



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**WE'RE MORE
THAN A GYM.
YOU'RE MORE
THAN A MEMBER.**

Get to Know Your Y!
YMCA OF METRO ATLANTA





Metro Atlanta

**FOR YOUTH DEVELOPMENT®
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WELCOME

Thank you for choosing to be part of our YMCA family. We are a powerful association of men, women and children of all ages and from all walks of life joined together by a shared passion to strengthen the foundations of community.

For more than 160 years, the YMCA of Metro Atlanta has accomplished its mission of putting Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all. Through membership and programs, we open our doors to individuals of all abilities, ages, backgrounds, cultures, faiths, and incomes. We serve as a gathering place for members of the community and provide a place to belong.

With a commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility, the Y ensures that every individual has access to the essentials needed to learn, grow, and connect. Anchored in more than 10,000 neighborhoods around the country, the Y has long-standing relationships and the physical presence not just to promise, but to deliver, lasting personal and social changes.

The YMCA of Metro Atlanta has 18 family membership facilities and 14 program locations, including day camps, resident camps, and early learning centers. Beyond metro Atlanta, the YMCA is a worldwide organization. Currently, YMCAs serve people throughout Africa, Asia, Latin America and the Caribbean, the Middle East, Europe, and North America.

While our programs and facilities are always based on the unique needs and interests of our communities, every Y has one thing in common: our people. The volunteers, staff, members, and donors of the Y are all united by a deep commitment to strengthening our communities.

Though the world may be unpredictable, one thing remains certain. The Y is, and always will be, dedicated to building healthy, confident, secure and connected children, families, and communities.

Yours in service,

Ed Munster
President/CEO

WELCOME TO THE Y

YOU BELONG

You are not a member of a gym when you join the Y; you are a member of a movement. When you join the Y, you're joining a community of men, women, and children who strive each day to be healthy, confident and connected. The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility.



WHO WE ARE

Mission

Your Y, reflecting its Judeo-Christian heritage, is an association of volunteers, members, and staff, open to and serving all, providing programs and services which develop spirit, mind, and body. Financial assistance is available based on need. The Y actively seeks to identify and involve those in need.

We Believe all people, especially children, deserve an equal chance to reach their full potential - **AND** - should prepare themselves to connect to and serve community.

Values

These core values guide us in all we do:

- Caring • Honesty • Respect • Responsibility

Goals

Through involvement with the Y, people develop:

- Self-worth
- Sense of personal faith
- Leadership and service
- Positive relationships
- Holistic health
- Appreciation of diversity
- International awareness
- Appreciation of and for philanthropy

Tools

We fulfill our mission and goals by offering:

- A place to belong
- People who care
- A choice of programs and activities that build skills and assets

At the Y, we're committed to...

- Nurturing the potential of kids
- Promoting healthy living
- Fostering a sense of social responsibility

Volunteerism

YMCA volunteers and staff members work every day to nurture children, support families, and strengthen communities. Volunteers are the key to our remarkable past, the strength of our present, and the promise of our future. Y volunteers share a strong sense of personal responsibility toward the community and the Y. They assist with programs, formulate guidelines, develop new program initiatives, and evaluate existing services.

Become a Volunteer

- Mentor a child.
- Read to children in a Y Afterschool program.
- Coach or referee a youth sports team.
- Coordinate special family or youth events.
- Speak to adult job training/life skills classes. about employment and personal experiences.
- Become an active campaigner in the WHY IT MATTERS Annual Giving Campaign.
- Conduct special activities for youth arts and crafts, storytelling, etc..

If you are willing to share your time, skills, and talents with others, the Y is the perfect place for you! Please see Membership Services for more information or visit us online at: ymcaatlanta.org/volunteer-opportunities.

Financial Assistance

We believe that finances should never be a barrier to becoming involved with the Y. That's the purpose of the WHY IT MATTERS Annual Giving Campaign. All annual campaign funds remain in our local community, giving children and families an opportunity to get involved in Y programs.



MEMBER BENEFITS

When you join the Y, you become a part of a community that transforms lives.

As a member of the YMCA of Metro Atlanta, you have full use of our 18 full facility locations. This also includes access to all of our outdoor pools, and climbing walls.

