



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOIN A COMMUNITY NOT JUST A GYM

Membership and Policies

GREATER MARINETTE-MENOMINEE YMCA



WHAT DO MY Y DUES DO?

So many times I am asked about Y dues; why are they so much, why do you have to charge extra for programs, where does the money go? I am going to share a very basic understanding of our finances, but if you ever want more details, please give me a call or schedule an appointment with me. Of course, the majority of our income is spent on staffing the Y and all the other expenses that go along with employing people. Utilities take up a large portion as well. And then there is the “everything else” stuff.

For the past 5 years the State of Michigan has handed down huge minimum wage increases that alone wreak havoc on a non-profits business, but this year we are also facing the Department of Labors Over Time Ruling which goes into effect December 1st. Although at this time I cannot give you what that will mean to the bottom line (because we have never had to do this before), I can tell you that the salaried employees of the Y are going to have to go about their work days differently. We can't imagine having to watch the time we spend at the Y. This is our home away from home and now we are being forced to be conscious of the time we spend here!

The dues you pay for membership and the fees you pay for classes keep the facility running; staff, utilities, the dues we have to pay to be a Y. Most of our “mission moments and programming” come from our fundraising. Opportunities like; free After School Program, free Tot Watch, free 3rd grade memberships, LIVESTRONG, the Diabetes Prevention Program, Heart & Sole Sisters, free swim lessons for kids in foster care, free facility usage for other underprivileged adults and youth, reduced membership and program fees for those who can't afford our normal rates, agreements with CASA and Big Brothers Big Sisters, free parent/child swim lessons..... I could go on and on.

Please look at your dues and fees as so much more than getting you through the door of the Y. Look at them like they make a difference, because they do. I pray you never have to feel the hardship many of our Y members face. But, I am thankful to be a part of the Y that helps others. Please consider giving to the 2017 Annual Campaign or leaving a gift in the Ys Endowment Fund. There is so much more work to do and with all of our help we can do it!

Terri Falkenberg—Executive Director



OPERATIONS TEAM DIRECTORY

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“Alone we are strong,
Together we are stronger!”



BOARD OF DIRECTORS

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Nikki Leow
Mac McCullough
Steve Schahczenski
Mary Oswald
Grant Selsor
Pat Pottraz

Bonnie Nerat-Heckel
Deb Clausen
Pam Goes
Delight Murphy
Aaron Buck
Karen Smerchek

HOURS OF OPERATION

FACILITY HOURS

Labor Day- Memorial Day

Mo-Th	4:30 a.m. - 10:00 p.m.
Fr	4:30 a.m. - 8:00 p.m.
Sa	6:00 a.m. - 8:00 p.m.
Su	8:00 a.m. - 3:00 p.m.

Memorial Day- Labor Day (Summer hours)

Mo-Th	4:30 a.m. - 9:00 p.m.
Fr	4:30 a.m. - 7:00 p.m.
Sa	6:00 a.m. - 7:00 p.m.
Su	8:00 a.m. - 3:00 p.m.

Holiday Hours 2018

New Years Day	8:00 am - 2:00 pm
Easter	CLOSED
Memorial Day	CLOSED
4th of July	CLOSED
Labor Day	CLOSED
Thanksgiving Day	CLOSED
Christmas Eve	6:00 am - 1:00 pm
Christmas Day	CLOSED

Totwatch Hours

Ages: Birth-8

(effective Jan 16)

Mo-Th	8:00 a.m. - 1:00 p.m. 3:30 p.m. - 7:30 p.m.
Fr	8:00 a.m. - 1:00 p.m.
Sa	7:00 a.m. - 11:00 a.m.
Su	CLOSED

INCLEMENT WEATHER PROCEDURE

Classes and programs are not automatically cancelled if either Marinette or Menominee school districts close for inclement weather. If the Y facility closes (or Y program or class) is cancelled for inclement weather, please listen to Bay Cities Radio for the YMCA's cancellation broadcast.

