



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LE MARS YMCA



MEMBERSHIP & PROGRAM HANDBOOK

ADDRESS

241 12th Street SE
Le Mars, IA 51031

CONTACT

lemarsymca.org
712-546-6655
info@lemarsymca.org



WELCOME MESSAGE



WELCOME TO THE Y!

As a member of the Y, you're part of much more than a place to exercise. You're supporting the values and programs that strengthen your community. At the Y, children learn what they can achieve, families spend quality time together, and we all build relationships that deepen our sense of belonging.

With a focus on youth development, healthy living and social responsibility, the Y is the leading nonprofit committed to strengthening communities. We engage people across the county to help them reach their fullest potential. Serving the Le Mars area since 1993, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change.

We've compiled this handbook as a quick reference for you. Please refer to this information to learn about policies, programs and the purpose behind our organization. We're here to help you make the most of your Y membership.

Thank you for being part of the Y!

YMCA MEMBERSHIP

The Y is for everyone.

All are invited to join and enjoy our life-enhancing programs and services, regardless of age, faith, race, background, ability or socio-economic circumstance. With a Y membership, you have full access to our facility and member rates for certain programs and services.

MEMBERSHIP CATEGORIES

Our range of flexible membership categories help ensure you find a fit for your unique household.

Youth: One youth, age 3-18 (2 & under FREE)

Young Adult: One adult, age 19-25

Adult: One adult, age 26-59

Household of Two: Two adults, living in the same household.*

Senior: One adult age 60 and older.

Single Parent Household: One adult and one or more dependents*

Household: Two adults, plus one or more dependents*

*All listed on membership must live in the same household.



Corporate Memberships also are available. Inquire at your local YMCA.

Refunds are NOT issued for membership fees because of lack of use or non-attendance.

MEMBERSHIP CARDS AND PHOTOS

All members receive membership scan cards (key chain card and/or texted image). Members must have their photo taken upon joining the Y and bring their membership card and scan it upon entering the facility each visit.

Membership cards and photos are essential tools to maintaining safety.

- A membership card will be issued upon initial start of membership. If your card is lost, there will be a \$5 replacement fee. We will replace a worn card for free when the original is returned. Members can also be texted their membership card that allows you to save your bar code and scan in using your smartphone, rather than your membership card.
- Present your membership card at the Front Desk every time you enter. If you arrive without your card, you may show another form of photo ID, such as your driver's license, to secure entry.
- All members, adults and children, are required to have a current photo on file in our system. Maintaining photos of adults and children in system helps ensure those entering the Y are properly identified and help ensure that the children match adults identified on their membership.
- Members ages 8 & under may visit the Y accompanied by an adult or legal guardian.
- We can only allow entry into the Y if your membership is current or you pay a day pass fee.
- We issue one card per member. For safety and security, sharing your card or transferring your membership to another person is not permitted and may be grounds for termination of membership.

24-HOUR ACCESS

Your health on your time. Gain access to all the workout areas. Open all holidays too! You must be an active Y member with dues set up on auto-renew. To gain access members must be 18 years or older. There is a monthly fee of \$5 added to your membership dues (required per person). You have to sign up for this add-on IN PERSON by visiting the Y's front desk. Waiver and photo required.

DAY PASSES

Day passes are available for non-members to access the YMCA.

0-2 years old: FREE

Toddler (3-8), Walking Pass: \$5

Youth (9-18), Young Adult (19-25) & Senior (60+): \$7

Adult (26-59): \$10

All day pass guests of the YMCA must sign in and create a non-member account. Guests who are under age 9 must be accompanied by an adult age 18+ at all times.

NATIONWIDE MEMBERSHIP

With nationwide membership, Y members may visit any participating Y facility in the United States at no additional cost. Nationwide membership is an essential part of our cause to strengthen communities, enabling members to reach their health and wellness goals wherever they live, work or travel, and connect with the larger Y community in meaningful ways. Some unique membership categories are not accepted for nationwide usage, so please ask a membership representative for more information as needed. Must use your 'home' Y at least 50% of the time.