Included in Facility Membership

- **THE COACH APPROACH®** exercise support process is designed to teach new and returning exercisers how to start and stick with their exercise programs. You will be paired with a Y wellness coach who will help you work through your exercise-related challenges.
- **Weight Loss For Life** is the next level of **THE COACH APPROACH®** program. Participants will establish wise, controlled eating, using behavioral tools that create long-term dietary change!
- **Group exercise classes** offers opportunities for you to find something that's right for you. Check our website for schedules.
- **Wellness equipment orientation** will acquaint you with safe and effective use of all equipment.
- **Drop-in babysitting** is available for facility members while they utilize the facility. This area is designed to serve ages three months to 12 years of age. There is a time limit of two hours per day and 10 hours per week.
- **MY Y.** Use any YMCA in Georgia with MY Y reciprocal membership, which is included in your YMCA of Metro Atlanta membership.
- **Reduced pricing on youth programming, sports, swim lessons, camps, and more!**
- **Members-only classes/program discounts.**
- **Open swim times for adults and families.**
- **FREE WIFI.**
- **No contracts of any length.**
- **Volunteer opportunities to connect to community.**
- **Chronic disease prevention programs.**

Member Satisfaction

Our goal is to exceed our members expectations and provide opportunities for their continuous evaluation of our performance. Should you decide to terminate your membership during the first 30 days, you will receive a full refund of the joining fee and your monthly dues. After the initial 30-day period, should you choose to terminate your membership, you will be refunded your monthly dues from the current date. Prepaid membership dues will be refunded from the anniversary date retroactive to your request of cancellation.

The success of the Y is a shared responsibility. Please use the comment cards or speak directly to any staff member about any situations that you feel compromise the quality of the member experience.

If you have questions, visit us online at: ymcaatlanta.org.



MEMBERSHIP

Membership Payment Options

Choose a payment method that works best for you.

- **Cash/money order**
- **Bank draft**
- **MasterCard**
- **Discover**
- **Check**
- **Visa**
- **AMEX**

Payment by cash, check, or money order can be made annually or semi-annually. Automated monthly drafts can be established from checking, savings, money market, credit cards, or credit union accounts.

Joining Fee

The Y believes that members are co-owners of the organization. As co-owners, each member is asked to pay a one-time joining fee as a mission investment fee. These dollars are primarily used for non-expansion capital improvements like new equipment, building repairs, and maintenance.

Change in Membership

Adding or removing members from an existing Y membership is considered a change in membership.

- **Continuous Payment:** When adding family members, additional dues are required to cover the period until the monthly payment is processed at the new rate. The difference in the joining fee must be paid up front. Membership privileges for cancelled members will remain until the next payment is processed.
- **Annual Payment:** To add members to a membership, you will be required to pay the full difference between the joining fee and the pro-rated increase, based on the existing membership renewal date.

Cancellation of Membership

Written notification to your home branch is required to cancel a membership. Cancellations are not complete until confirmation in writing is received from the Y. Members are responsible for checking any and all bank documents to ensure membership related automatic debits/bank drafts have been stopped. The Y is not responsible for automatic debits or bank drafts that occur after the cancellation is processed. A cancellation can take up to thirty (30) days to complete. Changes in bank or credit card information must be made by the member in writing a minimum of five (5) business days before the next scheduled automatic debit/bank draft, and a new Authorization Agreement for Automatic Withdrawal form must be completed by the member, also. Failure to notify the membership office of a bank change may result in cancellation of membership.

Financial Assistance

We believe that finances should never be a barrier to becoming involved at the Y. If you feel that there are events in your household like a job loss, medical bills, a child moving back home, or a divorce that has reduced your "get-healthy-budget", let us know. You won't know what's possible unless we talk.

Program Only Memberships

Program Only members pay a yearly registration fee of \$40 for the family plus the program rate per Y program. Program membership does not include access to group exercise classes, wellness areas, or free-swim in pool areas.



MEMBER CATEGORIES

Family

All family members must reside at the same address. This includes:

- Two adults over 18 living at the same address.
- Unlimited number of dependents under 18 living at the same residence.
- Full-time students taking 12 or more credit hours in any post-secondary program and living at the residence or away at school up to age 24. A student I.D., current class schedule, and I.D. with correct family address must be presented.
- Individuals with physical or mental disabilities living at the residence.
- Part-time caregivers, seasonally employed by members, have access to the YMCA only while overseeing a member's child.

