter the Recreation Room without the supervision of an adult (in the room), unless participating in a recreational program.

- No food or drink at game tables.
- Do not move or sit on the game tables.
- Clean up after yourself.
- No illegal items such as drugs, alcohol or weapons.
- Notify the front desk of broken or missing equipment.
- Recreation room and sports equipment may be checked out using your Y keytag or ID at the Welcome Center .



TRAINING

Personal Training, Training and Coaching at the YMCA

Personal training or coaching at the YMCA is provided by YMCA employees only. As examples, this includes, but is not limited to: fitness training, swim coaching, and sports coaching. Trainers and coaches who are not YMCA representatives are prohibited from providing training and coaching services at the YMCA.

Due to liability issues and member experience concerns, the YMCA requires all trainers and coaches working within the building to maintain certification through a nationally recognized organization and/or meet specific academic requirements essential for quality personal training and coaching.

An individual may be seen as a personal training/coaching if he/she is:

- Receiving payment for an exercise or coaching session
- Designing a program or workout
- Providing exercise, sports, or swim technique instruction
- Leading, instructing

Failure to comply with the Training and Coaching Policy is in direct violation of YMCA policy and may result in suspension or termination of YMCA membership privileges.

Why no outside trainers/coaches?

- The YMCA cannot adequately control the quality of training or coaching from individuals that are not representatives of the YMCA. These individuals may not have adequate academic background, ability, training, or experience to correctly train members. The YMCA is limited in its ability to regulate outside trainers in order to prevent or correct potential erroneous information or technique passed on to members.
- Individuals not employed by the YMCA have not been trained by the YMCA on staff policies and procedures and therefore are unauthorized trainers in YMCA facilities. Additionally, they have not completed a full background check which is required of all YMCA employees and volunteers.
- A legal liability arises for the YMCA if we are aware of outside trainers and coaches working within the YMCA, and the use of YMCA's equipment and facilities without consent violates the YMCA's non-profit status as a 501 (c)3 organization.
- The use of the YMCA for outside training and coaching is in direct competition with the training and coaching services that the YMCA offers.
- All participants enrolled in the Personal Training program must be registered and approved by the YMCA of Indiana County prior to their first appointment.
- Personal Trainers/Coaches are not permitted to receive direct payment from guests – all payments must be made to the YMCA of Indiana County.

& FITNESS

FIT FOR ALL AGES



Fitness isn't just for adults! It's important for kids and teens to establish healthy habits too.

The following age guidelines are in place to ensure that kids and teens are able to enjoy the fitness center in a safe and age-appropriate way!

FITNESS CENTER AGE GUIDELINES

AGES 7 or Younger

SORRY!

You must be at least 8 years old to enter the fitness center.

At this age, your safety is our primary concern. You may register for 30 or 60 minute sessions with one of our qualified fitness trainers.

AGES 8-11

GOOD NEWS!

After completion of our FREE Fitness Center Orientation, you will have access to the **CARDIO** equipment inside the fitness center with parent or guardian supervision.

AGES 12-14

COME ON IN!

After completion of our FREE Fitness Center Orientation, you will have access to the **CARDIO** equipment inside the fitness center with parent or guardian supervision.

After completion of our Fitness Center Strength Certification Class, you will be able to use the **MATRIX ASSISTED LIFT** equipment and **CARDIO** equipment without a parent or guardian, and the **FREE WEIGHT** area with a parent or guardian.

AGES 15-17

YOU'RE GOOD!

After completion of our FREE Fitness Center Orientation, you will have access to the **ENTIRE** Fitness Center without parent or guardian supervision.

Register for Orientation and Fitness Center Strength Certification at the Welcome Center.

Must wear assigned wristband after completion of Orientation or Fitness Center Strength Certification. Wristbands can be obtained from the Welcome Center.

*Should you or your child(ren) have additional needs or concerns please schedule an appointment with our Director of Health & Wellness to see how we can help.

AQUATIC CENTER

Aquatic Center – General Guidelines

- Before entering the pool, all swimmers are encouraged to take a soapy shower to rinse off deodorant, perfumes, and hair gels to help keep the water clean and presentable.
- Appropriate swimwear is required. Swim diapers are required for non-potty-trained individuals.
- Shoes, gym bags, coats, and other large personal belongings should be kept in the locker room.
- Only US Coast Guard approved flotation devices are permitted in the pool area.
- Running, pushing, dunking, and rough play will not be tolerated.
- Food or glass containers are not permitted in the pool area.
- Children 7 and under are not permitted in the pool area without direct parental supervision unless in a program.
- Swimmers of any age may be asked to take a swim test in order to be permitted to swim in deep water.
- Diving allowed only in designated areas.
- Kickboards and fins are to be used only for lap and instructional swim.

Lap Swimming

- Lap swimming is available for ALL members regardless of age as long as they do continuous lap swimming.
- Circle swim (swimming up one side of the lane and back on the other) is required when 3 or more swimmers are in 1 lane, except in the "slow" lane.
- Swim on the right side of the lane.
- Swim in the designated lane, according to the posted speed.
- Allow a faster swimmer to pass to the left of the slower swimmer at the end walls.
- Do not stand at the ends of the pool lanes for extended periods of time.
- Let swimmers in your lane know when you are entering the water.
- Swimmers and spectators are encouraged to contribute to an atmosphere of cooperation, cleanliness, and courtesy.
- Snorkels and masks must be approved by the Aquatic Director prior to use.
- Lanes are arranged based on swimming speed. When stopped, please move to the corner of the lane to avoid those still swimming.