FEES AND PAYMENTS

All card payments will now include a 3% service charge.
All ACH payments will now include a

Monthly Membership payments can be made via an automatic draft from a bank account, debit card or credit card of your choice. An automatic draft allows your monthly membership fee to be paid directly from your bank or credit account, with no hassle to you.

Important information about automatic drafts:

- If you must cancel your membership or change your account information, we will make changes for you upon receiving notice via phone call, email or stopping by the YMCA.
- Please monitor your monthly bank or credit card statement for any discrepancies. You must report errors within 90 days of occurrence to enable us to make any corrections.
- To update your payment information, visit or call the YMCA, or sign in to your account online via the "My Account" button at lemarsymca.org.

As an alternative to monthly automatic drafts, a fixed term fee is also available allowing for payment of 1 year. You can also choose to pay for 1 month at a time.

RETURNED PAYMENT POLICY

Outstanding balances, resulting from uncollected returned payments or insufficient funds, must be resolved before the participant can attend or enroll in any Y program.

- A re-draft or re-payment of a fee can occur once with no charge, if the initial attempt to draft is unsuccessful.
- If your check, debit card or credit card payment has been declined after the second attempt, we will charge you a Returned Payment Fee of \$10 even if the payment is honored after we re-submit it.

YOUTH SPORTS LATE REGISTRATION FEE

The YMCA may allow late registrations, post deadline, if teams have space for another player(s). A small late fee will be applied to your registration fee.

REFUND POLICY

Membership Refunds:

Refunds are not issued for membership fees because of lack of use or non-attendance.

Program Refunds:

Participant Initiated Cancellations

- If a participant withdraws from a fee-based program 14 days prior to the start date, a full refund will be issued less a \$10 processing fee. Non-refundable deposits will not be refunded.
- If a participant withdraws from a fee-based program < 7 days prior to the activity start date, a 75% refund will be processed.
- Participants cancelling once program has started will be provided a program credit.
- Not attending the program or not using facility does not entitle a participant to a credit or refund. When enrolled, the participant is reserving space, time, and staffing regardless of whether the participant attends the program.
- When special circumstances arise where participation is not possible (i.e. family emergency), participant may request for consideration of a credit or refund.
- Refunds are not issued for membership fees because of lack of use or non-attendance.

YMCA Initiated Cancellations

- All schedules, activities, classes, and/or programs may be changed or cancelled by the Y. If the Y cancels a fee-based class or program due to low enrollment or staffing conflicts, a full refund will be provided.
- Y Sports does not issue refunds after the season has started. At times, the Le Mars YMCA may cancel a scheduled game/practice due to weather or unforeseen circumstances. Due to reasons outside of our control we may not reschedule every game/practice.

SCHOLARSHIP PROGRAM (Financial Assistance)

As a nonprofit, the Y welcomes all regardless of their financial circumstances. Scholarships are available to provide financial assistance for membership and program fees for those who qualify. Scholarship applications are available at the YMCA and online. A completed scholarship application, and verification of income for all incomes in the household are needed to apply. If your financial circumstances change during the course of your membership, you may inquire about adjustments to scholarships. Members receiving financial assistance will be asked to re-verify their income annually.

MEMBERSHIP FEE INCREASES

Each year the YMCA Board of Directors and staff members conduct a thorough review of our finances in order to develop an operating budget for the coming year, which begins January 1. To keep pace with rising expenses, attract and retain the best staff and continue to reinvest in our facilities and programs, we may find it necessary to implement a small increase in membership rates annually.

CHANGES TO YOUR MEMBERSHIP

Change is inevitable, even when it comes to your Y membership. We offer a simple form to complete any changes related to your membership, such as adding or removing a family member, changing your address or updating your bank account information. You may submit these changes at the YMCA or sign in to your account online via the "My Account" button at lemarsymca.org.

