

2998 West Pearl City Road, Freeport, IL. 61032
815-235-9622 freeportymca.org

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FACILITY HOURS

September - May

Monday - Friday 5:00 am - 9:30 pm
Saturday 7:00 am - 5:00 pm
Sunday 9:00 am - 5:00 pm

POOL HOURS*: Monday through Friday 5:00 a.m. – 8:45 p.m.
Saturday 7:00 a.m. – 4:30 p.m. / Sunday 9:00 a.m. – 4:30 p.m.

June, July & August

Monday-Thursday 5:00 am - 9:30 pm
Friday 5:00 am - 8:00 pm
Saturday 7:00 am - 5:00 pm
Sunday CLOSED

POOL HOURS*: Monday - Thursday 5:00 a.m. – 8:45 p.m.
Friday 5:00 a.m. – 6:30 p.m. / Sat. 7:00 a.m. – 4:30 p.m. / Sun. CLOSED

(*Some exceptions apply - See Scheduled closings below)

2020 SCHEDULED CLOSINGS

Sunday, April 12	Easter Sunday
Monday, May 25	Memorial Day
Saturday, July 4	Independence Day
Monday, September 7	Labor Day
Thursday, November 26	Thanksgiving Day
Thursday, December 24	Christmas Eve
Friday, December 25	Christmas Day
Thursday, December 31	New Year's Eve
Friday, January 1, 2021	New Year's Day

2020 SESSION DATES

REGISTRATION DATES

Winter II	March 2-April 25	<u>Y MEMBERS</u>	<u>EVERYONE</u>
		Feb 11-Mar. 7	Feb. 17- Mar. 7

2020 COMMUNITY PARTNER TITANIUM INVESTORS



Family YMCA of Northwest Illinois



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMING TOGETHER FOR A BETTER COMMUNITY



Family YMCA of Northwest Illinois

YMCA MISSION STATEMENT

To put Christian principles into practice in all we do building healthy spirit, mind and body for all.

WHERE THE COMMUNITY COMES TOGETHER

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility.

For
Youth
Development

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

For
Healthy
Living

Improving our community's health and well-being

Across northwest Illinois, the YMCA is a leading voice on health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, nearly 400,000 youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

For
Social
Responsibility

Giving back and supporting our neighbors

The Family YMCA of NW IL has been listening to and responding to our community's needs since 1869. Whether developing skills or emotional well-being through education and training, preventing chronic disease and building a healthier community, Y empowers members of our community to be healthy, confident, connected, and secure.

MEMBERSHIP CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.

We expect persons using the YMCA to behave in a mature and responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.

- 1) Prohibited actions specifically include but not limited to:
 - a) Inappropriate attire. Appropriate attire must be worn at all times.
 - i) Bathing suits are required in the pool – no “cut-offs”
 - ii) Workout attire: shorts, sweat pants, nylon pants, t-shirt, tank top, no clothing with rivets or material that could be deemed to puncture or damage equipment (i.e. jeans, jean shorts).
 - iii) Pants, shorts must be pulled up to the waist.
 - iv) Sports bras must not be exposed. No exposed midriff. No offensive or suggestive language on clothing.
 - v) No black soled shoes in gyms or racquetball courts.
 - b) Angry or vulgar language includes swearing, name calling or shouting.
 - c) Any demonstration of any conduct, communication, activity or contact of a sexual nature that is deemed to be inappropriate or harassing to another person whether physical, verbal or written.
 - d) Harassment or intimidation by words, threats of physical violence, gestures, body language or any menacing behavior.
 - e) Theft or behavior that results in the destruction of property.
 - f) Carrying or concealing any weapons or devices or objects that may be used as weapons.
 - g) Using or possessing alcohol or illegal drugs or chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
 - h) Loud, boisterous behavior that could disturb other members or programs.
 - i) Any other conduct of any inappropriate, threatening or offensive nature.
- 2) Loitering is not permitted in or outside the YMCA.
- 3) Smoking is not permitted in or outside the YMCA. The YMCA and its property is a smoke-free environment.
- 4) Members and guests are encouraged to be responsible for their personal comfort and safety. If a member or guests feels uncomfortable in directly confronting a person who threatens their comfort they should report the behavior to a YMCA staff person. Members and guests should not hesitate to notify a staff member if assistance is needed.

