

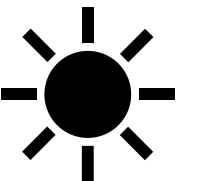


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET SUMMER MEMBER ORIENTATION

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June 18, 2021



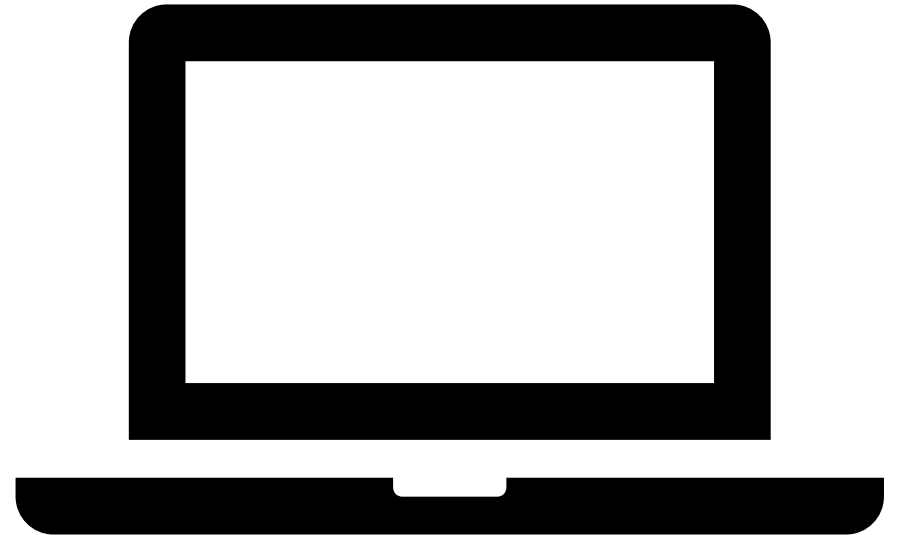
AGENDA

- 1. YOUR GET SUMMER MEMBERSHIP**
- 2. FIRST VISIT**
- 3. FITNESS CENTER & GROUPX CLASSES**
- 4. GYMNASIUM**
- 5. POOL & AQUATICS**
- 6. LOCKER ROOMS**
- 7. OTHER OPPORTUNITIES**
- 8. QUESTION & ANSWER SESSIONS**
- 9. CODE OF CONDUCT**
- 10.THANK YOU**

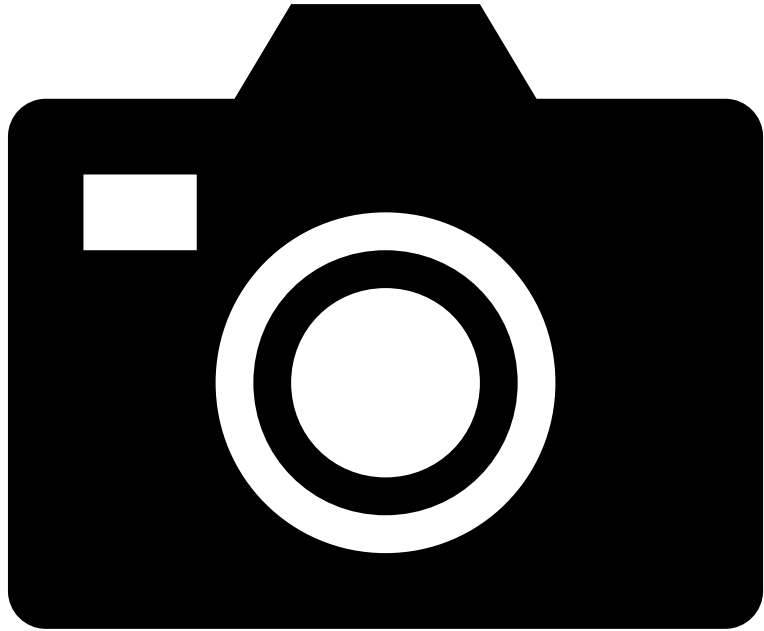
YOUR GET SUMMER MEMBERSHIP

Congratulations on your new membership! We are excited to serve you this summer. Please take time to read through this virtual orientation so you know what you can access with your membership.

- Free memberships for young people entering grades 9-12th
- Memberships are active June 21st - September 30th, 2021
- Your membership gives you access to the entire facility, but some areas may be restricted due to age
- Question/answer zoom sessions will be held June 21st- June 25th. The links are at the end of this orientation.



YOUR FIRST VISIT



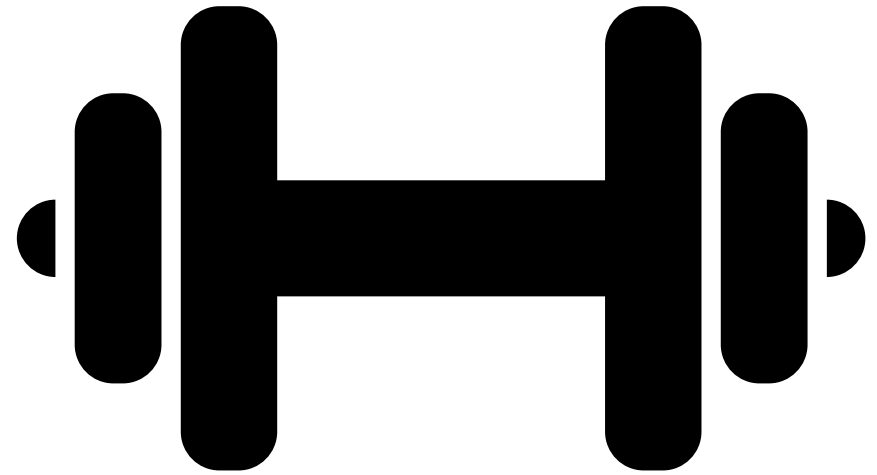
You should complete this orientation prior to your first visit to your local YMCA branch.