HEALTHWAYS

SilverSneakers®



SilverSneakers® AUTHORIZED FACILITY

The Greater Marinette- Menominee YMCA has been an authorized SilverSneakers® facility since 2007. SilverSneakers® is offered through select Medicare supplement health plans.

<https://www.silversneakers.com/>

SESSION START & END DATES

Member sign-ups start two weeks prior to session start and general public sign-up starts one week prior to session start date.

Program Sessions 2018

Winter	1/2/18 - 2/17/18
Spring I	2/19/18 - 4/7/18
Spring II	4/9/18 - 5/26/18
Summer I	6/11/18 - 7/14/18
Summer II	7/23/18 - 8/25/18
Fall I	9/4/18 - 10/27/18
Fall II	10/29/18 - 12/22/18

Fitness Sessions 2018

Session 1	1/1/18 - 3/24/18
Session 2	3/25/18-6/30/18
Session 3	7/1/18 - 9/22/18
Session 4	9/23/18-12/15/18
FREE WEEKS	12/16/18-12/31/18

Membership Rates

Effective January 1, 2018

	Monthly Draft Dues	Joiner's Fee
Youth (12 & under)	\$25.34	\$0
Teen (13-19)	\$30.96	\$0
Young Adult (20-24)	\$39.34	\$0
Adult (25-59)	\$47.49	\$25
Family*	\$67.98	\$25
Senior Adult (60+)	\$42.75	\$25
Senior Family (1 person 60+)	\$61.18	\$25

Monthly membership may be purchased by either bank draft, payroll deduction (available through select companies who have partnered with us) or annual payment. Bank draft is with drawn monthly on the 12th of every month from your checking or savings account as long as you're a member. (This deduction covers your membership from the 1st of the month to the end of the month.) Joining fee and first month due upon joining. No contract is required when joining the Y.

*Family membership is defined as two adults and all children (ages 19 & under) who are living in the household and are claimed on your income taxes.

Short Term Memberships/ Day Pass Rates*

	Short Term Month Rate	Daily Day Pass
Youth (12 & under)	\$31	\$5
Teen (13-19)	\$41	\$6
Young Adult (20-24)	\$50	\$9
Adult (25-59)	\$62	\$12
Family**	\$79	\$15
Senior Adult (60+)	\$55	\$10
Senior Family (1 person 60+)	\$72	\$15

*Short term and day passes may be purchased by cash, check or credit card.

**Family membership is defined as two adults and all children (ages 19 & under) who are living in the household and are claimed on your income taxes.

LOCKERS

Please remember to bring a lock so your valuables will be safe while you enjoy our facility. For locker rental, please ask at Welcome Desk.

Small Locker Rental	\$3.50/month
Medium Locker Rental	\$7.00/month
Large Locker Rental	\$10.00/month

Day Use **FREE**

MILITARY MEMBERSHIPS

Any active Military Member may have a free adult membership by showing their active Military ID. (Includes reserves) Family memberships for the Military are available by paying the rate difference. The membership is good for one year from activation, then must be confirmed once the year has expired. Veterans also receive 10% off an adult membership with verification.

CORPORATE PARTNERSHIPS

Currently the Greater Marinette-Menominee YMCA has over 40 area businesses corporate partnerships. In an effort to build our corporate partnerships, the Y will subsidize \$0.50 on the dollar up to \$10 for every employer matched dollar. Plus some additional benefits such as payroll deduction option, free week with every new membership and more. Please inquire at the Y Welcome Desk.

FINANCIAL ASSISTANCE PROGRAM

The Y provides membership and program financial assistance to individuals, children, and families in need, giving them the opportunity to participate in the Y's high-quality, character-building programs. Please contact our Executive Director if you or someone you know would like to participate in the Y's programs but cannot afford the cost. Financial assistance applications can also be picked up at the Y Welcome Desk.

