



Attleboro Norton YMCA

Where you build your mind, body, and spirit.

MEMBERSHIP HANDBOOK

attleboroymca.org



WELCOME

TO THE ATTLEBORO NORTON YMCA

The Attleboro Norton YMCA is committed to the health and wellness of the Attleboro and Norton communities. The YMCA offers programs for individuals of all ages and abilities, therefore, providing the building blocks for a healthy lifestyle. Strong in mind, body, and spirit for over 150 years, the Y strives for inclusion and making healthy lifestyles accessible to all members of the community.

We are happy to have you as part of our family. By becoming a member of the Y, you join a community of individuals who prioritize wellness, family, and altruism. Your decision to join us is a great starting point, and we urge you to fully participate in all that we provide. Our objective is to assist you in managing your health, enjoying valuable moments with your loved ones, and building connections to those around you.

In order to make the time you spend here more enjoyable and rewarding, we invite you to become acquainted with our staff, programs, and services. This handbook will provide you with the general information regarding your membership, our facility and our YMCA policies.



This is your Y,
and you belong here.
Enjoy your membership.



ATTLEBORO NORTON YMCA



FOR ALL:

The YMCA is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together, we work to ensure that every individual—of any gender, age, income, faith, race, sexual orientation or cultural background—has the opportunity to live life to the fullest. We share the values of caring, honesty, respect and responsibility—everything we do stems from these values

OUR COMMITMENT TO DIVERSITY, INCLUSION AND GLOBAL ENGAGEMENT

The YMCA is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together, we work to ensure that every individual—of any gender, age, income, faith, race, sexual orientation or cultural background—has the opportunity to live life to the fullest. We share the values of caring, honesty, respect and responsibility—everything we do stems from these values.

INCLUSIVE SPACES POLICY

The Attleboro Norton YMCA is an inclusive and welcoming organization for all. We welcome all people regardless of ability, age, background, ethnicity/race, faith, gender, income, national origin, or sexual orientation. We believe that in a diverse world, we are stronger when we are inclusive, our spaces are welcoming and open to all, and everyone has the opportunity to take part in the YMCA. The YMCA does not tolerate any form of discrimination or harassment from members, employees, volunteers, contractors, visitors, or other persons with a business relationship with the YMCA.

Nonbinary/Transgender members have the right to be addressed by name and pronoun corresponding to their gender identity. The YMCA will assign gender as male, female, or nonbinary in the member/program management system based on the members preferred identity. The YMCA will assign the name the member wants to be called in the member/program management system and indicate the member's legal name for accounting purposes. We value each of our members and will act in care and discretion with this information.

Some members/guests may express discomfort regarding nonbinary/transgender individuals using the facility that is consistent with the transgender person's gender identity. Another members discomfort is not a reason to deny access to or equal treatment for the transgender individual. YMCA Directors shall work with members to address the discomfort and to foster understanding of gender identity for the purpose of creating an environment that respects and values all Y Members. What's important to reflect on as a community is creating a culture of respect, consent and trust, more so than attempting to label and categorize bodies based on aesthetics. In a restroom or locker room no one should be looking at other people's bodies without consent.

LOCATIONS

The Attleboro Norton YMCA is currently made up of 4 locations throughout the Attleboro and Norton communities. Each location provides something unique for our wide range of membership and program options. Visit our website for more information on each location.



DOWNTOWN BRANCH – SOMETHING FOR EVERYONE

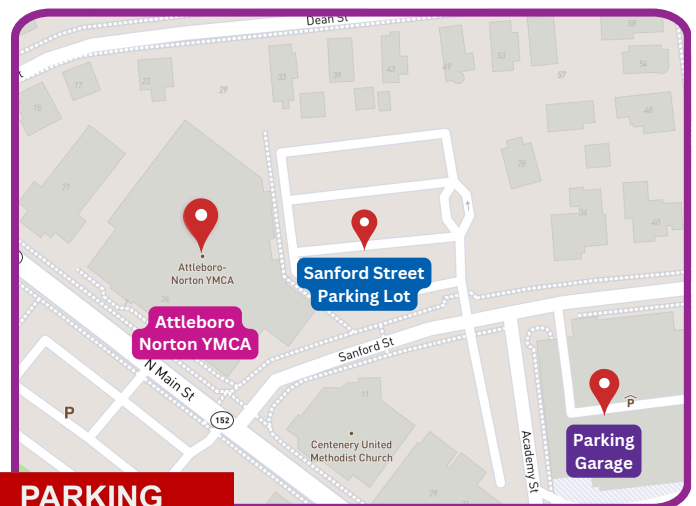
- 2 indoor pools
- 2 fitness centers
- 2 indoor basketball courts (pickleball courts!)
- Mens lockerrooms and steam room
- Womens lockerrooms, steam room and sauna
- Dozens of group exercise classes
- 2 racquetball courts
- Kickboxing studio, yoga studio, spin studio
- Child Watch
- Toddler, Preschool and Pre-K classrooms

