



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FOOTHILLS AREA YMCA



## MEMBER HANDBOOK

# **Cottingham Campus**

370 Memorial Dr.

Seneca, SC 29672

## **Hours of Operations:**

<b>Monday–Thursday</b>	<b>5:30am–9:00pm</b>
<b>Friday</b>	<b>5:30am–8:30pm</b>
<b>Saturday</b>	<b>7:00am–5:00pm</b>
<b>Sunday</b>	<b>1:00pm–5:00pm</b>

Pool closes 30 minutes prior to the facility.

## **Childwatch Hours:**

<b>Monday–Thursday</b>	<b>8:00am–12:00pm &amp; 4:30–8:00pm</b>
<b>Friday</b>	<b>8:00am–12:00pm &amp; 4:30–6:30pm</b>
<b>Saturday</b>	<b>8:00am–12:00pm</b>
<b>Sunday</b>	<b>CLOSED</b>

## **Holiday Hours:**

Please refer to our website for our holiday hours for the current year.

## **Inclement Weather:**

**In the event of inclement weather, please consult our website, Facebook/Instagram pages, or call 864-571-9622 for changes to standard hours, delays, and/or closings.**

# MISSION AND OVERVIEW

## Welcome to the Foothills Area YMCA!

Membership at the Foothills Area YMCA means you are part of a vibrant community. At the Y, we are focused on youth development, healthy living and social responsibility. In every program, we are committed to ensuring members realize their full potential through the development of spirit, mind and body.

The Foothills Area YMCA has a rich history that started on the campus of Clemson University in 1894. Over the years, we have changed locations but the mission and commitment to serving our community is stronger than ever. Most importantly, the Y is for everyone! The Foothills Area YMCA serves all of Oconee County, Clemson and Central regardless of age, gender, race, color, national origin, religion, ethnicity or disability. Through the programs and services offered we accept and demonstrate the values of Caring, Honesty, Respect and Responsibility.

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



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# MEMBER CODE OF CONDUCT

The Foothills Area YMCA is committed to providing a safe, comfortable and welcoming environment for **ALL**. We expect all members, guests, volunteers, and staff using the YMCA and it's programs to behave in a responsible way. The four core values of the YMCA are **Caring, Honesty, Respect, and Responsibility**.

Our Member Code of Conduct outlines prohibited actions, but the actions listed are not an all-inclusive list of behaviors considered to be inappropriate in our facilities and programs.

**The following conduct may result in the denial of membership to our facility. This list is not exclusive, and we reserve the right to deny or revoke membership privileges to any person if, in the YMCA's sole discretion, a member's actions are detrimental to the health, safety, and enjoyment of its members or staff.**

- Refrain from using foul language, abusive actions or any other inappropriate behavior
- The Y is a drug, alcohol, weapons, and tobacco (including e-cigarettes) free zone.
- Stealing or behavior which results in the destruction of property.
- Sexual activity or behavior of any kind is prohibited.
- No loitering within the grounds of the YMCA.
- Certain felony convictions may result in the termination of a YMCA membership
- Members/guests are to adhere to our policies and procedures and follow directions given by staff regarding these policies.
- **Dress Code**—Appropriate clothing is required and expected for a family friendly, co-ed environment. No inappropriate (i.e., containing profanity or illegal product marketing), immodest or revealing attire. Shirts or tank tops are to be worn over sports bras. Shirts and shoes are required at all times in the Fitness Center. Sandals or flip flops are not to be worn in the fitness center. Midriffs are to be covered (this includes sleeveless shirts that expose a males midriff). Revealing or ripped swimwear is not considered appropriate. The Y asks all members to remember the family environment and choose the style of your swimsuit appropriately. Members wearing inappropriate clothing may be asked to put additional clothing on or leave the facility.



The protection of our members and guests in our programs or using our facilities is paramount and we reserve the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse or is a registered sex offender. All staff, volunteers, members, and guests are screened against the national sex offender registry.

The CEO and/or program directors will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the CEO if in his/her discretion a violation of the Member Code of Conduct has occurred.

# MEMBERSHIP POLICIES

To ensure that all YMCA members and guests have an enjoyable and safe experience at the YMCA, we have developed the following policies:

