



Carls Family YMCA General Information

The Carls Family YMCA’s mission statement:

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

The following information is provided for your convenience and to help you enjoy the Carls Family YMCA. Your cooperation in following these rules and policies is greatly appreciated. These rules are designed to help members enjoy the benefits of their YMCA membership. If you have any questions or suggestions, please contact Executive Director Doreen Durandetto at (248) 685-3020.

Web Site: For the latest information and class registration, visit our web site: www.ymcadetroit.org. Highlights of our web site: easy to navigate, detailed program descriptions, convenient improved online registration, and customized content. There has never been a better time to find yourself at www.ymcadetroit.org.

Facility Hours:

Monday – Thursday.....5:30 am – 10:00 pm
Friday.....5:30 am – 9:00 pm
Saturday.....7:00 am – 6:00 pm
Sunday.....10:00 am – 6:00 pm

Pool Hours:

Monday – Friday.....6:00 am – 9:30 pm
Saturday.....7:00 am – 5:30 pm
Sunday.....10:00 am – 5:30 pm

Pool closes 30 minutes and the Wellness Center 15 minutes prior to the building.

Child Watch Hours: Ages 6 weeks – 6 years

Monday – Thursday.....8:45 am – 1:30 pm,
4:00 pm – 8:00 pm
Friday.....8:45 am – 1:30 pm,
4:15 pm – 7:00 pm
Saturday.....9:00 am -1:30 pm
Sunday.....No Child Watch/Kids Club

Kids Club: Ages 7 – 12 Years

Afternoon and Saturday: Same as Child Watch hours.

Holiday Hours (Limited Hours):

New Years Eve
New Years Day
Memorial Day
July 4
Labor Day
Christmas Eve

Holiday Hours (Closed):

Easter Day
Christmas Day

Annual Facility Shutdown: The facility will be closed for annual repair and maintenance the last days of August. Information will be posted throughout the facility and posted on www.ymcadetroit.org. Members are welcome to use another Metro Detroit YMCA during shut down.

General Information:

- All members are required to present their key fob in order to access the facility. Please scan your key fob when you enter the building.
- Children under the age of 13 must be accompanied by an adult or in a supervised program while in the facility.

- During inclement weather, classes will be cancelled when Huron Valley Public Schools are closed. No refunds or credits will be issued if a class is cancelled due to inclement weather. Make-ups will be scheduled accordingly.
- The Carls Family YMCA is not responsible for loss, damage or theft of any such items.
- Smoking is prohibited on the Carls Family YMCA property.
- No firearms or weapons are allowed in the Carls Family YMCA.
- Appropriate attire must be worn at all times when using the Carls Family YMCA. Shoes and shirts are required in all areas outside the locker rooms and pool areas. Only shoes with non-marking soles are allowed on the gymnasium and aerobics studio floors.

Guest Policy:

- Guests may only enter the Carls Family YMCA when accompanied by a member. They must register at the Front Desk with a picture I.D.
- A member may host a maximum of two (2) guests at a time.
- The same non-member can only be a guest two times per year.
- A guest fee of \$10 for an adult and \$5 for a child will be charged for guest usage at the Carls Family YMCA. All guests must present picture identification and complete a registration and waiver of liability form prior to entry into the Carls Family YMCA.
- A parent or legal guardian must accompany all guests under the age of eighteen (18) or present an authorization form for release of liability signed by a parent or legal guardian prior to using the Carls Family YMCA.
- In keeping with the Carls Family YMCA mission of providing programs that help people grow in Spirit, Mind and Body, the Carls Family YMCA has established a code of conduct. Guests should practice the character development values of caring, honesty, respect and responsibility towards members, other guests and staff. Guests shall abide by the posted guidelines and regulations in activity areas.
- Guests under 18 cannot use the Wellness Center.

Credit Policy:

- Participants will have program fees fully refunded when the classes are cancelled by the YMCA. Refunds are processed through the business office.
- YMCA credit toward other YMCA programs is given when a participant drops a class for a medical reason. A doctor's note is required to receive the credit and the amount will be pro-rated.
- The YMCA will not issue credits starting one week prior to and through the duration of the program session based on a participant's inability to attend classes. This includes, but is not limited to, schedule conflicts, vacations, etc.