PARKING

The parking lot in front of the Downtown Branch belongs to the city of Attleboro. Attleboro Norton YMCA memberships come with free parking passes for everyone 16 years old and up. Parking passes can be obtained from our Welcome Center. These parking passes are only valid in the Sanford Street Lot.

Non-members must pay for parking from the kiosk located in the parking lot or purchase a parking pass from the Welcome Center.

The City of Attleboro can issue parking tickets for all general parking infractions. Concerns about parking tickets need to be addressed with the city.



PARKING
1234
ATTLEBORO NORTON
YMCA
SANFORD ST. LOT
EXPIRES JUNE 30, 2023

LOCATIONS



SWEET COMMUNITY HOUSE

- Event rentals (birthdays, bridal/baby showers, group meetings, etc)
- Meals for low income seniors are cooked, packaged and distributed here.
- Activities and events for senior citizens



NORTON OUTDOOR CENTER

- Over 80 acres of beautiful trails, ponds and places to explore!
- Nature's Playground Preschool
- Camp Finberg
- Outdoor Pool & Locker Rooms
- Playground
- Splash Pad
- Basketball/Pickleball Courts
- Hiking Trails
- Ropes Course
- Archery Range
- Vegetable and Herb Garden



PLEASANT STREET CHILD DEVELOPMENT CENTER

- Infant, Toddler, Preschool and Pre-K classrooms
- Walking track
- Pool and basketball court available for rent on nights and weekends.

SUGGESTIONS OR COMMENTS?

Your suggestions, comments, and/or concerns are always welcome at the YMCA! Please feel free to contact any of our staff members to ask questions or to voice your concerns about our facilities.

Should you have a concern that has not been resolved by our staff members, please feel free to reach out to our Chief of Operations.

GENERAL INFORMATION

HOURS OF OPERATION

Monday-Friday	5:00 AM-9:00 PM
Saturday	7:00 AM-5:00 PM
Sunday	7:00 AM-3:00 PM

CHILD WATCH HOURS

Monday	8:30-11:30am & 4:30-8:00pm
Tuesday	8:30-11:30am & 4:30-8:00pm
Wednesday	8:30-11:30am & 4:30-8:00pm
Thursday	8:30-11:30am & 4:30-8:00pm
Friday	8:30-11:30am & 4:30-7:00pm
Saturday	8:30am-11:30am
Sunday	Closed

Child Watch is a free program for our family and single-parent family membership types. Parents are allowed to drop off their children for up to 2 hours during the above time frames while the parent remains in the building using our facility. We do not change diapers in Child Watch.

ENTRY TO THE Y

Our YMCA requires all individuals entering the building, including guests, members, program participants, parents, vendors, staff to provide a membership card or valid photo identification. Failure to provide either one of these will result in denial of entry to the Attleboro Norton YMCA. This measure is taken to prioritize the safety and security of all children and participants of the YMCA.

MEMBERSHIP CARDS

Misuse of membership cards is grounds for immediate termination of your YMCA membership. A \$3.00 fee is charged for replacement cards.

SEX OFFENDER REGISTRY

The YMCA conducts regular sex offender screenings on all members, participants, and guests through Raptor Technologies. If a sex offender match occurs, the YMCA reserves the right to cancel the membership, end program participation and revoke visitation access.

