



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET SUMMER MEMBER ORIENTATION

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May 17, 2023



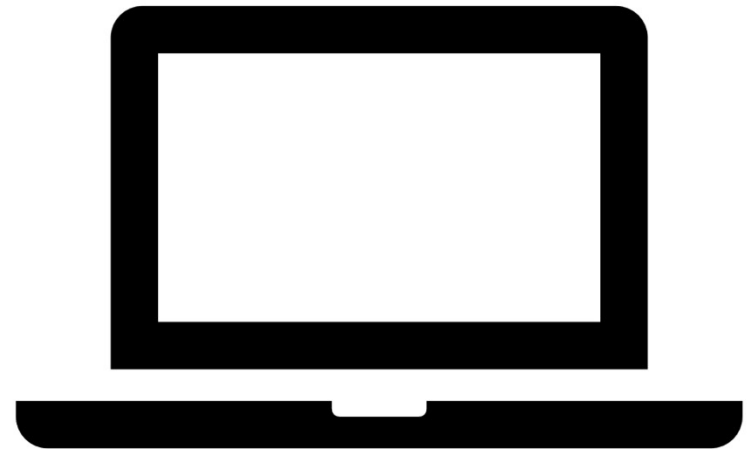
AGENDA

- 1. YOUR GET SUMMER MEMBERSHIP**
- 2. YMCA CORE VALUES**
- 3. CODE OF CONDUCT**
- 4. FIRST VISIT**
- 5. FITNESS CENTER & GROUPX CLASSES**
- 6. GYMNASIUM**
- 7. POOL & AQUATICS**
- 8. LOCKER ROOMS**
- 9. QUESTIONS**
- 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 - August 31st, 2023
- Your membership gives you access to the entire facility, but some areas may be restricted due to age



YMCA CORE VALUES – TO BE FOLLOWED BY ALL AT THE Y

Please use the Y Core Values in actions and words while you're at the Y



- Caring: To love others and be sensitive to the well-being of others
- Equity: To create equal opportunity for all to thrive
- Honesty: To have integrity, making sure that one's actions match one's values in all we do
- Respect: To value the worth of every person
- Responsibility: To be accountable for one's behavior and obligations

CODE OF CONDUCT AND EXPECTATIONS

- Use family friendly language - no foul words
- Report specific concerns or violations to Y staff right away – serious or repeated violations will result in membership suspension or termination
- Be familiar with and adhere to youth guidelines posted in the fitness center
- Stay home if you are sick
- Respect those around you when utilizing electronic devices
- If you have questions, ask any Y team member!



CODE OF CONDUCT AND EXPECTATIONS CONTINUED

Fitness Center Etiquette

Together we create a safe space and fun fitness opportunities for all when we follow these guidelines:

- Use spotters and collars when lifting
- Return all equipment to its proper place after use
- Wear clean, closed-toe and non-marking shoes
- Notify Y staff if equipment is broken
- Respect those around you when utilizing electronic devices



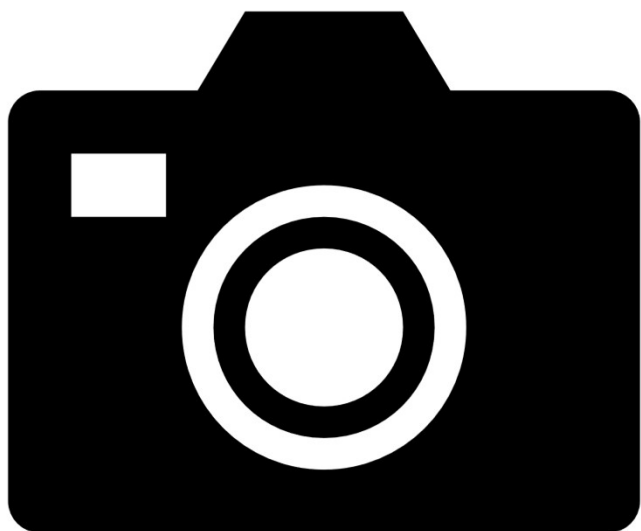
CODE OF CONDUCT AND EXPECTATIONS CONTINUED

Fitness Center Etiquette Continued

- Be courteous to others waiting to use equipment and allow them to work in between your sets
- Clean equipment with provided disinfectant/wipes after use
- Remember if you are unfamiliar with equipment or safe exercise practices, schedule a free fitness assessment with a Y trainer to help you get started safely