Scholarship Program:

The Carls Family YMCA offers affordable programs and services designed to benefit people of all incomes and backgrounds. Fees are based on the actual costs to precede each program. The YMCA uses funds from the Strong Kids Annual Campaign to fund the scholarships which ensure those unable to pay the stated fees are able to participate. If fees are a concern, please inquire at the courtesy counter for a scholarship application form. All records and inquiries are kept confidential and the form is simple to complete. Please allow ten days for processing the application.

Family Locker Room/Locker Rooms:

- Members with children 5 years and older of the opposite sex must use the Family Locker Room.
- Only parents/guardians and their children may use the Family Locker Room.

Personal Training:

All of our trainers are nationally certified. They will tailor to YOUR needs through individual one-on-one sessions or you can join in a small group of 4-8 participants. All sessions will provide a fun and supportive atmosphere. Contact Ricky Deligny @ rdeligny@ymcametrodetroit.org

Wellness Center:

- Members are highly encouraged to take advantage of their free FitLinxx and Wellness Center orientation. Please see a Wellness Center attendant to schedule an appointment.
- Members aged 13 to 17 years are permitted to use the Wellness Center with an orientation.
- Small hand towels are available in the Wellness Center.
- Proper workout attire for a family atmosphere is required.
 - Jeans, belts, keys, rubber suits/excessive layers, or sandals are not permitted.
 - Clean athletic footwear must be worn.
- No guests under the age of 18 are permitted.
- Use equipment correctly and return everything to its proper place.
 - Re-rack free weights.
 - Do not slam weight stacks or drop free weights on the floor.
- Be courteous of other members and allow them to work-in when performing multiple sets on weight machines.
- Please respect others and wipe down equipment after use.
 - Please use the spray bottles and paper towels found at one of our cleaning stations.
 - Return used towels when finished.
- Gym bags and coats must be kept in a locker.
- Cell phones may not be used while on any exercise equipment.
- Thirty minute limit on cardio machines during active time periods.
- Plastic bottles with caps only, no glass.
- Please follow all directions of the Wellness Attendant in an emergency or power outage.
- No horseplay, bouncing basketballs, disruptive behavior, or safety violations will be tolerated. Violators may be asked to leave.
- Only YMCA Personal Trainers and Wellness Staff are allowed to train members.

Wellness Center Teen Rules: For all 13 to 17 year old teen members

- Teen members must sign in at the Kiosk with their FitLinxx ID upon entering the Wellness Center.
- Teen members must have an orientation prior to the use of the Wellness Center.
 - 13 & 17 year olds are required to have a FitLinxx orientation.
- Teen members interested in changing their FitLinxx workout program must get approval from the Wellness Staff and also be modified in FitLinxx to reflect the changes.
- Teen members are not permitted to bring a guest under 18 into the Wellness Center.

Wellness Center: Family Fitness

- This area is designed for parents with children ages 10 through 12 years old.
- Available hours:
 - Monday – Thursday, 1 – 6 pm
 - Friday, 1 – 8:45 pm
 - Saturday & Sunday, 3 – 5:45 pm
- Parent must complete a policy and consent form and complete a cardio equipment orientation with the Wellness Center attendant prior to using the room.
- Orientation will include the use of the Fitlinxx interactive tracking system.
- Parents must be on the cardio equipment next or closest to their child. No child can be left unattended.

Aerobics and Fitness:

- Members must be 13 years of age to participate in Fitness classes.
- Free fitness classes are for members on a first come first serve basis. Please register at the Front Desk or online.
- Members should return all aerobic studio equipment to the designated storage areas at the completion of class.

Gymnasium:

- Food and drink are not permitted in the gym. Water only.
- Please treat others as you wish to be treated. No swearing, horseplay and/or rough activities allowed.
- Respect the parents, coaches, volunteers and officials.
- Please do not hang on the basketball rims.
- Please do not bounce basketballs outside of the gymnasium.
- High school and Men's basketball leagues: Players can only use facility during game times unless you have a full facility membership.

