

Auburn YMCA Staff

Kurt Kramer. CEO
 Amy WallnerPR & Fund Development
 Steve Komanecky Branch Executive
 Mena Hansinger.Senior Program Director
 Joni BrownChild Care Director
 Aja Hahn.....Assistant Aquatic Director
 Dan Walter Aquatic Director
 Shari Delfavero..... Assistant Aquatic Director
 Betsy DeGroff Preschool and Family Director
 Denise Tabone Finance Director
 Bethany Arnold Membership Director
 Bill Brown Facilities Director
 Jeff Hanno Youth Sports Director
 Joe MurphyY-Pals & Camp Director

Board of Directors

Laura Coburn, Chair
 Camille Jounson, Vice Chair
 Anthony Franceschelli, Vice Chair
 Marie Nellenback, Treasurer
 Jill Fandrich, Secretary
 Cynthia Aikman, Assistant Secretary

Gino Alberici	Gwen Webber-McLeod
Patrick Carbonaro	Maureen Riester
Mark Fandrich	Angela Winfield
Michael Keating, DDS	Jeffrey Munn
Richard Knaul	Charles Wallace
Gary Lewis	Mike Bersani

Annual Support Campaign

Membership fees do not cover all the costs to support our vital community programs. To ensure that no one is turned away due to an inability to pay we hold a yearly support campaign. Contributions are used to provide support to families, children and individuals in need.



YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Auburn YMCA-WEIU



Member Handbook

To keep you informed about programs and services, we publish seasonal program brochures. The website (www.auburnymca.org), facebook, e-mail newsletters and bulletin boards located throughout our facility are other sources of up-to-date information. As always, the Y staff stands ready to help you with any questions or concerns. **Policies and guidelines are subject to change.**

Auburn YMCA-WEIU
 27 William Street
 Auburn, NY 13021
 315.253-5304
www.auburnymca.org



Revised August 2011

Welcome

Hours of Operation (Sept–May 30)

Monday–Friday 5:00am–9:30pm

Saturday 6:00am–7:00pm

Sunday 9:00am–4:00pm

Summer Hours of Operation (June, July, August)

Monday–Friday 5:00am–8:00pm

Saturday 6:00am–3:00pm

Sunday 7:30–11:30am

Days Closed

New Years Eve Close at 3pm	Labor Day	4th of July
New Years Day	Thanksgiving	
Easter	Christmas	
Memorial Day	Christmas Eve Close at 3pm	

Schedules are available on site or at www.auburnymca.net

Childwatch

Enjoy your workout while your child stays and plays in our safe and well supervised playroom. Child watch is open to children 1–7 years: toddlers should not need a nap, changing or feeding during their stay. Tumbling mats, toys and arts and crafts held keep your child busy and happy. Stay is limited to 2 hours.

Time: Monday –Friday 8:30am–11:30am,
4:15–8:00pm (closes at 7:30 on Fridays)
(4:30–7:30 June/July/Aug.)

Saturday 9:00–noon

Hospitality Hour (except during June, July & Aug).

Hospitality hours are held the first Wednesday of every month, 9–11:00am.
All are Welcome! Join your peers for food, fellowship and fun!

Financial Assistance for memberships or programs is available based on financial need. Contact the Member Services Desk for more information. An Annual Support Campaign is held annually to raise money for program and membership subsidies.

Reciprocal Memberships are available at many CNY area YMCA's just ask for a full list at the member services desk or online at www.auburnymca.org

Fitness Center Includes a weight room, Nautilus circuit, group cycling room and group exercise room all located in the lower level. Cardiovascular room is on the first floor complete with an Express Nautilus circuit, and a variety of cardio machines with cardio theater. **It is recommended that safety cords be used on treadmills.** All new members must complete an orientation with our staff before using the Nautilus circuits. Appropriate workout attire and athletic footwear is required. Clothing which may cause damage to equipment is not permitted. **Children under age 14 must be directly supervised by a parent in the fitness areas.** **No food or drink** is allowed in the fitness area except bottled water. Towels and sanitary spray are provided in each of these areas for cleaning machines.

Group Cycling Class A bike may be reserved one day in advance by calling 253.5304, or in person at the Member Service Desk.