Senior Family (60+)

Two adults, one of whom is 60 or older, living at the same residence. Includes dependents living at the same residence, as described in the family member category.

Two Adults (18-59)

Two adults, living at same address and both over 18.

Adult (30-59)

Young Adult (19-29)

One adult, age 19-29 (does not apply to enrolled high school students).

Senior Adult (60+)

Youth (12 and under)

Must be accompanied by a parent or guardian. A youth membership is only available with the purchase of an adult membership.

Teen (13-18)

A teen member can gain access to the facility with their membership card and without an adult.

Summer Student (June-August only)

Students taking 12 or more credit hours in any post-secondary program. Student I.D. card required.



FACILITY USAGE

Membership Card

Upon joining, you will receive a photo I.D. card. You must present your card each time you enter the facility. The card is held at the front desk until your departure. This ensures that only current members are using the facility, expedites locating members, allows staff to monitor peak times, and serves as a safety measure in the event of an emergency.

Guests

Facility members are allowed to bring two guests per day. Each guest is entitled to one free visit per year. Facility members may request additional passes for their out-of-town guests. The facility member must accompany their out-of-town guest on the initial visit. A picture I.D. is required for all guests. All passes are issued at the discretion of the Member Services department.

Smoking & Alcoholic Beverages

Smoking and alcoholic beverages are not permitted inside or on the premises of any YMCA branch due to our emphasis on maintaining a healthy lifestyle. This includes e-cigarettes or vaping.

Conduct

The Metro Atlanta YMCA expects members and guests to behave in a Caring, Honest, Respectful, and Responsible manner. Behavior such as the use of foul language, dangerous play, fighting, bullying or intimidation, promiscuous activity, or any act inconsistent with a family atmosphere will not be tolerated and may result in termination of your membership. Solicitations of any kind are prohibited. Members will be held responsible for the conduct of their guests.

- **Facility Cell Phone Restrictions:** For the protection of each member's privacy and safety, cell phones and/or cameras may not be used in any locker room, changing area, group exercise/water exercise or wellness area. Common social areas such as hallways and lounges may be used for conversation. Please use headphones when listening to music.
- **Weapons Prohibited:** All YMCA of Metro Atlanta facilities are weapons-free zones.



FOR YOUR SAFETY

Aquatic Center

- **Children 2 & under**, or not potty-trained, must wear swim diapers and plastic pants to swim.
- **All children 12 & under** must take a swim test. The swim test entails jumping in the water, swimming one length of the pool (no doggie-paddling), treading water for 1 minute, and floating briefly on one's back.
- **Kids ages 10 & under** who have passed the swim test can swim in the pool with a parent providing supervision in the pool area. Kids of this age who cannot pass the swim test must have a parent in the pool within arm's reach of the child. There should be no more than two children per parent in the pool.
- **Kids ages 11 & 12** who have passed the swim test can swim in the pool without a parent's supervision; however, the parent must remain in the Y facility. Kids of this age who cannot pass the swim test must have a parent remain in the pool area and child stays in the shallow end. **For outdoor pool use, parents must stay on the pool deck.**
- Only U.S. Coast Guard-approved life jackets and wearable flotation devices are allowed, and swimmer must stay within an arm's reach of their parent(s).
- Shower before entering the pool.
- Wear family-appropriate and clean swim attire only.
- No breath-holding or prolonged underwater swimming.
- No running (deck, dressing areas, showers, hallways)
- Food, gum and candy are not permitted.
- Diaper-changing stations are available in the locker room. Avoid changing diapers on pool deck.
- No glass, sharp objects, or hazardous materials.
- No diving, flips, rough play, or pushing.
- No spitting, spouting, blowing nose, or any bodily excretion allowed.
- Bathers with open wounds, skin conditions, diarrhea, or communicable conditions are not allowed.
- No animals, other than service animals, allowed.
- Pool will close when lightning or thunder occurs.
- Swimming is not permitted without a lifeguard present.
- Follow all posted pool signage and the directions of the lifeguard and/or aquatics staff member.

Lost and Found

The YMCA of Metro Atlanta is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Typically, items not claimed after one week are donated to those in need. Please ask the front desk staff about any lost items.

Lockers

Lockers are available for daily use during your visit to the Y. We ask that members remove locks and all personal items when they leave the facility. We strongly advise the use of locks to protect your personal items as the Y cannot be held responsible or liable for articles which are damaged, lost, or stolen.