- Food is only permitted in the lobby, the Zone, and conference room.
- Children age 10–13 may use the fitness center accompanied by an parent or guardian. Ages 10–11 may use the cardio equipment in the Fitness Center after completion of a one hour Kids Cardio appointment with a Y Fitness Coach; may participate in group exercise classes with their parent or guardian provided the class does not involve any free weights; must be at least 52" tall to participate in cycling classes. Ages 12–14 may use the selectorized equipment in the Fitness Center after completion of 3 x one-hour TeenQuest appointments (this is OPTIONAL just like FitQuest) with a Y Fitness Coach; may not use free weights (see exceptions for 13 & 14 yr olds below). Ages 13–14 may use free weights ONLY AFTER completing 8 x 55-minute teen free-weight training sessions with a Y personal trainer and with trainer approval. Ages 15+ have full access to the Fitness Center (machines & free weights) and classes.
- Youth must be 14 or older to be left in the facility unaccompanied by an adult.
- NO PETS shall be brought to the FAYMCA's programs, facilities, grounds, athletic fields, vehicles and/or any other venue owned or leased by the FAYMCA (leashed or otherwise).
- Report any damaged equipment or maintenance to a YMCA staff member as soon as possible.
- Members must vacate the facility by the posted closing times.
- Members must cover any open wounds while in the facility.
- No skates or skating/roller shoes are allowed inside the facility.
- Only closed toe shoes are allowed in the fitness center.
- Members should refrain from using the Y for at least 24 hours if they have had a fever or not felt well.

## Group Exercise Code of Conduct

Anything that disturbs others or the instructor during a class is not permitted. Please keep talking to a minimum during class and refrain from using head phones while participating in a group fitness class. Please arrive early or on time for class; it is disruptive to interrupt a class once it has started. If you have arrived after 5 minutes of a group exercise class has begun, you are not permitted to enter the studio and participate in that class.

## Locker Room & Restroom Policies

The YMCA welcomes everyone and provides locker rooms, restrooms, and private changing areas for all members. Please use private changing areas when dressing in the locker rooms, which are for daily use and must be emptied after each visit. Bring your own locks as the YMCA is not responsible for lost or stolen items. Leave valuables in your vehicle, and do not use cell phones or cameras in the locker rooms. Be mindful of others' personal space.

Lockers are emptied nightly, and any items left will be removed. For those needing complete privacy or assistance, three private restrooms with showers are available in the lobby. Group locker rooms and restrooms should be used according to your sex assigned at birth unless you have fully transitioned.

- Ages 10+ are permitted to use the men's or women's locker room without supervision (gender appropriate)
- Ages 5+ must user gender-appropriate locker rooms
- Ages 5–9 in locker room must be directly supervised by a parent or guardian
- Parents with children ages 13 and younger are strongly encouraged to use the family restrooms located in the lobby.

## Weapons Policy:

The Foothills AREA YMCA does not allow members, program participants, guests, etc. to bring weapons into the YMCA's facilities, athletic fields and/or any other venue owned or leased by the YMCA. This policy includes concealed or open carry in line with signage placed in each of the YMCA's front entrances.

Exceptions to concealed or open carry may include: Certified and sworn municipal, state or federal police officers (YMCA staff have the right to ask for credentials upon entry). Failure to comply with the YMCA's weapons policy can result in termination of YMCA membership/program privileges.

# MEMBERSHIP DETAILS

## Membership Types

Family Membership—Two adults (18+) living in the same household and any dependents up to the age of 24. Up to 2 additional adults (age 25+) living in the same household as the primary member may be added to the membership at an additional fee of \$27/month per adult.

Individual Membership—One adult age 25-59

Senior Individual Membership—One senior age 60+

Senior Household Membership—Includes two senior adults living in the same household. One of the members must be over the age of 60 to qualify. If adding dependents, membership type must be our Family Membership.

Two Adult Household Membership—Two adults aged 18-59 living in the same household.

Single Parent Family Membership—A single adult (unmarried, divorced, widowed) and all dependents through the age of 24.

Young Adult Membership—One young adult age 18-24.

Youth Membership—One youth age 14-17.

Membership Rates are subject to change at any time.

## Guest Policy

The FOOTHILLS AREA YMCA is a membership organization and our first priority is to serve our members who have made a commitment to the YMCA by joining. The purpose behind our guest policy is to: enhance service to current members who are encouraging a friend to join; and to make reasonable accommodations for out-of-town family and visitors.

Guests **must** come to the YMCA accompanied by a current YMCA member. Guests receive one complimentary visit to the YMCA each year. After the first visit guests will be required to pay a daily fee in order to use the YMCA.

\$10/day—Persons 18 and older

\$5/day—Persons 17 and under

\*\*Guests age 13+ must be signed in and supervised by an adult (age 18+) for the duration of their visit.

## Nationwide Membership

Enables active, full facility, Y members to visit any participation YMCA in the United States. Some exceptions apply, contact the YMCA you plan to visit for more information regarding their nationwide membership policies.

## Membership Card

Each YMCA member age 14+ will be issued a membership card. Members must use this card to enter the facility every time in order to monitor facility usage and verify current membership.