Group Exercise Classes are free to members, no pre-registration needed. Classes such as ZUMBA, Pilates and Yoga are all included in your membership. **Schedules are available at the Member Service Desk or online at www.auburnymca.org.**

Track Suspended above our main gymnasium (A-Gym) is our indoor track. Track access is by way of two stairways located at the east and west ends of the gymnasium. **One mile = 19 laps.**

Gymnasium The gymnasium is open to members most of the time. Water bottles only are allowed in the gym. **Unsportsmanlike conduct, profanity or disregard for gym rules may result in expulsion from the YMCA-WEIU.**

Vending Café Grab a quick snack or have a seat and relax. Choose a healthy snack from one of the many vending machines available. Check your e-mail or surf the web with free Wi-Fi

Smoking is not permitted anywhere on YMCA property.

Make an Appointment Given the variety and complexity of our programs, it is often necessary to speak to the person or persons most versed in the area of your need or interest. To assure that individual's availability, please make an appointment. This will result in two benefits: You will see the staff person most able to help you and address your need. Staff will be better able to schedule their time, thus improving efficiency.

Heritage Club is composed of individuals from all backgrounds who have made an outright or planned gift to the YMCA endowment fund.

Locker Facilities

- **Women's locker room** is available for members 19 years of age and older.
- **Girls' locker room** is designated for girls 6-18 years of age.
- **Men's and boys' locker room** is available for males 6 years old and up.
- **The family/handicapped locker room** is for members with disabilities or for a parent with a child of the opposite sex. Please place your belongings outside of the door of the locker room in the lockers provided so that others may utilize the rooms.
- **Day lockers** may be secured with a padlock while you are in the building. Please bring your own padlock. Any padlocks left on a locker overnight are subject to removal by Y staff, who will retain your belongings in a safe place for one month. Permanent lockers are available in the adult Health Centers only.

Facility Usage by Age

1. Ages 18 and above are considered adults in the facility
2. Ages 8-13 may utilize all areas of the YMCA with the exception of the Cardio Room and the lower level fitness center. Ages 11-13 may use the previously mentioned areas when being directly supervised by their guardian.
3. Ages 14-adult are allowed in the Nautilus Center, Weight room and Cardio Fitness Center. Ages 13 and under are allowed in these areas when being directly supervised by their guardian. Nautilus orientation is required.
4. Girls ages 6-17 must use the girls locker room; Boys ages 6-17 must use the men's locker room.
5. Ages 5 and under may accompany their parents to the men's or women's locker room. Family locker room are available for parents and older preschooler of the opposite sex.

Curfew Youth ages 13 and younger must leave the YMCA by 8:00pm on weekdays, unless supervised by a parent while at the YMCA. Parents, please respect the curfews and closing times by ensuring that your child is picked up on time.

Y-Pals Y-pals is a mentoring program for at-risk youth that offers both community based and school based programs. The community based program is always looking for youth minded individuals to volunteer their time and energy to mentor a child. Volunteers commit to being a role model for a minimum of twice a month for one year. We serve children ages 5-14 who need a role model and a friend. The school based program operated at six area elementary school during school hours on school grounds and is supported by school officials. For more information call the Y at 253-5304

Membership

A YMCA membership gives you so much more than just access to our facilities. It helps you to lead a **healthier** life-by building **relationships**, providing a way for you to be a part of your community, helping you to **help others**, not to mention the **great work out** you get through our programs and equipment. A YMCA membership sets you on the path to good health in **spirit, mind and body**, helping you to enjoy living a full and balanced life. Your membership gives you access to both the Skaneateles and Auburn YMCA facilities and programs.

Services (included in membership)

- Free** fitness assessment
- Free** group exercise classes
- Free** group cycling classes
- Free** coffee
- Free** fitness center orientations
- Free** Child Watch (babysitting)
- Free** WI-FI wireless internet
- Free** swimming and skating
- Free** skate and helmet rental
- Discounted** program fees



AWAY Privileges allows members to use Y facilities at other participating Y's across the country free or at a nominal fee when they are traveling.

