



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



PROMOTING HEALTHY LIVING

**Membership Handbook
BEDELL FAMILY YMCA**

MEMBERSHIP INFORMATION

The Y. So Much More™ Annual Campaign

We have an extraordinary opportunity to ensure a brighter future for the Iowa Great Lakes. When you give to the YMCA of the Okobojis, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives, and strengthen the bonds of our community. Together, we'll take on many of the greatest challenges facing our young people, our health and our community.

The Annual Campaign underwrites many youth development programs such as after-school child care and camp. It also provides program and membership scholarships to children and families who would otherwise not be able to participate.

Your contribution will have a positive impact on the lives of those in our community. Now, when you think of your YMCA you'll know it's more than a gym or a camp...it's a cause. A cause, that, with your generous support, will continue to strengthen the community in which we live.

Financial Scholarships Available

The YMCA of the Okobojis believes in providing membership and program services to all who desire to participate in the YMCA regardless of their ability to pay. If you or someone you know is interested in receiving a financial scholarship contact our front desk at 712-336-9622.

GIVE. AND DO SO MUCH MORE.

To find out how you can support our cause, contact us at 712-336-9622

Membership Advantages

Value Added Benefits All Members Receive

- Free fitness classes
- Free select family events
- Free Y Get Fit Program
- Free bus transportation from Okoboji and Spirit Lake Schools.
- Free Child Watch
- Select free youth classes and events
- Reduced fees for all classes
- By joining one, you get access to three facilities
- Priority class registration

Volunteering

Your YMCA is always looking for volunteers to help out with special events and for everyday activities. If you are interested in volunteering, please contact us at 712-336-9622. Background checks are required for all volunteers



Membership Definitions

Family: A single adult raising dependent children under the age of 21 or two adults married or living as a couple in a single family household and children under the age of 21. Children 21 and older are not permitted to be the second adult and must establish their own adult membership, even if the child resides in the same household.

Adult: Any individual 21 and up to 64.

Senior Family: Where one member is 65 years of age.

Youth: Any person age 2 – 20.

Senior Adult: Any individual age 65+.

Your Membership Key Fob

Upon joining, all members will receive a membership card/key fob. Membership fobs are issued during YMCA operating hours at our front desk at all locations.

Please stop by the desk at each arrival time to properly check in. To serve our members more efficiently, we ask that all members scan their membership card at each arrival or key the fob’s code (minus zeros) on the number pad. Members who do not have their membership fob will be checked in through our manual process; however, scanning your card will make the check-in process quicker.

Unauthorized use of a membership fob by an individual other than the member it was issued to will result in termination of the card holder’s membership.

If your fob is lost or stolen, please notify us immediately. You will need to purchase a replacement card for \$3.00.

Length of Membership

Ongoing: A joiners fee and the first month are paid, then membership is continuous until the member notifies the YMCA that they wish to discontinue. The monthly fee is automatically withdrawn from the member’s savings/checking account until stopped by the member. A cancellation form must be filled out 15 days prior to your next draft date, which is the 20th of each month, to avoid charges for the following month. The YMCA does not require an annual contract; however, if a member cancels and re-joins the YMCA after 31 days, a joiners fee will be required.

Annual: For those who pay for an entire year at once instead of drafting each month. Membership is renewable on anniversary date. Your Bedell Family YMCA will notify annual members a month prior to their renewal date.

Short-Term: Any membership that is not on an ongoing or annual basis, short-term rates will apply. For example, if you would like to purchase a six-month membership, you would pay the short-term rates without a Joiner’s Fee. (pricing varies, see **Membership Definitions** above)

Day Pass

Allows access to all amenities for one day.

Weekly Rates

Provides 7 consecutive days of facility use.

Monthly Membership

Is valid for 30 consecutive days from the date of purchase.

Y-Get Fit

The YMCA is committed to helping you reach your fitness goals! Y-Get Fit is an orientation designed for all YMCA members. Our staff will help you become oriented to our state-of-the-art Fitness Center; encouraging safe, proper use of all equipment. Your Bedell Family YMCA also offers effective, personal training in packages designed for each individual. Inquire at the Member Services Desk.

PROGRAM REGISTRATION

For more information about programs and classes for adults and youth, please see program guides and flyers located at the front desk. Most fitness classes are included in membership and do not require pre registration. Many adult and youth programs are held on a session basis and have a start and end date, unless otherwise noted. Participants must register for these programs and payment is required at the time of registration. Payment may be made in the form of cash, check or credit card. Each registration requires a participant or guardian signature.

RECIPROCITY PROGRAM – MY Y IS NOW EVERY Y, NATIONWIDE

The Y movement is for youth development, healthy living and social responsibility. We want to encourage members to utilize the Y as often as they can. Sometimes, it's more convenient for members to utilize a Y in a different location when traveling, near a workplace or in another region. Now YMCA members have the flexibility to use other Y facilities throughout the USA and Puerto Rico, at no extra charge. Some restrictions apply. Contact the local Y you're visiting for their policy.