Medium Paced Swimmer:
Window Lanes

Fast Paced Swimmers:
Center Lanes

Slow Paced Swimmers:
Bleacher Wall Lanes



AQUATIC CENTER

Swim Lesson Policies

- No running on the pool deck.
- No food or beverages in the pool area.
- No gum or candy in your mouth while swimming.
- No diapers are permitted in the swimming pool. Children who are not potty trained are required to wear a swim diaper.
- Children are not permitted in the pool until directed by their class instructor or without adult supervision.
- No bandages, jewelry, or accessories are to be worn in the pool.
- Parents are to escort their child to and from the locker room. It is required that parents stay on deck during swim lessons if your child needs assistance in the locker room.
- Members should be showered off before entering the pool.
- Questions should be directed to the On-Deck Manager. If an On-Deck Manager is not available, questions should be held until the end of class.
- At no time should the lifeguard be distracted to engage in conversation.



Sauna and Steam Room Rules

- Long exposure to sauna or steam room temperature may result in nausea, dizziness, and fainting. Do not exceed 10 minutes in the Sauna or Steam Room.
- Do not use the Sauna or Steam Room if you:
 - Have heart disease
 - Have high or low blood pressure
 - Are under the use of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, and/or tranquilizers
 - Are pregnant. The Center for Disease Control strongly advises pregnant women to not use the sauna or steam room.
- Commercial swim attire or work out shorts and shirts must be worn while using sauna.
- Children under 16 years of age may not use the sauna.
- The following are prohibited:
 - Drinking containers
 - Exercising
 - Spitting on rocks
 - Carding (flicking sweat)
 - Electronic devices
 - Reading materials
 - Do not lay down on benches



TEST. MARK. PROTECT.

All children ages 10 years and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the YMCA Pool for open swim, they will need to acquire their color appropriate wristband from the Welcome Center at the Y and the LifeGuard Station at Mack before entering the pool.



TEST

DEEP WATER TEST: Consecutively without resting child must:

- **PLUNGE:** Jump into water that is over his/her head and easily return to the surface.
- **SWIM:** Swim 1/2 length of the pool (12.5 yards) unassisted and without resting. Maintain freestyle/Breastroke position with face in the water.
- **TREAD:** Keep head above water while treading for 30 seconds.
- **SWIM:** Swim 1/2 length of the pool (12.5 Yards) unassisted and without resting. Maintain any swimming stroke position (freestyle, backstroke, breaststroke, sidestroke, or elementary backstroke).

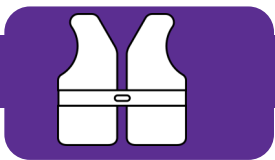
SHALLOW WATER SLIDE TEST: Consecutively without resting child must:

- **PLUNGE:** Jump into water that is over his/her head and easily return to the surface.
- **SWIM:** Swim 10 yards unassisted and without resting.
- **TREAD:** Keep head above water while treading for 30 seconds.
- **FLOAT:** Float on stomach and return to vertical. Float on back and return to vertical.



MARK

- **GREEN BAND:** Swimmers ages 10 or younger who pass the DEEP WATER TEST may access all pool areas.
- **YELLOW BAND:** Non-swimmers ages 10 or younger may obtain a yellow band by passing the SHALLOW WATER TEST or be more than 46 inches tall. At this level, children may swim anywhere in the shallow section of the pool with an adult in the facility.
- **RED BAND:** Non-swimmers ages 10 or younger who do not take or pass the swim test or are less than 46 inches tall. Child will be limited to designated shallow section of the pool and must be accompanied in the water by an actively engaged adult within arms reach of the child.



PROTECT

- All non-swimmers (**RED** wrist bands) ages 10 and younger must be accompanied in the water by an actively engaged adult within arms reach.
- The YMCA will make available and highly recommends the use of a US Coast Guard approved Life Jacket (PFD) in addition to requiring reach supervision (**ONLY US Coast Guard approved Life Jackets permitted**).
- One adult can be responsible for no more than 3 non-swimmers during open swim; PFD required.

PARTIES

Facility Rentals

The YMCA rents out areas of the facility to members, non-members, and associations. The gymnasium, swimming pool, ChildWatch, recreation room and picnic pavilion are areas available for rent. Rental rates are hourly and may vary for each area. Contact Director of Youth and Family Services or the Welcome Center for current rates and availability.

Birthday Parties

The YMCA offers several different birthday party options, all of which include:

- 2-3 hours of supervised fun and activities
- 25 guests including birthday child (depending on party)
- Birthday party host
- No set-up or clean-up for you!
- Shirt for birthday child
- Party Favors

We provide the following items: plates, cups, napkins, silverware, and table clothes. Here at the YMCA we strive to provide activities for children of all ages. Please take a look at the following birthday party packages we currently have to offer:

- Splash Party
- Gym Time Rush
- Tumbling
- Theme Parties
- Teen Center- Recreation Room
- No-Host Parties

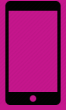
You may bring your own cake, food and drinks.





WE'RE GOING PAPERLESS!

Keep your schedules close with our Free Mobile App!
Or simply visit us online at www.icymca.org



Open the Mobile App Store on your phone



Download Daxko and then search
the YMCA of Indiana County



Download and open the application

Welcome to our Free Mobile App!

Check in with the app. Search for classes and schedule by name, time and category. Search for open gym and lap lane times. Get notified of closings, instructor changes and more.



20/20 Member Referral Program

During different months throughout the year, the YMCA of Indiana County will give members opportunities to save 20% on their monthly membership dues just by referring a friend who joins the Y. For more details, FAQ's, and how you can participate, please stop by the Welcome Center today.

Thank you again for your membership.

Members are encouraged to share their ideas, remarks, and concerns regarding the YMCA facility with management.

Comments may be shared by calling or texting 724.427.5583

We value your voice. Calls and texts are anonymous unless you choose to leave your name.