HOLIDAY HOURS

New Year's Day	10:00 AM-2:00 PM
Good Friday	5:00 AM-9:00 PM
Easter Sunday	Closed
Memorial Day	7:00 AM-11:00 AM
Juneteenth	Normal Hours
Independence Day	7:00 AM-11:00 AM
Labor Day	7:00 AM-11:00 AM
Columbus Day	Normal Hours
Veteran's Day	Normal Hours
Thanksgiving Day	7:00 AM-11:00 AM
Christmas Eve	5:00 AM-2:00PM
Christmas Day	Closed
New Year's Eve	5:00 AM-2:00 PM

STAY INFORMED

SOCIAL MEDIA

Like us on Facebook or follow us on Instagram to stay in tune with what is going on around the Y, see some familiar faces, get building updates, and more.

MOBILE APP

Download our smartphone app called "Attleboro Norton YMCA" to scan in virtually, track workouts, and accrue points that can be redeemed with our Membership Director for various rewards.

EMAIL

An email can be provided to us on your membership application. You can also add or update it with our Welcome Center at anytime or on your personal YMCA account through our website.



GENERAL INFORMATION

The YMCA building & properties are non-smoking, including all tobacco and marijuana products, vapes, and/or e-cigarettes. Carrying or concealing any weapons or devices/objects that may be used as a weapon is prohibited and will result in loss of membership

PERSONAL BELONGINGS

When it comes to bringing personal belongings into the YMCA, remember it is up to you to watch them and lock them. You are solely responsible for all personal belongings you bring and must provide your own secure lock for protection of your items. The Y is not responsible for lost, damages or stolen items.

YMCA staff are not permitted to hold or watch your valuables for you.

LOST & FOUND

If you lose something on site, we will hold found items within the facility in the Lost & Found located at the Front Desk. After two weeks, the YMCA will donate and/or dispose of unclaimed items.

STOLEN ITEMS

The YMCA assumes no liability for any lost, damaged, or stolen items. To address such incidents, please proceed to the Welcome Center where our staff will assist you in filing an incident report.

In the event that you require a review of camera footage, please be aware that the availability of a staff member to carry out this task may be limited at times. We kindly request your understanding and patience as our team may require a minimum of 2-3 business days to respond to your request.

If it is determined that a member of the YMCA has been involved in the theft of your property, our organization will make every effort to retrieve and return the item to you. Additionally, appropriate disciplinary action will be taken against the responsible member.

WEAPONS POLICY

Y property strictly prohibits the presence of any weapons, regardless of type or licensing status. This includes firearms, tasers, large knives, and any other objects that Y staff members determine to be potentially dangerous to the safety of our members.

Our policy reflects our unwavering commitment to maintaining a secure environment where individuals can engage in activities without fear or concern for their well-being.

Our dedicated staff members are authorized to enforce the policy and ensure its adherence. They have the authority to take appropriate action in response to violations.

Failure to comply with the prohibition of weapons on Y property may result in disciplinary action, up to and including loss of membership privileges. These measures are necessary to maintain a safe and inclusive environment for all participants.

EMERGENCY PROCEDURES

All emergency exits are clearly marked. Please familiarize yourself with their locations. Should an evacuation of the facility be required for any reason, please follow the instruction of YMCA staff to ensure a safe and orderly exit from the building.

MOBILE MANNERS

Cell phone, camera or video use is strictly forbidden in locker rooms and restrooms.

The Y may take photos and videos of various activities for promotional purposes. Please let us know if you prefer not to be photographed.

MEMBERSHIP

MEMBERSHIP TYPE	MEMBERSHIP INCLUDES	MONTHLY RATES
Adult	One adult, ages 26-64	\$59
Family	Two adults plus all dependents (up through age 25) who live in the same household*	\$102
Single-Parent Family	One adult plus all dependents (up through age 25) who live in the same household	\$77
Senior	One adult, ages 65 and older	\$50
Senior Couple	Two adults, ages 65 and older, who live in the same household*	\$72
Couple	Two adults, 19 and older, who live in the same household*	\$86
Young Adult	One adult, ages 19-25	\$34
Teen	One teen, ages 13-18	\$23
Youth	One youth, ages 0-12	\$21.50

JOIN FEE

All new members are required to pay a \$50 joining fee, which is nonrefundable. Joining fees are used toward the upkeep and maintenance of the Y building and equipment. If your membership is inactive for 6 months or more, you will be required to pay a join fee again upon renewal.