**WELCOME  
TO THE Y!**



# MEMBERSHIP DETAILS

## Payment Options

### Bank Draft/EFT

The YMCA collects monthly payments for membership via electronic funds transfer (EFT) from all major credit or debit cards or via bank draft from a checking account. Members have the option to have their membership payments drawn on either the 1st or the 15th of each month. A 30 day written notice is required to stop or change a draft. Failure to pay two consecutive months of membership fees will result in the termination of a membership. A write-off fee in the amount of one month's unpaid membership dues will be added to the member's account. This write-off fee must be paid, in addition to the joiners fee and prorated membership dues if the member decides to return to the Y.

Memberships cannot be paid on a month to month basis via cash/check. We must have a payment method on file for the account. To pay with cash/check a member must pay for a minimum of 3 months at a time.

**You may cancel your membership at any time by providing written notice 30 days prior to your next payment date. If you do not provide 30 days notice the Foothills Area YMCA will charge your account for one additional month prior to terminating the membership. All membership fees are non-refundable with exception to military relocation and/or medical reasons for terminating the membership (written documentation required).**

Memberships can be paid monthly, quarterly, semi-annually, or yearly. There are no price reductions for those that choose to pay for multiple months at once. **There are no refunds for membership fees paid in advance regardless of time of termination.**

## Financial Assistance

The Foothills Area YMCA offers financial assistance for membership as well as select programs such as summer day-camp, afterschool care, swim lessons, and youth sports. For applications, please visit the welcome desk. Verification of income will be required to accompany the application. If approved, applicants will receive assistance based on our financial assistance matrix.



# MEMBERSHIP BENEFITS

- **6 lane, 25 yard indoor swimming pool**

Our pool is host to a number of fun activities for our members including lap swimming, swim lessons, water exercise classes, swim team, and family swim! Consult the pool schedule to see when your favorite activities are available.

- **7,000 sq. feet state of the art Fitness Center**

- **2,000 sq. Functional Training Zone with cutting edge group training programs like TRX and Superfunctional.**

- **UNLIMITED SPECIALTY GROUP EXERCISE CLASSES**

2,000 sq. feet Group Fitness Studio with classes including Zumba, Yoga, BODYPUMP, and more! Members 10-14 must be accompanied a parent/guardian in any class without free weights. Ages 15+ may participate in group fitness classes without a parent or guardian.

- **FREE fitness coaching through our FitQuest program**

FitQuest, powered by ActivTrax, is a personalized fitness program designed to meet your specific fitness needs and is included in Y membership at no additional cost. With exercise programs customized to fit your needs, and online fitness and nutrition tools, FitQuest supports all ages and fitness levels. You can also link most wearable fitness tracker devices to FitQuest and track your activity automatically. With FitQuest, you will receive three 1-hour appointments with a fitness professional!





# YMCA PROGRAMMING

YMCA programs are added, removed, and updated continuously. We offer schedules for group fitness (both land and water), pool activity schedules, swim lessons, and various other programs. For the most up to date information regarding our programs, please consult our website [faymca.org](http://faymca.org) or ask a Membership Associate at the welcome desk.

- **90 minutes of supervised Childcare so parents can exercise, take classes, and swim**

For ages 6 weeks to 9 years old, Childwatch offers supervised play with an outside playground, along with various toys and activities. See page 2 or our website for Childwatch hours. For Family or Single Parent family members of the Foothills Area YMCA.

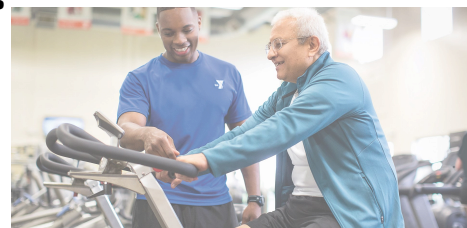


- **Youth Swim Team and Masters Swim**

Competitive swimming is now in Oconee County. At the Foothills Area YMCA we offer both youth swim team and adult masters swimming. Our Youth Swim Team program offers children and teens an opportunity to work with trained coaches to improve swimming skills, endurance and promote a healthy lifestyle. The YMCA Masters Swim program is designed to provide workouts for adults of all levels seeking to develop their technique, stroke mechanics, and overall physical fitness. Our practices are led by experienced coaches who love to share their passion for swimming with others. For more information, email our Head Swim Team Coach, Tyler Will at [twill@faymca.org](mailto:twill@faymca.org).

- **Certified personal trainers to help you meet your fitness goals**

We offer both individual 1 on 1 personal training as well as partner and small group personal training. A nationally certified personal trainer will design an individual fitness plan geared to your specific needs. Each 30 or 60-minute session includes the latest training techniques to maximize your results and motivate you to reach your goals.



- **Afterschool Program**

YMCA's are the largest providers of quality childcare across the nation. The Foothills Area YMCA is no exception. We offer quality afterschool care in 9 elementary schools in Oconee County. Visit [faymca.org/programs](http://faymca.org/programs) for more information.

