



NEW ROCHELLE YMCA MEMBERSHIP POLICIES & CODE OF CONDUCT

At the New Rochelle YMCA, we are committed to providing a safe and welcoming environment for all members, program participants, and guests. Our Code of Conduct celebrates & reflects the Y's values of **caring, honesty, respect, and responsibility**, and to promote safety and comfort for all, we insist that all individuals act appropriately at all times in our facility and on our property, whether they are members, guests, or program participants. We expect persons using the YMCA to behave maturely and responsibly and respect the rights and dignity of others.

Our YMCA and its property is a tobacco-free environment. Use of tobacco products is not permitted in or outside the YMCA. This includes e-cigarettes and vaping products.

Members, guests, and program participants are encouraged to be responsible for their comfort and safety by asking any person whose behavior threatens their comfort to stop. If a member or guest feels uncomfortable confronting the person directly, they should report it immediately to a staff person or the Director on Duty. Members and guests should not hesitate to notify a staff person if assistance is needed.

Our Code of Conduct does not permit language or action that can hurt or frighten another person or which falls below generally accepted standards of conduct. We ask our members to embrace these values and follow these rules/ policies. Please note these rules are subject to change without notice:

PLEASE DO:

- Sign in at the Welcome Desk when you arrive
- Adhere to all safety rules
- Treat Y members, guests and staff with respect
- Adhere to all rules regarding children in the fitness center and overall facility
- Obey all directives by the NRY lifeguards on duty in the pool
- Exit the facility immediately if the fire alarm goes off
- Use lockers for personal items. **Note the New Rochelle YMCA is not responsible for personal property.**
- Wipe down machines after use
- Put away equipment after use (jump ropes, balls etc.)
- Wear proper attire (sneakers and workout attire including shirts and clothing that provides adequate coverage – street shoes, sandals, boots and dungarees are prohibited)
- Take phone conversations out of the fitness center
- Stay a safe distance away from members using heavy weights

- Return weights (dumbbells and plates) to rack after use
- Use one machine at a time and no more than 30 minutes per cardio machine.
- Follow all the SAUNA RULES:
 - *Must be 16 or older to use*
 - *Maximum time allowed is 45 minutes*
 - *Must take a cool shower prior to entering*
 - *Recommended not to use alone*
 - *Members must be properly dressed at all times (bathing suit, gym clothes) and have a towel*
 - *Glass objects prohibited*
 - *Anyone under the influence of tranquilizers, alcohol or other medications that cause drowsiness or may affect blood pressure.*
 - *No lotions or oils are permitted*
 - *No food or drink*
 - *Electronic devices with camera/recording are strictly prohibited*
 - *Pregnant women, elderly person(s), person(s) suffering from heart disease, epilepsy or seizure disorders, and diabetes or high/low blood pressure should NOT enter the steam/sauna room without prior medical consultation and permission from their doctor.*

PLEASE DON'T:

- Use angry or vulgar language including swearing, name-calling, or shouting.
- Engage in physical contact with another person in an angry or threatening way.
- Demonstrate any sexual activity or engage in sexual contact with another person.
- Harass or use intimidating words or gestures, body language, or menacing behavior.
- Wear inappropriate attire.
- Stealing personal property or behavior that results in the destruction of personal property.
- Carrying or concealing any weapon, device, or object that may be used as a weapon.
- Using or possessing illegal chemicals, drugs, or alcohol in or on YMCA property, or at YMCA sponsored programs.
- Engage in any other conduct that is inappropriate, threatening, or offensive in nature.
- Loiter in or outside the YMCA facility.

MEMBERSHIP POLICIES:

1. Monthly draft memberships are due charged on the 1st day of the month, with the flexibility to draft on the 15th of each month. Any payments that become due within 30 days of signing the termination form will be payable.
 2. I understand that if I wish to terminate or change my membership in any way, I must give the New Rochelle YMCA within 14 days of my draft date by completing a termination form in person at the Y. My membership will be terminated immediately once submitted and I will no longer have access to the New Rochelle YMCA.
 3. Members may request their membership be put on hold for up to 3 months per calendar year. Members may not use YMCA facilities while a membership is on hold.
 4. Members are permitted to bring a guest for a \$15 fee per visit. Guests must register
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and abide by all New Rochelle YMCA rules and policies. Professional coaching and training of other members/guests is prohibited; personal training and coaching services are available for purchase through the New Rochelle YMCA.

5. I understand that I will receive at least 30 days' notice of any changes in membership rates. Annual membership fees will be adjusted at the time of renewal.
6. YMCA membership is a continuous plan. I understand that this membership will remain in effect until I terminate my membership in accordance with the termination policy.
7. Should any payment not be honored by my bank/credit card company for any reason, I understand that the Y will attempt to process that payment again before contacting me via phone. I understand that I will remain responsible for that payment until it has been collected by the NRYMCA. This is in addition to any service fee my bank may charge me or the YMCA.
8. YMCA expects members to abide by our Code of Conduct and all membership policies as stated and reserves the right to terminate membership upon non-payment of fees or inappropriate conduct.
9. The joiner fee is required on all memberships that have lapsed for more than 30 days.
10. Membership is non-transferable.
11. Annual memberships are non-refundable. This policy may be adjusted if a valid medical reason is provided in writing by my physician.

I have read and understand all of the above and agree to the terms and conditions.

Signature _____

Date _____

Parent or legal guardian must sign if applicant is under 18 years of age.