CANCELATIONS

In order to make changes to or cancel membership, you must let the Le Mars YMCA know verbally (in-person or over the phone), in writing (letter or email) or online through my member account by the 1st of the month for changes to take place that month. Please note, the Y reserves the right to cancel a membership with appropriate notice.

Please read through the statements that relates to membership. All memberships are non-transferable.

- You are responsible for providing the Le Mars YMCA with correct and updated contact information, including phone number, mailing address, and email address, and that the Le Mars YMCA is not responsible for any communication that I may miss due to my failure to provide said information.
- The Le Mars YMCA does not track facility usage for billing purposes, and that monthly dues on your account will accrue and be charged according to the payment method selected regardless of whether or not you use the facility.
- The Le Mars YMCA does not issue refunds on membership dues as a result of non-usage, failure to cancel verbally, in writing, or through your account, failure to update payment method, failure to monitor personal finances, failure to provide current contact information, or any other agreement failure on the part of the Primary Member and/or other adults on the membership.
- Call 712-546-6655 with any questions related to membership.

SUPERVISION REQUIREMENTS

All children 8 years and younger must be directly supervised by their parents or guardians, 18 and older, while on Y property or at a Y program location, unless the children are participating in an organized Y program.

- Parents or guardians of children 8 years and younger must remain on Y property while their children are at the Y, unless children are enrolled in a fee based, supervised Y program.
- Youth ages 2 and under are FREE
- Children age 9 and older may be at the Y in an unsupervised environment: can access the pool, gym, game room, racquetball court, and locker rooms.
- Youth ages 10-13 will need to schedule a one-on-one fitness orientation (with adult) in order to access the workout areas. Must be under direct supervision of adult, 18+, until they turn 14.
- Youth 14 years and older can use any room/space in the facility unsupervised.

YOUTH FITNESS ORIENTATION

A FREE is a 30-45 instructional session that is required before youth and teens ages 10-13 may use strength or cardio equipment at the Y. These orientations introduce youth to age-appropriate weight machines and equipment and include supportive instruction on proper use and safety information. A parent or guardian must attend the orientation with the child. If the child is granted access to certain areas after the orientation, they must ALWAYS be under direct supervisions of someone 18 & older. They cannot independently workout until they are 14 years old. To schedule contact our Program Coordinator, Jaden: 712-546-6655 or jadenh@lemarsymca.org



LE MARS YMCA POLICIES

As a member of the Y, you're part of an organization committed to helping everyone in our community have the opportunities they need to reach their fullest potential. Our membership policies are designed to ensure we can continue to provide a safe, positive and nurturing environment where individuals and families feel welcome and at home.

EQUAL OPPORTUNITY POLICY STATEMENT

The Le Mars YMCA enrolls and maintains memberships without regard to basis of race, color, sex, religion, age, national origin, disability, sexual orientation, veteran status or other considerations made unlawful by applicable law. All members shall have full and equal access to our services. All members with disabilities shall be entitled to reasonable accommodations. Any member who believes that they have been treated unfairly should first report to the Member Services Director.

MEMBER CODE OF CONDUCT

The YMCA core values include HONESTY, RESPONSIBILITY, CARING, and RESPECT. They are the basis for all we do as an organization.

We ask individuals to act in a manner that upholds these principles at all times when they are in our facility or participating in YMCA programs. We expect those using the YMCA to behave in a way that shows respect & caring for others, which includes using any language or engaging in any action that can hurt or frighten another person or that falls below a generally accepted standard of conduct.

Prohibited Actions Include But May Not Be Limited To:

- Wearing inappropriate attire.
 - Modest, clean, and appropriate attire required at all times. (at the discretion of Y staff)
 - Members and guests are expected to wear modest tops, along with closed toe shoes, and shorts or pants.
 - In Pool: modest and appropriate attire designed specifically for swimming required. This excludes street clothes, transparent suits, etc. Modesty is prioritized, often requiring that swimsuits provide full coverage, with specific restrictions against revealing, low-cut, thong or inappropriate attire in family-friendly environments.
 - Swimwear is only allowed in the pool area.
 - No clothing with vulgar, offensive or profane language, symbols or gestures.
- Using angry or vulgar language, swearing, name calling or shouting.
- Making physical contact with another person in an angry or threatening way.
- Engaging in sexual activity or contact with another person.
- Harassment or intimidation with words, gestures, or body language. Behavior which is inappropriate, threatening, or offensive in nature.
- Stealing or behavior which results in destruction of property.
- Sneaking into the YMCA without having a membership or purchasing a day pass.
- Carrying or concealing devices or objects which may be used as weapons.
- Using or possessing illegal chemicals or alcohol on YMCA property or in vehicles.
- Smoking, vaping or use of any tobacco products. All YMCA facilities and grounds offer a smoke free environment. This includes e-cigarettes.
- Using cameras, electronic devices or cell phones with the purpose of taking videos or pictures in ALL areas of the facility.
- Permission is required to post flyers.
- Conducting or participating in paid personal training or other instructional sessions with an instructor or trainer who is NOT employed by the Y.
- Use of social networking websites in a manner that is contrary to the Y's mission, is detrimental to the community, or is in violation of the law is also prohibited.
- Any demonstration of sexual activity, contact or conduct is prohibited.

MEMBERSHIP SUSPENSION/REVOCATION

Membership may be revoked or suspended if members engage in vandalism, theft, unnecessary physical roughness in sports or activities, use obscene and offensive language while at the Y, act in an abusive or intimidating manner to other members or staff, or act contrary to the Y's core values of caring, honesty, respect, and responsibility. Staff are responsible for enforcing Y guidelines and have the right to bar members from the facility/program for a violation of rules. No refunds of fees will be made for revoked or suspended memberships.

In addition the Y reserves the right to deny access or membership to any person who has been convicted of any crime involving sexual abuse, is a registered sex offender or is under the influence of drugs or alcohol. To keep members and staff safe, the Y screens all members and guests against sex offender registries upon joining and periodically throughout their membership term.

The Le Mars YMCA reserves the right to deny access or membership to any person who has been accused of any conduct that would, in the YMCA's sole judgement, be contrary to the YMCA's commitment to providing a safe and welcoming environment for all.

LE MARS YMCA POLICIES

SEX OFFENDER POLICY

The Y monitors and verifies our membership against the national sexual offender registry, to enhance the safety of members, guests and associates in our facilities. Persons listed on this registry are not eligible for membership, guest access or program participation with the Le Mars YMCA.

LOCKER ROOMS

Locker rooms are available for your convenience. Adults may bring any of their children into the locker room with them. Children age 6 and older should accompany a parent of the same gender. We do offer family locker rooms or universal changing rooms. The use of cell phones, cameras or video recording devices is NOT permitted in any Y locker room.

PHOTO/VIDEO/AUDIO RECORDING & RELEASE POLICY

The Le Mars YMCA uses, without limitation or obligation, any photographs, videos, and/or tape recordings that may include your image or voice or that of others included on your membership for promotion of the Le Mars YMCA, UNLESS YOU NOTIFY THE LE MARS YMCA IN WRITING PRIOR TO PARTICIPATION AT THE YMCA.

Using cameras, electronic devices or cell phones with the purpose of taking videos or pictures in ALL areas of the facility is PROHIBITED.

PERSONAL BELONGINGS

The Y is not responsible for lost or stolen items. You are responsible for all personal belongings that you bring to the YMCA or program site. The Y does not provide locks, so please bring your own secure lock for protection of your items. We encourage you to leave valuables at home. Lockers are available for use only during normal operating hours. Locks left overnight may be removed and contents donated to charity at the discretion of Y associates.

ATTIRE

Please wear attire appropriate for a family-oriented organization throughout all areas of our facilities.