A.W.A.Y. PROGRAM

We welcome members of other YMCA's across the country to use our facility at no charge. Please see the Y Welcome Desk for more information.

FREE GUEST POLICY

Y members listed as the main adult on the membership are encouraged to bring a guest (of any age) with them; for free every time they visit. The Y adult member must be with their guest when

using the facility, and the guest must check in with photo ID at the Y Welcome desk. This specific guest can use the facility 5 times per year for free. **Children who are members can not bring free guests.**

Y POLICIES

Behavior Policy

Any person who participates at the Y may be denied facility privileges if she/he fails to follow Y policies, endangers others or destroys Y property.

Weapons Policy

For your own safety and the safety of others, the Y does not allow any potentially dangerous items brought onto Y property. Possession or use of firearms and other dangerous weapons on Y grounds is prohibited. Y property includes all buildings and surroundings, sidewalks, driveways, parking lots, and vehicles. The Y reserves the right to inspect all packages, bags, backpacks, purses or suspicious clothing to assure compliance with this policy.

Accident and Valuables Policy

- * The Y is not responsible for any accidents. All individuals participate at their own risk.
- * The Y is not responsible for lost, stolen or damaged personal property. Please secure all belongings.

Class Refund/Credit Policy

- * Credit is given for medical excuse only.
- * Credits or refunds are not given for weather related program cancellations.
- * The Y reserves the right to reschedule or combine classes.

SUPERVISION OF CHILDREN

The Y requires that all children under the age of 8 have adult supervision at all times while using the facility.

Say Cheese for the Camera!

At times, photos are taken of programs, the building and participants. If you do not want your or your family members photo taken, please tell the photographer or program director at the time of the photo.

Locker Room Guidelines

- * Children age 4 and under can use either gender locker room with an adult.
- * Youth older than 4 years who need assistance of the opposite gender parent should use the unisex changing room and enter the pool from the lobby.
- * Adult locker rooms are for ADULTS who have purchased an adult membership, or the 2 adults claimed with the family membership. Teen membership is not eligible.
- * Use of cell phones, cameras, and other electronic devices is prohibited in all locker room and restroom areas.

Land and Water Aerobics Classes

- * General Public may attend a group exercise class at current general public prices.
- * Minimum number of participants is needed to hold a class.
- * Youth 12 & older can attend classes by themselves.
- * Children under 12 may attend classes with an adult or at the instructor/director's discretion.
- * Please arrive on time for classes so you are ensured a proper warm-up.

Racquetball Courts

- * Courts are available for drop in or reservation's.
- * The Y reserves the right to give first priority to adults during our busy racquetball times/season.
- * Ages 8-17 yrs have to leave something of value at the Y Welcome Desk at time of room/ equipment rental. Personal valuables will be returned if equipment, and room is left in good condition.
- * Equipment is available for free daily use at the Y Welcome Desk.

Lifestyle Center & Free Weight Room

- * Anyone 14 years of age or older is eligible to use the Lifestyle Center and Free Weight Room, but are highly encouraged to complete a FREE orientation. Misuse of equipment could mean loss of privileges.
- * Ages 11-13 are able to use the Lifestyle Center AFTER completing a FREE Lifestyle Center appointment and at the discretion of the Wellness Coach.
- * Outdoor shoes are not permitted on the cardio machines, or in the Y Outback. Please bring a pair of indoor shoes.
- * Shirt & Shoes must be worn.

Pool Usage

THE LIFEGUARD IS RESPONSIBLE FOR ADMINISTERING A SWIM TEST TO ANYONE UNDER THE AGE OF 18 AND/OR ANY SWIMMER IN QUESTION!

- * Shallow end is 3'-4'6"
- * Deep end is 4'6"-9'
- * Pool capacity is 97 people.

Complete Swim Test, Pool Rules and Red Wristbands are listed on the back of the pool schedule, on our website at www.mmymca.org under "Schedules" tab then listed under "Pool Rules".



Greater Marinette-Menominee YMCA

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