INSURANCE REIMBURSEMENT

If your insurance provides reimbursement for your membership fees. Please contact our Membership Director or visit our front desk to request an insurance letter. This process may take 3-5 business days. They can be printed or emailed.

Contact your insurance company to see if you qualify for reimbursement.

FINANCIAL ASSISTANCE

To ensure that our programs and services are accessible to everyone, the Attleboro Norton Y offers the "Membership for All" program. This income-based membership rate scale welcomes all individuals and families to become active members of the Y, no matter what their financial circumstances may be.

Visit our website for more information and to see if you may qualify:
<https://attleboroymca.org/financial-assistance/>

PAYMENT OPTIONS

Payments for monthly membership dues may be made by MasterCard, Visa, Discover, American Express or directing from a bank account. Membership dues may be paid by cash only if paid in advance or by paying annually.

MEMBERSHIP

MEMBERSHIP ADJUSTMENTS

All membership adjustment requests need to be made in writing.

TEMPORARY HOLDS

YMCA memberships can be put on hold for a minimum of 1 month or a maximum of 3 months. The member will not be charged membership fees during the hold and will automatically start being charged after the hold. To extend a hold beyond 3 months, it is a \$20 fee for each additional 3 months.

TERMINATIONS

Terminations have to be done at our Downtown Branch or by contacting our Membership Director. Membership terminations need to be requested in writing at least 5 business days prior to the members draft date to not be billed.

CHANGES

Adding or removing members from your account can be done at our Downtown Branch or by contacting our Membership Director.

PROGRAM BILLING

Most of our programs run on a continuous basis with monthly billing. When you register, you will pay for your first month of the program. Going forward, you will be billed automatically at the start of each month for the next month of programs.

If you no longer want to participate in a program, you must inform us in writing at least 5 days before the due date of the payment.

BILLING QUESTIONS

To view billing statements, update billing methods, pay balances and more, log into your member account using the email associated with your account, here: https://bit.ly/AttleboroNortonYMCA_MemberProfile

RETURN FEES AND COLLECTIONS

Payments that were unable to be processed due to either insufficient funds, an inactive account, or your card is lost or stolen; may incur a fee of up to \$30.

This fee will be automatically charged to your bank or checking account. Our payment service will attempt to collect the membership payment for up to 30 days. The return fee is non-refundable.

These fees can be avoided by paying annually.

DISCOUNTS

Any membership or program discounts must be requested by the member at our front desk upon registration for it to be applied.

Members automatically get discounts on most programs and services when they sign up. The individual participating in the program must remain active members for the duration of the program to continue receiving the member discount. This includes camp and child care.

REFUNDS

Membership fees are only refundable if drafted in error.

Annual payment termination: Annual memberships are not guaranteed to be refunded. Refunds on annual payments are at the discretion of the membership director and can be requested but are not guaranteed.

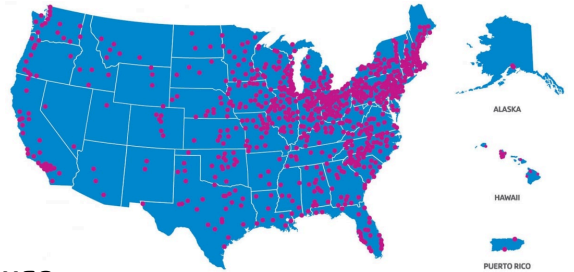
To request a refund, please reach out directly to the the department head of that prgram or service.

MEMBERSHIP

NATIONWIDE MEMBERSHIP

The Nationwide Membership Program allows full facility/full privilege Y members to use their Y membership at other Y locations throughout the United States at no additional cost.

Just present your membership card and a photo ID to enjoy access to almost every Y. Restrictions may apply, and it is suggested to contact the YMCA you will visit for other rules and restrictions.



Reciprocity members must show proof of membership and a photo ID. They are not permitted to use Childwatch. The Attleboro Norton YMCA reserves the right to restrict a class or program at anytime if space becomes limited for our members. If members of other Y's decide to join the Attleboro Norton Y, their joiner's fee will be waived. Restrictions may apply at certain YMCAs.