- Walk up to the front desk and let them know you have a Get Summer Membership
- The service desk will help get a photo taken for an ID
- Tip: if you have a smart phone, download the YMCA app to always have your 'card' on you
- Use this time to ask any specific questions you have about the facility
- You will be required to electronically sign a code of conduct

FITNESS FLOOR & GROUP EXERCISE CLASSES

Your Get Summer membership gets you full access to our fitness floors & many of our “GroupX” offerings – age restrictions apply.

- Due to COVID, fitness center orientations are not mandatory but strongly encouraged
- Free weights, cardio equipment, and walking tracks are available while the facility is open
- Clean equipment directly after using, return free weights to racks
- Be respectful and aware of others in the space
- Use equipment safely and appropriately



GYMNASIUM



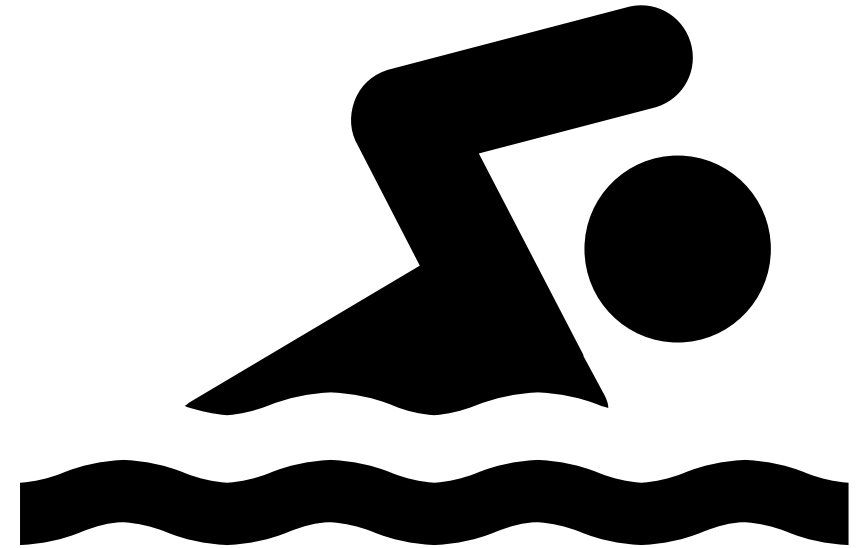
Our gym allows you to play basketball, volleyball, pickleball, etc.

- Gym schedules are available at all locations. You can see your gym schedule at your branch as well as online
- Be respectful of others in the space. Talking on cell phones is not allowed
- No food other than water is allowed in the gym
- All valuables should go into a locker

POOL & AQUATICS

Your membership allows you to access pools, saunas, and steam rooms

- Swim tests are required to be in the pool. There is a shallow water and deep-water test
- Wristbands are given to allow access into pool areas
- Once you have your wristband, you must show the front desk staff the color of the band while it's on your wrist so you do not have to swim test during each visit
- Ages 15+ can use whirlpools & saunas, if available
- Pools are shared spaces. Be mindful of lap swimmers & classes in the area
- Due to COVID, pool reservations are required. You can access this on the app or website



LOCKER ROOMS



Lockers are available for daily use.

- Bring your own lock and remove it when you leave each day
- You are strongly encouraged to use a locker as the YMCA is not responsible for lost or stolen items
- Towel service is not available at this time
- NO cell phone usage in the locker room

OTHER OPPORTUNITIES



Get Summer Coordinators will be offering additional activities each week for all Get Summer participants.

- Schedules will be posted at the front desk to highlight when these will take place
- STEM projects, cooking, gym activities, group exercise classes, etc. may be offered
- Talk to the Get Summer staff at your site if you have ideas of activities you would like to see!

QUESTION & ANSWER SESSIONS



Do you have questions about your membership or your branch location?

Log onto one of these zoom rooms to talk to a Get Summer staff and get your questions answered!

Click on a link below to access the meeting.

- [Monday, June 21st](#) (1:00-2:00PM)
- [Tuesday, June 22nd](#) (5:30-6:30PM)
- [Wednesday, June 23rd](#) (11:00A-12:00PM)
- [Thursday, June 24th](#) (7:00-8:00PM)
- [Friday, June 25th](#) (10:00-11:00AM)

**YOUR CODE OF CONDUCT WILL
BE SENT VIA E-MAIL. PLEASE
LOOK FOR THE LINK TO OPEN
AND SIGN IT. ONCE SIGNED,
YOUR MEMBERSHIP IS READY
FOR YOU TO USE!**

SEE YOU SOON!



THANK YOU

**Get Summer Orientation
YMCA OF THE NORTH**