Special Needs

The Y provides opportunities for people with physical and development disabilities to participate in programs. Contact Member Services about accommodations needed for participation.

Service Animals

The YMCA of Metro Atlanta welcomes service animals, however, the service dog/animal must be harnessed, leashed, or tethered while with the member unless these devices interfere with the service animal's work or the person's disability prevents use of these devices. The member must maintain control of the animal at all times. Service animals are allowed on the pool deck, however, the member must have someone maintain control of the animal if they choose to get into the pool. Service animals are not allowed in the pool, steam room, sauna, or whirlpool.

Online Account Access

For your convenience, Y members can access their account information anytime by going to ymcaregistration.com. From there, members can register for programs, change account information, print tax statements, and pay invoices.



FOR YOUR SAFETY

Whirlpool, Sauna and Steam Room

- **You must be 18 years or older.**
- Bathing suits are required.
- Cool down and shower before entering.
- Do not submerge your head in the whirlpool.
- Elderly persons, pregnant women, and persons with any health condition not are allowed without written permission from their medical doctor.
- Do not stay in whirlpool, sauna, or steam room longer than 10 minutes without cooling down.
- Persons under the influence of alcohol, drugs, or stimulants are not allowed.
- No food, drinks, gum, glass, or open containers.
- Enter and exit with caution.
- Do not enter whirlpool if water temperature exceeds 102 degrees F.

Wellness Center

- **Members who are 9-12 years old** may use the wellness center if within arm's reach of a parent or guardian AFTER completing a wellness orientation.
- Members who are **13-15 years old** may use free weights only if they are within one-arms' reach of a parent or guardian.
- **Members must be 16 years old** to use free weights independently.
- Please be respectful of all members and staff by re-racking weights after use in the free-weight area.
- Please avoid dropping weights, and use collars when stacking the bars.
- Please limit cardio equipment workouts to 30 minutes when others are waiting.
- Please wipe down equipment after use.
- Please be courteous of all members and complete only one set at a time on all strength training equipment while others are waiting.
- Avoid the use of weight belts on padded equipment.
- Strollers, infant carriers or snuggle/sling-wrap baby carriers are not allowed in the wellness center.
- The use of spotters and collars are highly recommended.
- Personal Training is prohibited except by certified YMCA Wellness Coaches.
- When attending our facility with a caregiver, the caregiver must be within one arm's reach of the member at all times.

Group Exercise:

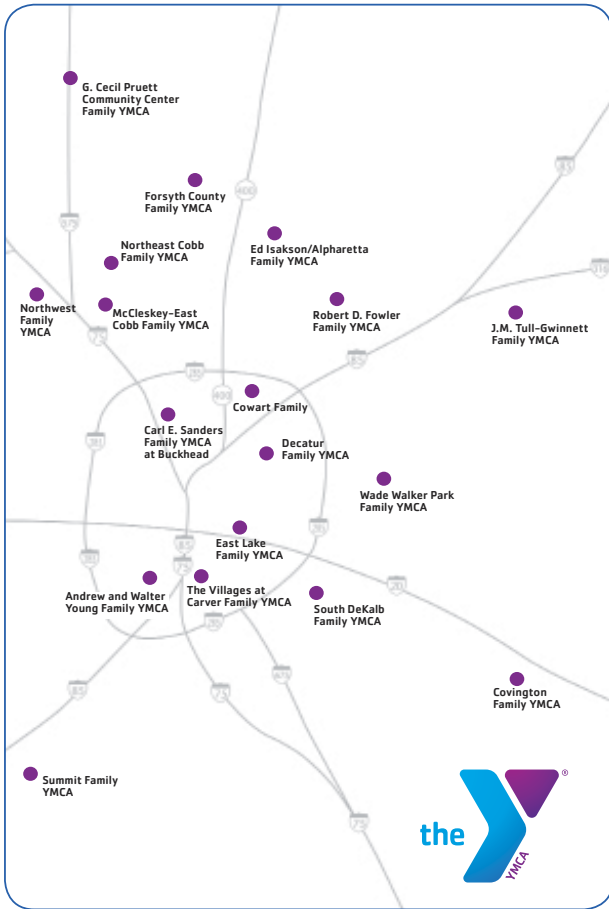
- Members who are **13 years of age & older** may participate in group exercise.
- Members who are **9-12 years of age** may take classes if accompanied by an adult (with the exception of Group Cycling, Resist-a-Ball/Stability Ball and YFit classes).
- Members who are **8 years old & under** may participate in age-appropriate classes.
- Strollers, infant carriers or snuggle/sling-wrap baby carriers are not allowed in Group Exercise classes.
- Please respect all members by refraining from conversations on your cell phone while in Group Exercise classes.
- Please avoid dropping free weights while in Group Exercise classes.
- While attending our facility with a caregiver, the caregiver must be within arm's reach of the member at all times.
- Please avoid wearing headphones or listening to your own music while participating in a Group Exercise class.
- Please avoid private conversations or audible talking during a Group Exercise class.
- Please avoid "saving" equipment or spots for later-arriving members. We operate on a "first-come, first-served" basis.
- Please be respectful of members and staff by wiping down and putting away all equipment after use.
- The sound volume level has been set to be within safe decibel range for Group Exercise classes. It will not be turned up to exceed the recommended safe decibel level.
- Group Exercise rooms are only available for use with staff present.
- Please let the instructor know if you are new to class so they can help you set up your equipment.