For more information, visit www.okobojiymca.com/join-the-y.

Understanding Your Bank Draft

Bank Draft is an automatic bank withdrawal.

Your account will be drafted on the 20th of each month.

1. When you set up an ongoing membership, the bank draft pays your monthly Y membership. Please understand that this is a continuous membership plan. Your membership will continue until you give us written notice of your desire to cancel your membership.
2. If you wish to terminate your membership, you must fill out a cancellation form at one of the YMCA locations 15 days prior to your next draft date which is the 20th of each month. Cancellations without the sufficient notice will be effective the following month. Refunds will not be given. When your membership has been terminated, please turn in all of your membership cards/fobs.
3. The YMCA Board of Directors may adjust your monthly membership rate. You will receive at least a 30 day written notice prior to any such change.
4. If your bank does not honor your membership draft, you remain responsible for the missing payment and any service fee your bank may charge.
5. If you have any questions regarding your bank draft membership plan, please contact the Member Services Department.

FACILITY INFORMATION

Membership and Admission Policy

Membership at the Bedell Family YMCA and admission to our facilities and programs is a privilege, not a right. The Bedell Family YMCA reserves the right to deny, suspend or revoke the membership of any person exhibiting behavior, whether on or off the Y premises, that is judged by the Executive Staff and the Executive Committee or the Board of Directors either to be in conflict with the welfare of the Y patrons or staff, or in violation of the YMCA mission, as expressed in the mission statement found on the YMCA website and in the by-laws.

- Members in the 7th grade and up may use the Bedell Fitness Center and HLPCs unsupervised.
- Members in 5th or 6th grade may use the Bedell Fitness Center under the direct supervision of an adult.

Track Usage

- Children and youth under the age of 12 must be with an adult on the track.
- Approximately 11 laps to a mile.
- Daily directions are posted.
- Outside lane designated for runners.

Pool Usage

- Children 7 and under must have an adult present in the pool with them at all times.

Attire

Shirts, shorts, sweats and shoes are appropriate attire. No black-soled or street shoes are allowed in the gym, Aerobics Studio or on the courts. In the swimming and whirlpool, proper swimming suits are required.

Facility Use Guidelines

Facility use guidelines are designed to ensure the safety of all members. Our guidelines are prominently posted in each of our areas.

Lost and Found

Articles found in the building should be turned in to the member service desk. All items will be kept for a 30-day period. At the end of 30 days, items will be donated. The YMCA is not responsible for lost/stolen property.

Handicap Access

The Bedell Family YMCA is handicap accessible. Please contact Member Services for any additional accommodations needed.

Lockers

The Bedell Family YMCA and Spirit Lake HLPC offer lockers available for day use. You must bring your own lock and remove it at the end of each visit. Items left overnight will be removed from the locker room and placed in Lost and Found. The YMCA is not responsible for lost or stolen items. A select number of lockers are available for rent on a monthly basis. Please inquire with Member Services.

Inclement Weather

In the case of inclement winter weather conditions, the Bedell Family YMCA will follow local school district policies as a general rule. If schools are under a 2-hour delay, the YMCA will NOT hold any programming until after 12:00 noon. If schools close or get out early due to weather, the Bedell Family YMCA will cancel all programming for the remainder of the day. All announcements will be aired on local radio stations. Cancelled classes will not be rescheduled.

Accidents/Incidents

A risk of injury exists when engaging in physical activity. Members and program participants are advised to use protective equipment where necessary and to be alert to the signals of over exertion. Contact a YMCA staff person immediately if there is an accident, injury or unusual incident. We are here to assist you. First aid kits are available throughout the facility. Please ask a staff person when in need of first aid supplies. Please be advised that you are fully responsible for yourself, your children and your guests.

Facility Supervision Policy

Children 5th grade and older are welcome in the YMCA Facility on their own (must be 7th grade or older to use the wellness center or weight room). Children in the facility 4th grade and under must be accompanied by an adult at all times.

Character Center

The YMCA Character Center is available for all ages kindergarten and older. Equipment for games and rock climbing wall will be available during specified seasonal hours. All children 4th grade and below visiting the YMCA after school on the Y Bus will check into the Character Center and utilize the area unless they are engaged in another YMCA program or accompanied by an adult at all times.

Character Center Supervision

All participants, 4th grade and under, may be in the YMCA Facility as long as they are in the YMCA Character Center (during hours of operation), in a supervised YMCA program or accompanied by an adult at all times. All participants 5th grade and older are welcome in the YMCA Facility on their own and encouraged to enjoy the Character Center.