GUEST PASSES

Each adult member gets two complimentary guest passes each year. Anyone under the age of 18 does not get guest passes.

The member needs to check in their guest at the front desk prior to entering the building. Each guest must provide a driver's license and/or state ID and sign a code of conduct, & our liability waiver before entering the building for the first time.

DAILY VISIT

Individuals wishing to use our facility as a non-member can buy a day pass. For paid programming, non-members do not receive the reduced member price.

Day pass rates:

Family: \$18

Senior: \$8

Adult: \$12

Young Adult: \$10

Youth/Teen: \$6

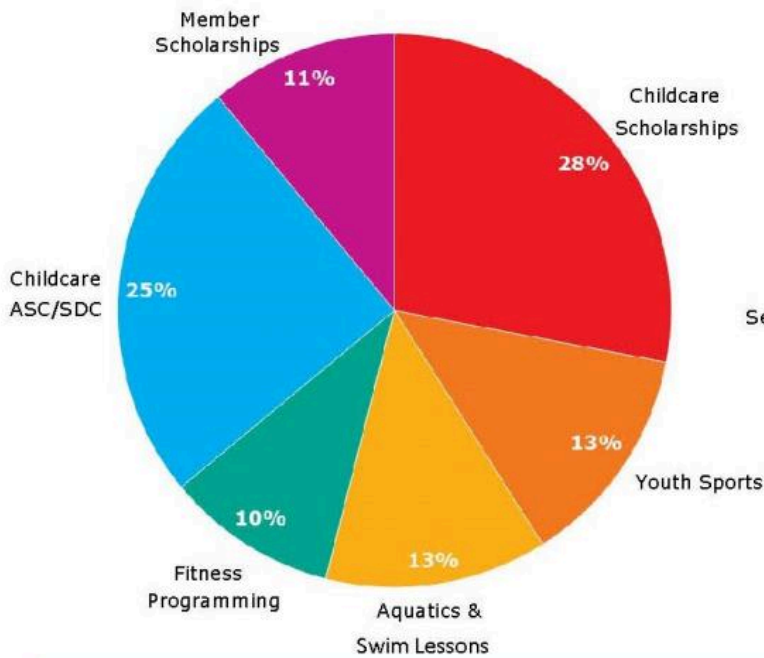


YOUR IMPACT

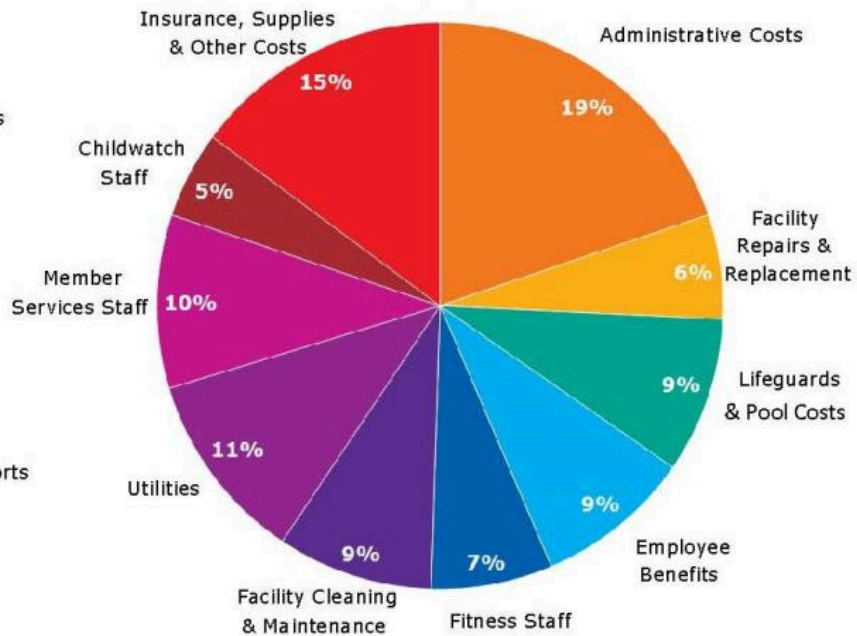
The Attleboro Norton YMCA is a charitable organization dedicated to the physical, mental and spiritual development of all. It fosters personal growth through quality programs and services provided in a positive environment by committed staff and volunteers. The Attleboro Norton YMCA is a designated 501-C3 non-profit charitable organization.