Suspension or termination of YMCA membership privileges may result if it is determined that a violation of any YMCA rules or Code of Conduct has occurred.

provide excellence in programming and leadership at affordable prices.

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FAMILY YMCA STAFF

Rich Haight, Executive Director
Josephine Pickard, Member Service Director
Christine Hoyle, Health and Wellness Director
Alyssa Gross, Aquatics and Youth Sports Director
Stephanie Diehl, Senior Director of Youth Development
Jon Heidenreich, SACC Director
Dawn Reed, Financial Director

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2020 BOARD OF DIRECTORS

Dr. Adam Angelilli	Anthony Peska	Marcy Folgate
Leslie Schmidt	Ann Gantzer	Jennifer Smith-
Coral Lamm	Louis Caruso	Norman
Kyle Nott	Scott Winter	Dan Schmitt

YMCA CHILDREN'S CENTER

(815) 235-2467

Monday through Friday 6:30 am - 6:00 pm

The YMCA Children's Center is a state-licensed, year-round program for children 6 weeks to 10 years, featuring degreed, highly trained staff, a varied and stimulating learning environment, nutritious meals, outdoor play area and use of the YMCA facility! The Center provides before and after school care as well as pre-school care.

The YMCA Children's Center also operates the SACC (School Age Child Care) Program in all District #145 elementary schools and Carl Sandburg Middle School, as well as Stockton, IL and Polo, IL sites. The SACC Program offers before and after care on-site at the schools plus No School Day care at our YMCA facility.

Learning centers, special events, field trips, arts and crafts, creative expressions, fine/gross motor skill development, swimming, reading/writing/readiness skills, gym times and more! Our commitment to Northwest Illinois is to continue to

MEMBER BENEFITS

Top-Notch Facilities

- *Free classes for members
- **Free sitter service while you workout
- Reduced fees for youth sports and other program offerings
- 25 meter pool with diving board
- Child wading pool
- Two full size gymnasiums
- 2 Racquetball Courts
- Indoor walking/running track
- Multi-purpose/group exercise gym
- Full line of state of the art cardio equipment: Treadmills, Ellipticals, stair steppers, & climbers, bikes, rower and more!
- Full selection of free weight equipment and dumbbells
- State of art selectorized weight machines
- Dedicated indoor cycling room
- Adult and youth locker rooms; Family locker room

*See program brochure for select fee classes and times

YMCA NATIONWIDE MEMBERSHIP

Reciprocal Membership Program

The YMCA's Reciprocal Membership Program is valid for YMCA Members only. Visitors to other Y's must present a valid YMCA membership card, photo ID and complete a visiting member waiver or standard membership application form with liability waiver. A YMCA Member's home YMCA monthly membership rate will be determined by which Y the member uses 51 percent of the time. Some restrictions and exclusions may apply.

**Child Watch

3 months old through 6 years

Child Watch service is available, at no charge, to YMCA members using the facility and non-members who are registered for a group fitness class. Hours are Monday-Friday 8:30 – 11:30 am, Monday-Thursday 4:00 – 8:00 pm and Saturday, 8:00 – 11:00 am. A Child may be in the sitter room for no more than two (2) hours during any Child Watch shift. If your child needs a diaper change, a staff member will make you aware of this.

7-11 years

Child Watch for children 7-11 years old is available Monday - Thursday 4:00-8:00 pm and additional summer hours.

RATES

We believe you will agree with us that membership in the YMCA is an exceptional value. We greatly appreciate your support. There are no contracts required at the YMCA, so you're not locked in for a specific time period.

