



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Membership Handbook

GATEWAY REGION YMCA

# A PLACE FOR OPPORTUNITY



## MEMBERSHIP TYPES

- **Teen:** (ages 13-17)
- **Young Adult:** (ages 18-29)
- **Adult:** (ages 30-64)
- **Senior Adult:** (age 65+)
- **Senior Two Adult:** Two adults living in the same household one of whom must be 65+
- **Young Two Adult:** Both must be age 18-29 and reside in the same household
- **Two Adult:** Two adults living in the same household
- **Single Adult Household\*:** One adult and their dependents through age 25 living in the same household
- **Household\*:** Two adults and their dependents through age 25 living in the same household  
\*Child Watch is included with Household and Single Adult Household memberships.

## MEMBERSHIP BENEFITS\*

- Access to all 23 Gateway Region YMCA locations
- Free Group Exercise Classes (including land and water classes) – such as Yoga, BODYPUMP®, Pilates, Cycling, ZUMBA® and many more
- MyFitness Wellness Consultation
- Free Child Watch during workout – we'll watch the kids while you workout! (available with Household and Single Adult Household memberships)
- State-of-the-art fitness equipment
- Member-friendly Personal Training pricing
- Reduced rates for programs like swim lessons, sports and more
- Priority program registration
- Guest passes for your friends and family
- WiFi and coffee (available at most locations)
- Financial assistance available for those experiencing who qualify

\*Available at most locations: Clinton County, Randolph County and Tri-City YMCAs please check with us for details.

## HOLIDAYS AT THE Y

Each Y location is closed on Easter and Christmas. It is important to us that our staff have the opportunity to spend time with their family and friends.

Please check with your local branch for hours of operation on the following holidays:

New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Eve, & New Year's Eve.

## MEMBERSHIP CARD

Your membership card is your "passport" to the Y. Cards are non-transferable and remain the property of the Y.

Please present your membership card to our team at the Welcome Center each time you enter the facility and when registering for programs.

Lost cards may be replaced for a nominal fee. Please be prepared to present your photo ID when requesting a replacement card.

## CODE OF CONDUCT FOR MEMBERS, PARENTS AND VOLUNTEERS

Welcome to the Y! We are a leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. Please help us create a safe, comfortable and inclusive environment at all times by following our code of conduct.

### Please follow the golden rule:

Treat others the way you would like to be treated by upholding Y values of caring, honesty, respect, and responsibility.

- Members 12 and younger must be accompanied by an adult.
- Safety first. Be sure to follow the rules posted within each of our facilities and their respective program areas.
- Help us maintain our family friendly environment which is welcoming, genuine, nurturing and caring for all people. Profanity or unwelcome comments, conduct and actions will not be tolerated.
- We care for our environment: Please recycle at your Y.
- Liquids in spill-proof non-breakable containers are welcome in Y program areas.
- We take pride in our family friendly environment. Please keep attire appropriate and modest.
- Be courteous to your fellow Y members by refraining from conversations on your cell phone.
- Program areas are designed with safety in mind.

## MyFitness WELLNESS CONSULTATION

MyFitness is a 30-minute appointment customized to meet your needs. Our staff will assist you in getting started on your Y journey based on your areas of interest and SMART goals you would like to achieve.

We also offer Youth MyFitness designed for children ages 9-12. This session discusses the importance of facility etiquette, respect, safety and recommended exercises for your active kiddos. Contact your [local branch](#) for details!

## LOCKERS

Lockers are available for daily use during your visit to the Y. We strongly advise the use of locks to protect your personal items, as the Y cannot be held responsible or liable for articles damaged, lost, or stolen.

- Please bring your own lock to secure your clothes and valuables in your lockers while you are working out at the Y. Locks left overnight will be removed to allow use by other members.
- Some Y locations offer Locker Rental as an addition to your membership. Be sure to ask the Welcome Center for more information.
- Use the gender appropriate locker room with which you legally identify.

## MEMBERSHIP DUES AND GUIDELINES

- We have two options for payment. You can pay for a full year up front or pay monthly using a credit, debit, checking or savings account. Memberships are not transferable or refundable.
- Any changes made to your membership, need to be made on or before the 20th of the month prior to your next draft date. You can visit the Welcome Center to make these changes.
- You will never be asked to sign a contract. We would not want to see you leave the Y; however, if you need to cancel your membership, please come in to the Y on or before the 20th of the month prior to your next draft date.
- Please join the Y location you and your family visit most often. If you are utilizing a Y 51% of the time, this Y will be considered your home branch. You will be subject to appropriate membership fees.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.
- The Y reserves the right to discontinue service at any time.
- Please check your statements regularly. A service fee will be charged on any returned transaction. If you notice a discrepancy on your statement, please notify us promptly.
- Refunds are not issued for discrepancies more than 90 days
- Additional information on billing policies can be found on our [website](#).