As a non-profit organization, your membership dollars directly help us stay up and running. Each and every membership to our facility helps to pay our regular operating costs whether that be general facility cleaning and maintenance, staffing, or utilities, we appreciate each and everyone of you helping us make a difference in our community.

ANNUAL CAMPAIGN DOLLARS AT WORK



MEMBERSHIP DOLLARS AT WORK



CODE OF CONDUCT

The Attleboro Norton 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 always when they are in our facility or participating in our programs.

We reserve the right to do background checks on members at our sole discretion.

We expect individuals 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 fall below a generally accepted standard of conduct. Specifically, this includes:

- Appropriate attire must always be worn for the activity. Offensive wording on shirts or accessories falls under this area.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual contact or activity
- Harassment or intimidation by words, gestures, body language or any other menacing behavior.
- Theft or behavior which results in the destruction of property.
- Carrying or concealing any weapons or devices or objects which may be used as weapons
- Using or possessing illegal substances or alcohol in or on YMCA property or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature i.e. interrupting fitness classes or other structured workouts by non-participants.
- Loitering is not permitted in or outside the YMCA.

ZERO TOLERANCE BEHAVIORS

The following negative behaviors are unacceptable and require arrangements for the member/guest to be picked up upon receiving knowledge of the behavior. Any of these behaviors will also require a parent meeting with the Membership Director and/or the Executive Director to determine whether privileges will be revoked:

- Possession or drugs, drug paraphernalia, vapes, marijuana, alcohol, cigarettes, or weapons
- Aggressive physical contact (hitting, punching, pushing, kicking, etc.)
- Theft or vandalism, Endangerment to self or others
- Inappropriate intimate contact with other members/guests
- Verbal threats to other members, guests or staff
- Violation of Weapons Policy

PLEASE UNDERSTAND THAT ALL BEHAVIORAL SITUATIONS ARE VERY DIFFERENT FROM ONE ANOTHER AND MAY REQUIRE MORE SPECIFIC ACTIONS OR EARLIER CONSEQUENCES BASED ON THE SEVERITY OF THE BEHAVIOR(S).

CHILDREN AT THE Y

For the safety of our younger members, all members are required to adhere to our Youth Access Policy.

YOUTH ACCESS/AGE REQUIREMENTS

AGES 8 AND UNDER

General Facility: Children must be participating in a YMCA program or directly supervised by an adult (18 or older) at all times.

Wellness Center: Children ages 8 and younger are not permitted.

Aquatic Areas: Children ages 6 and younger must be accompanied in the water by an adult. Any child under 9 who does not pass the swim test must be accompanied by an adult in the water and stay within arm's reach in the shallow end. If not required to be in the water, the adult must be on the pool deck.

AGES 9-11

General Facility: Children ages 9-11 must be participating in a YMCA program or must have a supervising adult (18 or older) inside the facility at all times.

Wellness Center: Children ages 9-11 who would like to use the cardio or strength equipment must first complete 3 Youth Wellness Center Orientations. Once the orientations are complete, they must continue to workout alongside a supervising adult (18 or older).

Aquatic Areas: If a child ages 9-11 can pass the swim test, they may swim anywhere in the pool without having an adult in the water. A child ages 9-11 may perform a Shallow Water Competency test in order to be in the shallow end without an adult. If unable to complete the competency test, the child must have an adult in the water or wear a PFD and stay in the shallow end. If not required to be in the water, the adult must be on the pool deck.

AGES 12 AND UP

General Facility: Youth members of 12-14 years may enjoy unsupervised access to the facility. All members and Day Pass users must have a parent/guardian sign a waiver prior to accessing the facility alone.

Wellness Center: Youth ages 12 and older are encouraged to take a Youth Wellness Center Orientation and may workout without supervision.