Effective January 20, 2019

<u>MEMBERSHIP</u>	<u>JOINER FEE*</u>	<u>MONTHLY</u>	<u>ANNUAL</u>
Household**	\$50.00	\$57.25	\$687.00
One Adult Household	\$50.00	\$51.25	\$615.00
Retired Couple**	\$50.00	\$43.50	\$522.00
Plus	\$50.00	\$58.00	\$696.00
Plus I**	\$50.00	\$66.50	\$798.00
Plus II**	\$50.00	\$78.25	\$939.00
Adult	\$50.00	\$38.50	\$462.00
Retiree	\$50.00	\$33.00	\$396.00
Student	\$25.00	\$19.00	\$228.00
Youth	\$0.00	\$14.00	\$168.00

*New members only **Additional adult is \$20 per month

Plus Membership Include:

Sauna	Towel service	Assigned locker with lock
Television	Body wash & shampoo	Extra privacy

Birthday Party Packages

Friday nights 6:30-8:30 p.m. / Sat. & Sun. 1:00-3:30pm
 YMCA Members - \$75 / Non-Members - \$100
 \$30 Deposit required to secure date
 15 Children; additional children: \$3.00 per child
 Use of Lobby, Pool, Main & Auxiliary Gyms (Open time)

Financial Assistance

YMCA financial assistance is awarded upon the available resources of the association. Financial assistance and scholarship may be obtained through a confidential application process. Applications are available at the Member Services Desk.

Credits Issued

Any credits issued must be used within one year.

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EXERCISING COURTESY

Attire

1. Bathing suits are required in the pool, no “cut offs”
 2. Modesty is expected in the locker rooms. A swimsuit or a wrapped towel is adequate.
 3. Shoes must be worn at all times unless on the pool deck
 4. While working out blue jeans and jean shorts are not permitted. Sports bras must not be exposed. No exposed midriff.
- No offensive language on t-shirts
5. No black soled shoes in gyms or racquetball courts

Locker Usage

Members may use any open locker in the locker rooms and must bring their own padlock. Please remove your belongings upon leaving to insure adequate locker space for all YMCA members. Locks left on lockers overnight will be cut off. The YMCA is not responsible for loss or theft, so please, do not leave valuables in an unlocked locker.

Cell Phone/Video Recording

Any use of cell phones, video recorders, cameras or any other recording device in the locker rooms is strictly prohibited and may lead to suspension or termination of membership. Unauthorized photos, recordings, etc. are strictly prohibited throughout the facility and may lead to suspension or termination of membership. To protect our members and guests we ask that cell phone usage be limited to the front lobby.

Video Surveillance

For your safety, the YMCA has installed surveillance cameras throughout the facility.

Parental Pickup

Parents, please pre-arrange pick up times with your children so that they are picked up before closing. Failure to pick up children at closing times can result in

suspension of privileges. If it is necessary to locate a member due to an emergency, our staff will do all we can to assist, however, we cannot be responsible for delivering personal messages.

Policies cont.

Racquetball & Pickleball Court Reservations

Racquetball & Pickleball reservations are taken daily for the following week. All reservations are for 1 hour and begin on the hour. If you cancel a reservation, please do so at least two hours before the reserved time.

Transfer of Membership

A member may not transfer or sell their membership to another family or individual.

Youth Age Guidelines

Gyms & Lobby Area → Children must be at least 10 years old to be in the YMCA without parent/guardian supervision

Pool → Children 8 years old must be able to swim the length of the pool in order to swim without a parent, however the parent must be present in the pool area and a lifeguard on duty. Children 10 years old must be able to swim the length of the pool in order to use the pool without a parent in the building.

Lower Level → All YMCA members & guests 13 years and older are permitted use of the lower level facilities. Otherwise, any 12 year old member is required to complete a Teen Conditioning class at a cost of \$10 before using lower level. NO child under 12 years old is allowed in the lower level at any time.

External Music

External music devices, speakers, phones, etc. are not permitted to be played openly where others can hear it. Music must be confined to personal listening only through the use of headphones.

Smoking is prohibited as the YMCA is located on Highland Community College property, which includes grounds, facilities and College owned vehicles in accordance with the Illinois Smoke-Free Campus Act. This includes the burning of any type of cigar, cigarette, pipe, or other smoking equipment. Research, educational, ceremonial, and/or artistic purposes that involve smoking, the use of tobacco products or e-cigarettes may be requested in writing for approval by the President or his/her designee. In addition, use of tobacco products is prohibited in or on Highland Community College owned, operated or leased property which includes grounds, facilities and College owned vehicles. This includes smokeless/chewing tobacco. Use of e-cigarettes is subject to the same restrictions as smoking. Use of FDA approved smoking cessation products is permitted in or on Highland Community College owned, operated or leased property. Smoking and tobacco use inside private vehicles is permitted.