- Swimsuits are required in the pool. Cutoffs or street clothes are not permitted in the pool.
- Proper workout attire should be worn in our wellness centers, group exercise studios, basketball courts and other program areas. Examples of appropriate attire include t-shirts or sweats; knit, nylon or cotton shorts and pants. Sports bras and swimsuits are not considered proper workout attire in group exercise classes, wellness centers, courts, and other program areas.
- Athletic shoes must be worn at all times in all workout areas of the facility. Sandals, flip flops, boots and dress shoes are prohibited.
- Coverage is required even in the locker rooms. Please keep a towel, wrap or other clothes on at all times.

SECURITY

Your safety and security while at the Y is a top priority. To help create a safe environment, please leave valuables at home and bring a lock to secure any property you bring on site in a locker. We encourage you to avoid leaving any valuables in a locked car on the property.

We cannot be responsible for any theft or damage to your personal property, either in our facilities or parking lots. Please remember, you are responsible for securing any items you bring on site. Y associates are not permitted to hold or watch your valuables for you.

If you have any possessions stolen or damaged while at the Y, please contact a Y associate at the Front Desk to complete an incident report. We track incidents, will involve law enforcement when necessary and take any appropriate steps to prevent future issues.

ENVIRONMENT POLICY

To support a safe and healthy environment, we prohibit alcohol, illegal drugs, tobacco, e-cigarettes and vaping.

WEAPONS POLICY

No weapons of any kind, at any time, are permitted on Y property. Regardless of any valid license to possess, Y members are prohibited from carrying onto Y property or inside Y facilities any firearms, tasers, large knives or other objects Y associates determine to be potentially dangerous to the safety of our members.

LOST AND FOUND

If you lose something on site, promptly check in with the Front Desk's lost and found to see if the item has been retrieved. We hold items in our lost and found for a period of one week. Unclaimed items after this time are donated to charity. The Y is not responsible for lost or stolen items.

HEALTH ISSUES

Please keep your contact information up to date with the Y. Your current address, phone number and emergency contact information are essential in case of an emergency. Some programs may require a written and signed physician's approval prior to participation.

LE MARS YMCA POLICIES

YMCA HOURS

YMCA hours vary by season. Hours are based on member needs. Typically, we are closed or have reduced hours on major holidays. Occasionally, we may modify hours during inclement weather, such as ice or snow, if it impacts the ability of associates and members to travel safely. Check with the Y or visit Lemarsymca.org for details about the latest hours.

EMERGENCY CLOSINGS

The Y makes every effort to remain open. However, in the event of inclement weather the Y may close for the safety of our members and staff. We also close on a minimum number of holidays for staff to be able to spend time with their family. For current operating hours, scheduled closures or the latest updates about Y status, please call 712-546-6655, check our website at www.lemarsymca.org or sign up for text alerts and/or emails through QR codes below.

TEXT ALERTS



Click the Le Mars YMCA box under 5a) Local Sports - Le Mars

EMAIL NEWSLETTERS



SERVICE ANIMALS

- Any dog that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability, is allowed in our facility. Service dogs are allowed to accompany the handler to any place in the building or facility where members of the public, program participants, customers, or clients are allowed.
- Under the ADA, service animals must be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents him or her from using these devices. Individuals who cannot use such devices must maintain control of the animal through voice, signal, or other effective controls.
- Service dogs may be excluded 1) if the dog is out of control and the handler cannot or does not regain control, or 2) the dog is not housebroken.
- Emotional support animals, comfort animals, and therapy dogs are not service animals under the ADA, and therefore are NOT allowed in our facility. Pets and all other species of animals or dogs that are not service animals are NOT allowed in our facility.

LOITERING

Loitering is not permitted inside or outside of Y facilities or programs. The Y limits solicitations, surveys, petitions, distributions and conducting non-Y business on its premises. Individuals who are not employed or authorized by the Y may not solicit or distribute literature on Y property at any time for any purpose nor may they use the Y's facilities or premises to conduct their own personal business.

OUTSIDE FOOD & DRINKS

To keep our YMCAs clean and free of pests, drinks and food are to be consumed in designated areas within the building: Lobby & Game Room only. Additionally, the Y has vending machines where snacks and drinks are available for purchase. Members and guests are permitted to have shatter-proof water bottles or beverages with secure, closed lids anywhere in the building. No glass containers are allowed.