Wellness Area Facility Cell Phone Usage, Attire Guidelines, and Food + Drink Policy:

- Please respect all members by refraining from conversation on your cell phone while in the wellness center. No videos may be taken anywhere within the YMCA building without advance permission from a YMCA director.
- We are family-friendly; please dress for exercise - **full-coverage shirts must be worn at all times.** Avoid jeans with rivets or buttons; also avoid wearing mini- or short-shorts or loose-fitting running shorts while on equipment.
- **Shoes must be worn at all times.** Please wear athletic shoes that are non-skid and structured (no barefoot-type running shoes). Hard-soled shoes, heels, sandals or flip flops are not allowed.
- Food, drinks, gum, candy, or glass containers are not permitted. Water must be in covered containers.



YMCA of Metro Atlanta Full Facility Branches



Covington Family YMCA
2140 Newton Dr.
Covington, GA 30014
770-787-3908

Cowart Family
3692 Ashford Dunwoody Rd.
Atlanta, GA 30319
770-451-9622

Decatur Family YMCA 1100
Clairemont Ave. Decatur, GA
30030
404-377-9622

East Lake Family YMCA
275 East Lake Blvd. Atlanta,
GA 30317
404-373-6561

**Forsyth County
Family YMCA**
6050 Y Street
Cumming, GA 30040
770-888-2788

**Robert D. Fowler
Family YMCA**
5600 West Jones Bridge Rd.
Peachtree City, GA 30092
770-246-9622

**Ed Isakson/Alpharetta
Family YMCA**
3655 Preston Ridge Rd.
Alpharetta, GA 30005
770-664-1220

**McCleskey-East Cobb
Family YMCA**
1055 East Piedmont Rd. NE
Marietta, GA 30062
770-977-5991

**Northeast Cobb
Family YMCA**
3010 Johnson Ferry Rd.
Marietta, GA 30062
678-569-9622

Northwest Family YMCA
1700 Dennis Kemp Ln.
Kennesaw, GA 30152
770-423-9622

**G. Cecil Pruett Community
Center Family YMCA**
151 Waleska St.
Canton, GA 30114
770-345-9622

**Carl E. Sanders
Family YMCA at Buckhead**
1160 Moores Mill Rd.
Atlanta, GA 30327
404-350-9292

**South DeKalb
Family YMCA**
2565 Snapfinger Rd.
Decatur, GA 30034
770-987-3500

Summit Family YMCA
1765 East Highway 34
Newnan, GA 30265
770-254-9622

**J.M. Tull-Gwinnett
Family YMCA**
2985 Sugarloaf Pkwy.
Lawrenceville, GA 30045
770-963-1313

**The Villages at Carver
Family YMCA**
1600 Pryor Rd. SW
Atlanta, GA 30315
404-635-9622

**Wade Walker Park
Family YMCA**
5605 Rockbridge Rd.
Stone Mountain, GA 30088
678-781-9622

**Andrew and Walter
Young Family YMCA**
2220 Campbellton Rd.
Atlanta, GA 30311
404-523-9622

ymcaatlanta.org



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