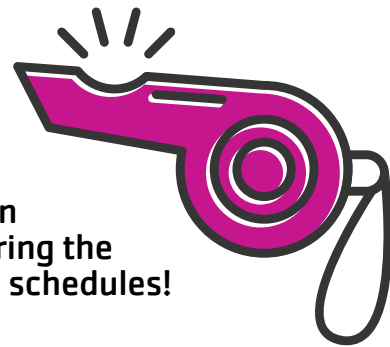
Aquatic Areas: Youth ages 12-14 are not required to take a swim test. However, if the lifeguard is unsure of a swimmer's ability, the lifeguard may ask a swimmer to perform the skills of a swim test and may instruct the swimmer to remain in the shallow end if necessary.

CHILD PROTECTION POLICY

At the Y, we believe it is our duty and obligation to protect every child who walks through our doors. To ensure your child's safety, we have adopted an extensive Child Protection Policy, which is available here:
<https://attleboroyymca.org/childprotection/>



POOL RULES



Our Downtown Branch is home to two indoor pools and our Norton Outdoor Center has an outdoor pool available to our members during the summer. Check out our website or visit our front desk for our pool schedules!

LIFEGUARDS & WATER SAFETY

We follow Y of the USA guidelines, American Red Cross, and local Health Department Guidelines. All the Y lifeguards are trained to prevent aquatic emergencies and conduct emergency and rescue care whenever necessary. During your visit to one of our pools, you may observe on-going training exercises, including live water safety and rescue drills. Such training allow the Y's lifeguards to stay prepared as the guardians of your family safety and wellbeing.

AGE REQUIREMENTS

All swimmers under the age of 11 must pass a swim test before they can be in the Y pool. The swim test consists of a 25-yard swim during which youth are asked to achieve the following:

- Swim one lap from the shallow end to the deep end without stopping.

Parents/guardians, at least 18 years of age, who are Y members, must accompany any child eleven and under in the water at all times.

Parents/guardians of children under the age of eleven who have passed the swim test must remain on the pool deck.

Any non-swimmer must have an adult in the water and wear a lifejacket within arm's reach.

SWIM TEST ARE AT THE DISCRETION OF THE LIFEGUARD YOUR CHILD MAY BE ASKED TO DO A SWIM TEST EACH AND EVERYTIME THEY GO SWIMMING.

POOL POLICIES

- NO FOOD, BEVERAGE, OR GUM CHEWING IS ALLOWED IN THE POOL AREA.
- A lifeguard is on duty at all times that the pool is open to the public.
- Everyone should bathe with warm water and soap before entering the pool.
- Any person known or suspected of having a communicable disease shall not use the pool.
- Spitting or nose blowing in the water is prohibited
- Although the YMCA recommends that bathing caps be used, if a person's hair is longer than the neckline, his/ her hair must be tied back.
- Goggles may be purchased at the front desk.
- Regulation bathing suits must be worn. No T-shirts or cut-offs.
- Running, boisterous or rough play is prohibited in or around the pool.
- Designated lanes are strictly for lap swimmers.
- Children under the age of 12 must have an adult with them in the pool area at all times. An adult must accompany children under the age of 8 in the water always.
- No Swimming floatation devices from home are allowed (Bubbles, etc....)
- No diving or jumping is permitted off the deck into the shallow end of the pool.
- Diving blocks are not to be used during open swim.
- No diving or jumping in the pool unless under the direction of an instructor.
- No extended breath holding.

LOCKER ROOMS

LOCKER ROOMS

The Mens Health Center (includes a steam room) and Women's Sweet Locker Room (includes a Sauna and Steam Room) are for members and guests who are over the age of 18 only. Families and individuals under the age of 18, must use our all-age locker rooms.

Our Women's Sweet Locker Room does have a nursing area.

Nonbinary/Transgender members have the right to the safe and appropriate locker room and restroom facilities within the YMCA. We give nonbinary/transgender members and guests the opportunity to choose the locker room they are most comfortable in.

The Family Locker Room is an ADA-approved and accessible restroom and changing/showering spaces. There is extra privacy and space between changing stalls for children, families or anyone who feels more comfortable with the extra privacy.