▶ HEALTH, WELLBEING & FITNESS

The Y strives every day 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 safety and a positive experience for all members who use the Y.

PERSONAL TRAINING

Only associates employed by the Y are allowed to provide personal training within Y facilities and programs. Our associates are nationally trained and certified (in accordance with the Y's history and philosophy), and they are committed to carrying out our mission by providing high-quality programs. To provide safe, high-quality personal training at all times, personal trainers who are not employed by the Y are prohibited from training or conducting business in a Y facility.

WORKOUT AREAS AGE POLICIES

- Youth ages 10-13 may use age-appropriate wellness equipment if they have completed the Youth Fitness Orientation and are within arm's reach of a parent or guardian.
- Teens ages 14+ may use all equipment and be in all workout areas and attend group exercise classes alone.
- Youth ages 10-13 are able to participate in programs or classes specifically designed for them (such as youth or family-friendly group exercise classes).
- Youth ages 12-13 can attend group exercise classes as long as they are with a parent or guardian 18 and older.

ETIQUETTE

- Please bring a change of shoes to avoid tracking in excess dirt, water, snow, etc. Sandals or flip-flops are not allowed. Jeans are not allowed due to buckles, rivets, and zippers that can wear on the equipment.
- Do not drop weights on the floor. Please be respectful of the equipment. Return equipment and rack weights when finished.
- After using the equipment, please wipe it down and place used towels in the bins.
- Chalk is not allowed.
- Media and entertainment should be family-friendly and should not disrupt other members. Music devices should be used with headphones and set at a volume that does not disturb other members or create a safety hazard. Watching videos and movies is allowed as long as they are family-friendly, non-violent, appropriate and do not create a safety hazard.
- Any demonstration of sexual activity, contact or conduct is prohibited.





SWIMMING & WATER SAFETY

The Y encourages aquatic activities, exercise and recreation in our pool. Your safety and the safety of all who use our pools is a priority.

LIFEGUARDS & WATER SAFETY

During your visit to one of our pools, you may observe ongoing training exercises, including live water safety and rescue drills. All Y lifeguards are trained by Red Cross to prevent aquatic emergencies and conduct emergency and rescue care whenever necessary. Such training allows the Y's lifeguards to stay prepared as the guardians of your safety and well-being.

CHILD SUPERVISION POLICY IN OUR POOLS

- Children age 5 and younger **MUST** have a parent or guardian age 18 or older in the water, within arm's length at all times. Guardians must have proper swimwear before entering the pool.
- Children ages 6-8 must have a parent or guardian age 18 or older in the pool deck area.
- Children ages 9-14 are allowed in the pool alone.
- If the child is a **NON-SWIMMER** (regardless of the child's age) the parent **MUST** be in the water with the child at all times and remain in the shallow end
- If a child needs a floatation device in order to swim, the parent **MUST** be in the water (regardless of the child's age). Those using a floatation device are not allowed in the deep end

SWIMWEAR GUIDELINES

Appropriate, lined swimwear is required as defined by pool staff. Swimwear is clothing intended to be worn by people engaging in a water-based activity or water sports, such as swimming, and made of a material such as Lycra with nylon, and Spandex.

Material not intended for swimwear will not be allowed. This includes cutoffs, gym shorts, T-shirts, undershirts and bras. Please check with the Aquatics Director if you are unsure if your swimwear meets these guidelines or if special circumstances are required.

Infants and children who are not potty trained must wear a swim diaper and appropriate swimsuit.

POOL RULES: Lifeguards enforce rules for the benefit and safety of all swimmers.