- **Day Camp**

We offer day camp opportunities during the summer months, as well as during fall/winter/spring breaks. These camps give children the opportunity to spend time participating in fun activities. Visit [faymca.org/programs](http://faymca.org/programs) for more information.

**INSPIRING  
ACHIEVEMENT,  
BELONGING AND  
CONNECTEDNESS**





# SPORTS

The Foothills Area YMCA involves hundreds of children, parents, and volunteer coaches throughout the year in its youth sports programs. Our youth sports are geared towards building young people's self esteem while teaching them the fundamentals needed to be successful in any sport. Visit [faymca.org/programs](http://faymca.org/programs) for more information and to register online. For questions about our youth sports programs or if you are interested in volunteer coaching or refereeing, please email Sydney Lia at [slia@faymca.org](mailto:slia@faymca.org).



# AQUATICS

## 25 YARD INDOOR POOL

We offer lap swimming options throughout each day unless the pool is in use for a special event. We also offer family swim most weekends, weekday evenings, and weekday afternoons.

**Pool is kept around 84° F.**

Lanes will be available on a first-come, first-serve basis, and swimmers are expected to share lanes if necessary. For help with lap lane usage, please speak to a lifeguard. In the event that sharing a lane is necessary, our lifeguards will attempt to pair swimmers of similar swim experience and/or lap pace. We are asking that all lap swimmers limit their swim workouts to 60 minutes or less. Please check the pool schedule to determine lap lane availability.

## SWIM TEST

All youth age 0-14 are required to take a swim test conducted by a YMCA lifeguard. After the swim test, a swimmer will be given either a red or green swim band.

Our swim test requires the swimmer to jump into the pool, submerge fully and then return to the surface and begin swimming. The swimmer then must swim the length of the pool (25 yards) without stopping or touching the bottom of the pool in a horizontal position using at minimum a forward crawl stroke. The swimmer's arms must achieve full extension during their strokes and they must maintain the stroke for the full 25 yards. After swimming 25 yards the swimmer must tread water for 30 seconds and then exit the pool without assistance.

	CHILDREN 0-4	YOUTH 5-11	YOUTH 12-14
MUST TAKE A LIFEGUARD ADMINISTERED SWIMTEST	✓	✓	✓
MUST WEAR FLOATATION DEVICE AT ALL TIMES	✓	If they do not pass swim test.	Unless they are in the shallow end.
PARENT/GUARDIAN MUST BE IN WATER WITHIN ARMS REACH	✓	✗	✗
PARENT/GUARDIAN ON POOL DECK	✓	✓	If they do not pass swim test.
PARENT/GUARDIAN WITHIN FACILITY	✓	✓	✓

# AQUATICS

## Pool Rules

- The pool schedule is subject to change at any time.
- Please walk in the pool area.
- Please dispose of food, drink and gum before entering pool deck area.
- Diving is not permitted outside of swim meets.
- Glass is not allowed in the pool area.
- Hair longer than 3 feet must be tied back or secured with a swim cap.
- Horseplay, dunking, pushing and jumping toward side of the pool are not permitted.
- Noodles, weights, barbells & other YMCA pool equipment are for exercise and instructional classes only. Members may bring their own noodles, weights, etc. for use.
- Lap lanes, kickboards and leg buoys are for lap swimmers only.
- If 2 or more swimmers are in a lap lane, please circle swim.
- Diving blocks are for swim teams and instructional use only.
- Please stay off of lane lines and lifelines.
- Emergency telephone is located on pool wall by the locker rooms.
- All swimmers must shower before entering the pool.
- Swim attire must be appropriate and suitable for a YMCA family atmosphere.
- Basketball shorts, nylon shorts, sports bras, t-shirts, and other cotton apparel may not be worn in the pool.
- Any person having an infectious or communicable disease is prohibited from using the pools.
- Persons having open blisters, cuts, sores, etc. are not allowed to use the pools.
- Please remove bandages before entering the water.
- Spitting, spouting water, blowing nose or discharging body waste in the pool is strictly prohibited.
- Only Coast Guard approved personal floatation devices permitted. No inflatable floatation devices are allowed (Water wings, tubes, etc).
- BE SAFE, JUMP IN, HAVE FUN!

**THE LIFEGUARD HAS THE AUTHORITY TO STOP ANY UNSAFE BEHAVIOR, ENFORCE ALL RULES, SWIM TEST ANY SWIMMER, AND ASK THOSE NOT IN COMPLIANCE TO LEAVE THE POOL AREA.**

## Pool Closures

YMCA staff may close the pool at any time for safety reasons, including but not limited to:

- Chemical imbalance
- Mechanical issue
- Water clarity
- Pool contamination