Pool:

- The Lifeguard on duty has final authority on all matters in question.
- By state law, all members are expected to take a soapy shower and rinse before entering the pool(s). Lifeguards are required to enforce this rule.
- Aquatic shoes can only be worn within the pool facilities and not in other areas of the YMCA.
- No smoking, food, soft drinks or gum allowed in the pool area. Only water from a plastic bottle with a top to prevent spilling is allowed.
- Please do not wear your shoes on the pool deck.
- Appropriate swim attire must be worn at all times.
- All individuals under the age of 18 must be swim tested before swimming.
- All children 9 and under must be accompanied by a parent/guardian at all times on deck.
 - Children that cannot pass the deep water test must be accompanied by a parent/guardian in the water at all times.
 - Non-swimmers may wear a coastguard approved flotation device/life jacket.
- Prior approval is required for still shot or video camera photography in pool or viewing area.
- No diving is allowed.
- Children who are not potty-trained must wear swim diapers. Absolutely no disposable diapers allowed in pools. Rubber pants over training pants and bathing suit or swim diaper must be worn.
- Personal conduct must never jeopardize safety. Running, pushing, jumping, diving, loud screaming or disruptive behavior is not allowed. Violators may be asked to leave the pool area.
- Water wings, inner tubes, non-coastguard approved flotation aids and Frisbees are not permitted.
- By state law, the use of the pools is denied to anyone having evidence of contagious disease, skin infection or to anyone wearing bandages, plaster or adhesive tape.
- All pools close when lightning and thunder are present; a 30 minute wait time is required until clear.

Child Watch:

- Child Watch is open to all members age six weeks to 6 years.
- A picture ID is required from the parent or guardian in order to release a child from Child Watch.
- Visits are limited to two hours at a time.
- Program Members and guests are not allowed to use Child Watch.

- While children are in our care, a parent, grandparent or adult sibling must be in the building. A parent, grandparent, or adult sibling who is a Carls Family YMCA member must sign-in or sign-out his/her child/children.
- A completed child information card must be on file before a child can be accepted.
- Snacks are not allowed in Child Watch.
- Sick or ill children should not be brought to the Child Watch. If they have a fever, green or yellow discharge or other illness, please keep your child/children at home.
- Always have your key fob and those of your children with you at each and every visit.
- Make sure your child/children have used the restroom, are freshly diapered and have been fed prior to bringing them into Child Watch.
- If the parent or grandparent who drops off the child will be having someone else pick up his/her child, his/her name **MUST** be on the emergency card. This would apply even if it is the other parent. Guardian must accompany child to the Child Watch-do not send them in alone
- Please remember, this is a drop-off child watch. If your child has difficulty getting adjusted, we will contact the parent. Adjustment can vary with each child.
- Sign in at the Child Watch desk and let the staff know your location in the building.
- When picking up your child, staff will check your picture I.D. as well as your key fob; this is for your child's safety!
- You are more than welcome to stay with your child the first few times to help him/her get acquainted. The amount of times you need to come in will depend on your child, and you are welcome to continue visiting until your child is comfortable with being left alone.
- What to bring: diaper bag, diapers and change of clothing, bottles for infants.
- Toys are provided by Child Watch and we ask that you do not bring in personal toys from home.

Kids Club:

- Kids Club is open to all members ages 6-12 years old.
- Kids Club gives children the opportunity to get active and have fun in the gym, the pool and the multipurpose room with kids of similar ages.
- While children are in our care, a parent, grandparent or adult sibling must be in the building.

Wee Deliver:

- At no extra charge a qualified YMCA staff person will deliver your child from (or to) Child Watch to (or from) an exciting program. Wee Deliver forms must be completed when you child is checking into the Child Watch area. Wee Deliver is not available for aquatic classes.

Adventure Guides:

YMCA Adventure Guides is for parents (or a significant adult in the children's lives) and their children, ages 5 through 12. An adult and child attend all the program activities together. As a member of YMCA Adventure Guides, you will have the opportunity to develop strong relations with your child by joining others in activities like games, camping, trips, and family adventures. You and your child will take a journey of discovery and learning. Throughout this journey, the following "Adventure Guides Compass Points" will be covered: Family, Nature, Community and Fun along with the YMCA Character Development Values.

For additional information contact Doreen Durandetto at ddurandetto@ymcametrodetroit.org.