YOUR FIRST VISIT



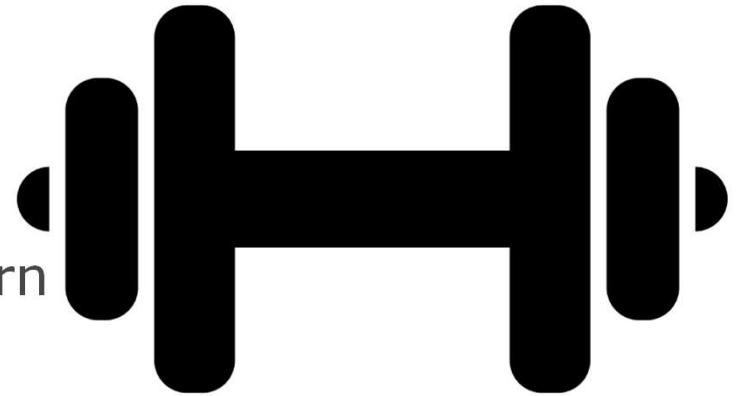
You should complete this orientation prior to your first visit to your local YMCA branch.

- Walk up to the front desk and let them know you have a Get Summer Membership
- The welcome 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

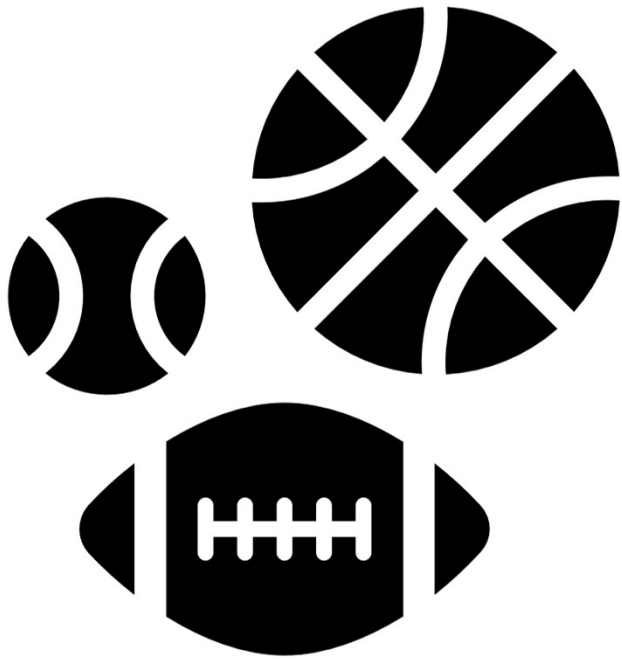
FITNESS FLOOR & GROUP EXERCISE CLASSES

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

- 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



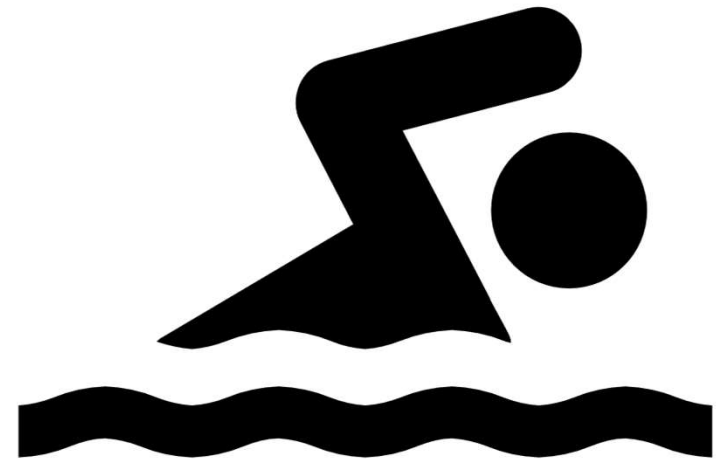
Our gym allows you to play basketball, volleyball, pickleball, etc.

- 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 if you are under 15 years of age. There is a shallow water and deep-water test
- 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



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

QUESTIONS?



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

Ask any YMCA Team Member and they'll help you with whatever question or concern you have!

See you soon!



THANK YOU

**Get Summer Orientation
YMCA OF THE NORTH**