## GUEST PASS POLICY

Guests are welcome to visit the Y two times per year, at no charge before they join. Once they have tried the Y, we think they will fall in love. Guests under the age of 18 must be accompanied by a parent/guardian age 18 or older upon their first visit. Guests 12 and under must be accompanied by a parent/guardian upon each visit. Guests 13 years of age and older need to provide a photo ID.  
(Ages 18+ must provide a government issued photo ID)

## GUEST FEES

After a guest uses their two free guest passes for the year, they are welcome to visit the Y with a member an additional three times per year for a fee.

Guest Fees allow your guest to participate as a member for the day. Guests are welcome to use Child Watch as well as take Group Exercise (land and water) classes:

\$10 for youth 12 and under  
\$15 per adult  
\$25 for household

## FINANCIAL ASSISTANCE

Every day, the Gateway Region YMCA offers quality, affordable programs and services designed to benefit people of all incomes and backgrounds. The Y uses contributed funds from our Annual Campaign to ensure that those unable to pay the stated amount are able to participate.

Those unable to pay the full fee may receive financial assistance based on their demonstrated ability to pay and the Y's ability to fund the subsidy. Please contact your local Y for more information.

All records are kept confidential.



## CHILD WATCH RULES OF THE ROAD

- Child Watch is available for children ages 6 weeks to 12 years who are active on a Household or Single Adult Household membership.
- Please check your child in & out upon each visit.
- You will need to remain on the Y premises while your child is checked into the Child Watch area. Child Watch is available for up to 3 hours per day (time varies by location).
- Please refrain from bringing in food, personal toys, electronics, car seats and strollers.
- If a child is upset and cannot be soothed after 10 minutes you will be notified.
- Children who are ill must be free of all symptoms for 24 hours before participating in Child Watch.

## PROGRAM FEES AND REFUNDS

- Program fees are set to provide quality services and represent the cost of providing activities or services not included in your membership dues. However, members receive a reduced rate on almost all programs! Specific program fee information is available at your Y.
- For your convenience, you can also register online for programs.
- Please check your statements regularly. A service fee will be charged on any returned transaction. If you notice a discrepancy on your statement, notify us promptly. Refunds are not issued for discrepancies more than 90 days.
- Program refunds are made only when there is a cancellation due to insufficient enrollment or verified medical illness of the participant.

## HEALTH AND WELLNESS GUIDELINES

- Ages 9 and up are welcome in group exercise classes, weight rooms & cardio rooms.
  - Ages 9-12 will complete a Youth MyFitness appointment prior to use.
- Children ages 9-12 years of age are welcome to participate in non-weight bearing group exercise classes with a parent/guardian. -See your local branch for a list of specified classes.
- Appropriate clothing and athletic footwear (closed toe and heel) must be worn at all times.
- Please wipe off equipment after each use.
- Collars should be used at all times on bars and weights. Please put back all accessories after use.
- Please refrain from dropping the weights.
- Allow others to work in with you when performing multiple sets.
- Please use a spotter when performing heavy lifts.
- Thank you for leaving cell phone conversations outside of the fitness center.
- Liquids in spill-proof non-breakable containers are permitted.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.



## AQUATICS GUIDELINES

- For safety purposes, please be certain to shower before swimming.
- Please keep the pool area free from glass, food or chewing gum.
- The lifeguard is on duty to ensure the safety and enjoyment of all. Please respect his/her decisions.
- If clothing in addition to a swimsuit is required, a shower must be taken in the clothes prior to entering the pool.
- Breath-holding activities, including long periods of underwater swimming are not permitted.
- To help prevent the spread of infection, individuals with open sores are not permitted to use the pool.
- Swim diapers are required for those who use diapers.
- Pool and wet areas must be cleared and closed until 30 minutes after the last evidence of lightning and thunder is present.
- Swimming without a lifeguard is prohibited.
- Instruction or training by anyone other than YMCA staff members is strictly prohibited.
- Please wear modest swimwear.

### Age Requirements:

- Ages 7 years and under must have an adult (age 18 and up) in the water within arm's reach.
- Ages 8-12 years must have an adult in the building. For the safety of your child, a swim test is required to swim without adult supervision.
- Ages 13 years and up may swim independently.

## ANNUAL CAMPAIGN

The Y is a nonprofit, 501(c)(3) charity that works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

One of the ways we do that is by providing financial assistance to children, adults and families who may be unable to afford a membership or participation in our programs.

The Y counts on the generous donations from the public to ensure everyone has the opportunity to participate in our services.

When you give to the Y, you're doing your part to strengthen our community—and a strong community is good for everyone.

Whether you're helping a child in need attend summer camp or giving someone the assistance they need to make a healthy change in their life, your gift will let us continue to affect positive change in our region.



## VOLUNTEERING

Every year, thousands of volunteers support the YMCA's overall purpose of helping people reach their potential in spirit, mind, and body.

Volunteers are needed today in various roles. Do any of the opportunities align with your passion and skillset?

- Branch Boards of Advisors • Teaching Skills • Special-Interest Committees • Office Work • Fund- Raising • Maintenance • Youth Sports Coaches and Referees • Special Events • Leading Programs • Mentoring • TOGETHERHOOD®

Become a vital part of your community—your special talents will really make a difference!