\$75 annual YMCA program credit (with family membership)

Membership Rates:	Bank Draft*	Annual Rate
Youth (5-17 yrs)	\$16.00	\$192.00
Young Adult (18-22yrs)	\$31.00	\$375.00
Adult	\$37.00	\$444.00
Senior Citizen (65+)	\$30.00	\$360.00
Family	\$66.00	\$792.00
Health Center	\$47.00	\$554.00
Family Health Center	\$84.00	\$1008.00

*When joining, please bring a voided check with you to enable us to set up your monthly bank draft.

Family/Household Memberships include one or two adults

18 years or older living in the same household and their dependent children through age 22. Each child between the ages of 6 months and 17 years receives an annual \$75 in program credit. Program credit is contingent upon retention of a family membership for one year.

Membership Reimbursement Plans

Silver Sneakers—Members of MVP Gold, Humana or Secure Horizons who are 65 or older or disabled, and are Medicare subscribers, receive a fully paid membership through the Silver Sneakers Program. Registration is accepted at the Auburn Y only, but membership is at both Y's.

Corporate Partnerships Corporate Partnerships entitle employees to a 10% reduction on membership fees. Businesses are eligible for a corporate membership if they register at least 10 full time employees under the Y's corporate partnership plan.

General Membership Information

Membership Cards/Program Passes Program cards are issued to members of the general public who enroll in programs. Y-members 6 years and older are issued photo J.D. membership cards. Both program cards and membership cards must be presented at the Member Service Desk for admission at the YMCA. Membership cards are not transferable. There is a \$5 replacement fee for lost cards.

Guest Passes The fee for a daily guest pass is \$10.00. This fee may be applied towards a membership within 30 days.

Code of Conduct Members and staff are expected to treat one another with respect and common courtesy at all times. Harassment of any type, profanity, fighting and obscene gestures are not permitted at the YMCA. Inappropriate behavior may result in suspension of YMCA privileges.

Birthday Parties can be arranged in the pool, skating rink. Contact the Member Service Desk for more information or see the program brochure.

Food and Drink are allowed in the lobby only. Smoking and drinking of alcoholic beverages is not permitted at any time.

Insurance The YMCA does not carry individual accident insurance for participants. Individuals participate at their own risk.

Program Fees non-members who pay program fees may apply the difference between member rate and non-member rate up to 30 days from the start of the program.

Credit/Refund Policy Program credit or refunds are issued when a class is cancelled. When events beyond our control causes a cancellation, no refund or credit is given. Membership dues paid in full are not refundable or transferable.

Valuables Please DO NOT leave cash or jewelry in your locker. **Please bring your own lock for your day locker. The Y is not responsible for lost or stolen items.**

Cell Phone usage is limited to the lobby and vending cafe. Absolutely NO cell phones allowed in cardio room or locker rooms.

Lost & Found Inquires for lost items may be directed to the Member Service Desk during operating hours.

Towels Shower towels are available at the Member Service Desk.

Members with disabilities who require assistance when using the Y may bring an individual with them to assist them, at no additional cost.

Parking is available in the municipal garage. Metered parking is available on William Street and Court Street until 5:00pm, with free parking after 5:00pm and on weekends. **All of the spaces adjacent to the building are reserved for handicapped parking. Do not park in the professional building parking lot, they will tow!**

A Golf Net is set up on Court #8 for practice. Members must bring their own clubs and reserve the golf area.

Racquetball and Squash Courts Courts may be reserved for a 45-minute period by members one day in advance of playing time by calling 255-1242, or in person at the Member Service Desk. **Closed lens eye-guards are strongly recommended for all court players**

Pools Our indoor pools are used for recreational and competitive swimming. We maintain a **temperature range of 83-85** year-round. Pools are used for swimming lessons, swim team, laps, family swim and water exercise classes. Proper swim attire is required. Children under the age of six must be accompanied by an adult. When bringing children who are not yet potty trained, please use a swim diaper.

Swim Free during 2011 all 7 year old children in the area have the opportunity to participate in **FREE swim lessons**, thanks to a collaboration with SkanRaces.com.

Lightning in the rare event of persistent lightning the service desk will notify the pool. The lifeguard may ask swimmers to exit the pool and wait until the lightning passes.

Members with disabilities who require assistance when using the Y may bring an individual with them to assist them, at no additional cost