MEMBERSHIP CRITERIA

FAMILY/HOUSEHOLD: Two adults and dependent children under the age of 24 living in the same household.

ONE ADULT HOUSEHOLD: One adult and dependent children under the age of 24 living in the same household.

PLUS: Adult membership with access to Fitness Center locker room with assigned locker (lockers are not to be shared), towel service, etc.

PLUS I: Family membership with one adult family member in Fitness Center locker room, all other family members in regular locker rooms

PLUS II: Family membership with two adult family members in fitness center locker rooms, all other family members in regular locker rooms

ADULT: Adults 18 years and older, no longer in high school or full time college student. Little Brother/Little Sister, Big Brother's Program allowed in with adult membership at no charge.

RETIREE: 60+ years, not employed full time

RETIRED COUPLE: One spouse 60 and over, neither employed full time

STUDENT: 12 years old through 12th grade; College full time (12 credit hours or more), under 24 years of age, proof may be required; College students not employed full time; G.E.D. students must be under 24 years of age and not employed full time

YOUTH: 3½ to 11 years old

MILITARY LEAVE PERSONEL: Active duty military members on leave and immediate family, are eligible for a 30 day YMCA pass. Military I.D. is required.

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Our Bank Draft Payment Plan is an easy way to join the Y on an uninterrupted basis. This is a monthly payment automatically deducted from your checking account while you are a member of the Y.

The bank draft plan authorizes your bank to pay the YMCA automatically each month from your checking or savings account. A voided check is required to start.

- **Bank draft memberships are automatically renewed.**
- Cancellation of your Bank Draft membership requires you to sign a stop payment form at our Member Service Desk and relinquish your membership cards. No refund will be made of deductions taken before written notification is made to the YMCA.
- Cancellation must be signed and submitted to the Welcome desk by the 15th of the month to cancel that month's debit.
- Bank changes, account changes and upgrades in memberships must be submitted to the front office by the 15th of the month to affect that month's debit.
- Debits are taken on the 20th of the month. If the 20th falls on a weekend, the debit will be taken on the preceding Friday.
- The YMCA reserves the right to cancel memberships due to dishonored drafts.
- The YMCA reserves the right to make necessary membership rate increases at any time. Should this be necessary the YMCA will issue you the proper notification. Generally, rate increases occur the first of the year.
- To start a membership on the bank draft the member is responsible for the first month's debit plus a prorated amount to the first debit date as well as the Joiner Fee.

YMCA POLICIES

Child Supervision

- Children under 10 years old must be accompanied by someone 16 years of age or older at all times, unless in a supervised program.
- All children under 12 years old, with or without an adult, MUST use the Boys' or Girls' locker rooms. Children under 5 years old may accompany a parent into opposite sex Boys' or Girls' locker rooms, if closely supervised. Children 5 years and older must use the appropriate sex Boys' or Girls' locker room.
- A family locker room is available for parents with young children. Inquire at front desk for more information.
- Parents are responsible for the actions of their children.

Class Make-Up Policy

1. In the event a class falls on a holiday when the YMCA will be closed, credit will not be given for the day missed.
2. If a class is canceled due to facility problems or inclement weather, a make-up class will be arranged or credit issued at the discretion of the Health & Wellness Director.
3. If a make-up class has been arranged and a participant cannot attend, no credit will be issued.
4. If a class is canceled due to instructor absence, all participants will receive one free pass to attend another class and/or a make-up class will be scheduled.

Guest Passes

Guests may purchase a guest pass valid for the day it is dated only. Each guest is required to present a photo I.D., sign a waiver and have their photo taken. Guests under the age of 18 must have a parent/guardian sign the waiver for them. Guests will be held to the same rules and regulations as YMCA members.

Youth (under 13 years old) \$7.00

Adults \$12.00

Family \$20.00

Guests 12 years old and under are NOT allowed usage of the lower level facilities.

Lost and Found

Lost items are kept at the Member Service Desk (you may find individual lost and found

containers in the locker rooms as well). Unclaimed items will be donated to a local non-profit after 60 days.