## SMOKE FREE

The Gateway Region YMCA requires a tobacco-free environment. No smoking, dipping, chewing or other usage of tobacco is allowed in our building, at our pool, in our parking lot or on our grounds. In addition, using E-cigs, pipes and vapor products on our grounds is also prohibited.

## SEX OFFENDER POLICY

The Y is the nation's leading nonprofit strengthening communities through youth development, healthy living and social responsibility. Important to this effort is our ability to provide a safe and threat-free environment. For this reason, the Y monitors sexual offender registries. Persons on the list will not be eligible for Y membership, program participation, volunteer or employment opportunities at the Gateway Region YMCA.

## LOST OR STOLEN PROPERTY

The YMCA is not responsible for lost or stolen property. However, we do keep lost and found items whenever possible. Please check at your Y for the location of the lost and found. Items will be kept as space allows, then given to charity.



# GATEWAY REGION YMCA LOCATION

## FULL FACILITY LOCATIONS

### BAYER YMCA

5555 Page Blvd., St. Louis, MO 63112  
314-367-4646

### CARONDELET PARK REC COMPLEX\*

930 Holly Hills, St. Louis, MO 63111  
314-768-9622

### CLINTON COUNTY YMCA\*\*

14160 Jamestown Rd., Breese, IL 62230  
618-526-5628

### CHESTERFIELD FAMILY YMCA

16464 Burkhardt Pl., Chesterfield, MO 63017  
636-532-3100

### COLLINSVILLE MARYVILLE TROY YMCA

1 Town Center Dr., Maryville, IL 62062  
618-346-5600

### DOWNTOWN BELLEVILLE YMCA - KERN CENTER

200 S. Illinois St., Belleville, IL 62220  
618-233-1243

### DOWNTOWN ST. LOUIS YMCA AT THE MX

605 Locust St., St. Louis, MO 63101  
314-436-4100

### EAST BELLEVILLE YMCA

2627 Carlyle Ave., Belleville, IL 62221  
618-236-9983

### EDWARD JONES FAMILY YMCA

12521 Marine Ave., Maryland Heights, MO 63146  
314-439-9622

### EMERSON YMCA

3390 Pershall Rd., Ferguson, MO 63135  
314-521-1822

### FOUR RIVERS FAMILY YMCA

400 Grand Ave., Washington, MO 63090  
636-239-5704

### JEFFERSON COUNTY FAMILY YMCA

1303 YMCA Dr., Festus, MO 63028  
636-931-9622

### KIRKWOOD FAMILY YMCA

325 N. Taylor Ave., Kirkwood, MO 63122  
314-965-9622

### MID-COUNTY FAMILY YMCA

1900 Urban Dr., Brentwood, MO 63144  
314-962-9450

### MONROE COUNTY YMCA - HTC CENTER

9514 Caring Way, Columbia, IL 62236  
618-281-9622

### O'FALLON YMCA - ILLINOIS

284 N. Seven Hills Rd., O'Fallon, IL 62269  
618-628-7701

### O'FALLON FAMILY YMCA - MISSOURI

3451 Pheasant Meadows Dr., O'Fallon, MO 63368  
636-379-0092

### O'FALLON PARK REC COMPLEX\*

4343 West Florissant, St. Louis, MO 63115  
314-932-1423

### RANDOLPH COUNTY YMCA

130 S. Oak St., Red Bud, IL 62278  
618-282-9622

### ST. CHARLES COUNTY FAMILY YMCA

3900 Shady Springs Ln., St. Peters, MO 63376  
636-928-1928

### SOUTH CITY FAMILY YMCA

3150 Sublette Ave., St. Louis, MO 63139  
314-644-3100

### SOUTH COUNTY FAMILY YMCA

12736 Southfork Rd., St. Louis, MO 63128  
314-849-9622

### WILDWOOD FAMILY YMCA

2641 Highway 109, Wildwood, MO 63040  
636-458-6636

### TROUT LODGE/CAMP LAKEWOOD

13528 State Hwy AA, Potosi, MO 63664  
314-241-9622

## NON-FACILITY LOCATIONS

### ASSOCIATION RESOURCE OFFICE

2815 Scott Ave., Ste. D, St. Louis, MO 63103  
314-436-1177

### MARION COUNTY YMCA

Youth & Adult Programs in Marion County, IL  
101 South Broadway., Salem, IL 62881  
618-548-2222 ext. 28

### TRI-CITY YMCA

451 Niedringhaus Ave. Granite City, IL 62040  
618-876-7200

### WASHINGTON UNIVERSITY CAMPUS YMCA

Student Led Community Service  
One Brookings Dr., Box 1076, St. Louis, MO 63130  
314-935-5010

### YMCA COMMUNITY DEVELOPMENT

Literacy Tutoring for Youth and Adults  
Outreach Programs for Youth and Teens  
2815 Scott Ave., Ste. D, St. Louis, MO 63103  
314-436-1177

\*The Carondelet Park Rec Complex and the O'Fallon Park Rec Complex are owned by the City of St. Louis and operated by the Gateway Region YMCA

\*\*The Clinton County YMCA is owned by St. Joseph's HSHS and operated by the Gateway Region YMCA