Sauna/Steam Room Rules:

- Do not spray or tamper with the steam unit, this causes temperature spikes and the steam room to stop operating.
- Do not brush your teeth
- Do not eat any type of food
- Do not shave
- Do not sit on a bench without something between you and the bench (i.e. clothing or a towel)
- Do not add any scents or liquids that create smells to the Steam Room steam vent or Sauna
- Do not use cell phone in the Sauna or Steam room

Lockers:

Lockers in our 18+ locker rooms are available for rent. Vacant lockers can be used as day lockers. If personal belongings are found overnight in an unrented locker, the belongings will be removed and placed in our lost and found. Please visit our front desk or contact our Membership Director for more information on renting a locker.

To learn more about your day locker options, please visit our front desk.



GYMNASIUM RULES

We have two indoor basketball courts located at our Downtown Branch. The Augat Basketball Court and Fuller Basketball Court both have times available for open gym, pickleball, and other programs. Please check our schedules on our website before visiting to make sure we have what you are looking for at that time.

GYMNASIUM POLICIES

- Food or open containers are NOT permitted in the Gymsnasiums
- Sneakers must be worn in the gym. No crocs, sandals, flip flops, or work boots will be allowed in either basketball court unless promptly changing into proper footwear upon entering the gym.
- Proper sportsmanship is expected when engaging in pick-up and formal league play.
- No foul or obscene language or music will be tolerated.
- A shirt must be worn at all times.
- Have respect for all reserved gym program usage and do not delay or disrupt programs.
- The YMCA recommends leaving valuables at home or locked in one of our lockers.
- NO hanging on the rims.
- Gym schedules are available on the website and at our front desk at all times.

AGE REQUIREMENTS

For the safety and well-being of all participants, it is required that children under the age of 12 be accompanied by an adult while in the gymnasium.

GYM RENTALS

Interested in renting our gymnasium for sports practices, events, or more? Reach out to our Sports Director for more information!

<https://attleboroyymca.org/about-us/contact-us/>



WELLNESS CENTERS

The Y strives everyday to provide a welcoming place where anyone- from beginning exercisers to competitive athletes - can come to improve their health and well being.

The following health and wellness policies are designed to help ensure the safety and positive experience of all members who use the Y.

WELLNESS CENTER RULES

To ensure the health, safety, and enjoyment of all, we ask our members & guests to abide by the following guidelines:

- Children under the age of 9 are not permitted in the Wellness Center. Children ages 9-11 need to be accompanied by an adult at all times. Children ages 12+ have full usage of our Wellness Center.
- Members and guests are encouraged to go through a review with our staff that includes proper use and technique on the strength equipment and cardio machines. Sign up for your session at the Wellness Center Desk.
- Secure or Lock all belongings. All belongings should be put in the cubbies or need to be stored in a locker with a secure lock. The YMCA is not responsible for items left in the cubbies. The Y offers different options for lockers, visit the Welcome Center for more information.
- Wear appropriate workout attire. T-shirts, athletic shoes/sneakers, wind/sweat pants and shorts are permitted. Not permitted attire are:
 - Sandals, crocs, flip flops or boots
 - Jeans, khakis, cargo pants/shorts,
 - Bathing suits or elastic suits and bands
 - Attire that is not safe, sanitary or appropriate.
- Cell phone use is permitted, however, if it becomes disruptive or unsafe to others, you may be asked to discontinue use.
- Wipe down all equipment after use with a towel sprayed with cleaner; please do not spray cleaner directly on equipment.
- Rack weights after use. Please return all equipment to its proper place and re-rack your weights after use.

GROUP FITNESS CLASSES

Fitness Classes at the YMCA are included in Y memberships. We offer dozens of Group Exercise options weekly including Indoor Cycling, Yoga, Strength Train Together, Mossa Classes, Zumba, and many more. Classes exist for ALL fitness levels from beginner to the more experienced. Group Fitness Schedule can be found online. Class offerings may change slightly each month.

PERSONAL TRAINING GUIDELINES

Only staff members employed by the Y are allowed to provide personal training within the Y facilities and programs. Our staff members are trained and certified by the Y in accordance with the organization's history and philosophy and they are committed to carrying out our mission by providing high-quality programs. Personal trainers and private wellness coaches who are not employed by the Y are strictly prohibited from training or conducting business in a Y facility. The Y has this standard in order to provide safe, high-quality personal training at all times.





the  Y
YMCA

HERE FOR YOU.