Child Watch

For the convenience of our members, the YMCA provides the Child Watch Center. Quality, trained staff will supervise and insure the safety of children ages 6 weeks to 6 years of age while the parent/guardian is on the YMCA property. Child Watch is provided free for members and guests. Please inquire at members services for Child Watch hours.

Electronic Devices

Use of all cell phones, video cameras and other electronic devices are prohibited in all locker rooms and restrooms. Cell phone use in the wellness center should be limited to emergency calls or listening to music with ear buds. This policy is to protect the privacy of our YMCA patrons.

Insurance

The Bedell Family YMCA does not carry health or accident insurance on each of its members or program participants. Every person enrolled in any class or working out on their own should make provisions with their family health insurance provider. Participants are required to pay all expenses incurred from their participation in YMCA activities. Everyone is strongly encouraged to have his/her physicians approval before beginning an exercise program. The YMCA assumes no responsibility for injuries or loss of personal property while at the facility.

Racquetball/Wallyball Reservation Policy

The YMCA Racquetball Courts are available to all YMCA members and guests on a daily basis unless otherwise noted. Participants may reserve a single court time of 45 minutes no earlier than 24 hours in advance. All reservations will be done through the YMCA front desk and a participant can only reserve a court for themselves. Athletes taking part in a racquetball league will have first option for scheduling their weekly match. League participants may schedule a court time beyond the 24-hour rule. The YMCA will reserve the right to block off times for leagues and other special programs with the hope of always leaving one court open for the members and guests.

Holidays at the Y

The Bedell Facility and both HLPC locations are closed on Easter and Christmas. It is important to us that our staff have the opportunity to spend time with family and friends. Please check in advance for hours of operation on the following holidays: New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving, Christmas Eve and New Year's Eve.

Suggestions

Member comment cards are available. We pledge to acknowledge each comment and respond appropriately. Your comments, as well as your concerns, are appreciated.

POLICIES

Conduct Guidelines

1. We expect people using the YMCA to behave in a responsible way and to respect the right and dignity of others. The YMCA's Code of Conduct does not permit language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. This disallows:

2.
 - Refusal to conform to policies, rules, regulations, directives, or requests of the YMCA employees, or agents of the YMCA.
 - Appropriate attire must be worn at all times.
 - Angry or vulgar language including swearing, name calling or shouting.
 - Physical contact with another person in an angry or threatening way.
 - Any demonstration of sexual activity or contact with another person.
 - Harassment or intimidation by words, gestures, body language or any other menacing behavior.
 - Theft or behavior that results in the destruction of property.
 - Carrying or concealing any weapons, devices or objects that may be used as weapons.
 - Using or possessing illegal chemicals or alcohol on YMCA property, in YMCA vehicles or at YMCA sponsored programs.
 - Any other conduct of an inappropriate, threatening or offensive nature.

3. The YMCA facility and grounds are tobacco and electronic cigarette-free.

CARING • HONESTY • RESPECT • RESPONSIBILITY

Smoke Free

The Bedell Family YMCA requires a tobacco-free environment. No smoking, dipping, chewing or other usage of tobacco is allowed in our building, parking lot, or 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 registry and known to be on the registry will not be eligible for YMCA participation, membership, employment or attendance at any YMCA of the Okoboji related function or facilities and will be asked to leave.

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 the front desk and a member services representative will assist you in checking the lost and found. Items will be kept as space allows, then donated to charity.



Facility Rental and Group Usage

The YMCA is available for rent to organized groups. Birthday parties or pool parties may also be scheduled at the YMCA as a fun activity; a meeting room will be made available by reservation. Please see front desk for information on building rentals. All procedures, policies and rules are subject to change.



Camp Foster YMCA

Since 1912, Camp Foster has been teaching positive values to children. Camp Foster is one of the oldest existing camps in the Midwest. Thousands of children and adults have attended Foster—Fourth generation campers are not uncommon. Located on 214 wooded acres along the shores of East Lake Okoboji, much of Camp Foster remains in its original natural setting. Camp Foster offers a balance between tradition and progressive programming. We respect our rich heritage while challenging campers in the 21st century. For additional information please call Camp Foster at 712-336-3272.



The Healthy Living Program Centers (HLPCs)

HLPCs are an extension of the Bedell Family YMCA. The Spirit Lake HLPC is located on the corner of Lake St. and Hill Ave. and is the home of Jiu Jitsu Okoboji. The Milford location on Hwy 71 offers a wide variety of health and fitness activities including group exercise. Both sites have cardiovascular equipment, free weights and machines.

YMCA OF THE OKOBOJIS

Bedell Family YMCA
712.336.9622
www.okobojiymca.com

Camp Foster YMCA
712.336.3272
www.campfosterymca.com

Healthy Living Program Center (Spirit Lake)
712.336.6888

Healthy Living Program Center (Milford)
712.338.2707