- No running or rough play.
- Flotation devices must be Coast Guard-approved.
- Pool toys must be approved by a lifeguard, subject to number of pool users.
- Diving is not allowed.
- Please shower prior to entering the pool.
- No underwater breath holding permitted.
- Non-potty-trained infants and children must be in a swim diaper and appropriate swimsuit.
- **NO GLASS** permitted in the pool area.
- To keep all users safe, comfortable, and to ensure a positive experience for all **SNORKLES** or **SNORKLE MASKS** are **NOT ALLOWED**.
- **NO TEMPERED GLASS GOGGLES ALLOWED.** Glass goggles can be dangerous if broken in or around the pool. If broken near or in pool- we would need to drain the pool and close.

Notify your Lifeguard if you have any questions or concerns.

PASS THE TEST. LOSE THE VEST

All swimmers, ages 14 and younger, are required to successfully pass a swim test before being allowed in a pool without a Coast Guard approved personal flotation device (PFD) or without direct adult supervision.

SWIM TEST:

- Jump into the deep end of the pool, submerge fully, return to the surface and immediately begin swimming without pushing off the wall.
- Swim in a horizontal position, on stomach and on top of the water.
- Exit the pool without assistance using either the wall or the pool ladder.

The swim test will be offered at request or to the discretion of aquatics staff to ensure the lifeguard is able to monitor the pool at all times. Swim tests can be administered by a Y certified lifeguard or safety assistant.

SWIMMERS WHO PASS THE SWIM TEST:

- 8 years and younger: Swimmers may swim without a Coast Guard-approved personal flotation device (PFD) independently in the pool, but must have an adult age 18 and older remain in the pool or pool deck area.
- 9 years and older: Swimmers may use the pool on their own without a Coast Guard-approved personal flotation device (PFD) and without an adult at the pool with them.

SWIMMERS STILL WORKING TOWARD PASSING THE SWIM TEST:

- Children ages 14 years and younger who have not passed the test yet, are required to wear a Coast Guard-approved flotation device (PFD) unless he or she is within an arm's length distance from an adult age 18 or older.
- If the child is wearing a Coast Guard-approved PFD, an adult age 18 or older must be on site but may monitor their child while using another part of the swimming pool. Children 5 years of age and younger must be within arm's reach at all times.
- If the child is NOT wearing a Coast Guard-approved PFD, then the adult must remain within arm's reach of a child (one-on-one ratio) and be actively monitoring them in the water at all times.
- Youth who have not passed the swim test may not go off of the diving board.

IMPORTANT NOTE: Lifeguards have the discretion to mandate a PFD on a swimmer, as well as require a swim test for any swimmer at any time.

SWIM LESSONS

Swim lessons can only be taught by a certified YMCA swim instructor who is currently employed with the Le Mars YMCA.

COMMUNICATION

The Le Mars YMCA offers several ways our community can stay connected with information on events, programs and other daily happenings. How to stay connected:

WEBSITE

www.lemarsymca.org for program information, schedules, events and registration.

SOCIAL MEDIA

Search "Le Mars Area Family YMCA" and "Like" us or follow us on Facebook and Instagram.

AT THE YMCA

Pick up our seasonal program guides, program and event flyers located by the front desk. We also have a comment box located by the front desk to leave a note.

LE MARS YMCA EMAILS

Opt-in to receive e-mails with updates about general information.



Scan Here- to opt in for
Le Mars YMCA EMAILS

LE MARS YMCA TEXT ALERTS

Opt-in to receive texts with updates about general information.



Scan Here- to opt in for
Le Mars YMCA TEXTS

Click the Le Mars YMCA box
under 5a) Local Sports - Le Mars

LE MARS YMCA WEATHER DELAY & CLOSING POLICIES

The closure of the Le Mars YMCA will be dependent upon weather conditions and facility accessibility. The YMCA will monitor weather conditions to determine if YMCA facilities will close, delay opening or close early.

If Le Mars Community & Gehlen Catholic are canceled or dismissed early due to weather then youth programs at the Y will be canceled for that day.

Group Exercise changes or cancellations will be determined by the instructor. Please check our Facebook or Instagram page or call the YMCA at 712-546-6655.

In the event the Le Mars YMCA closes or delays opening, this is the protocol:

- A text alert will be sent out- you must OPT IN to receive text messages from the Y!
- An email will be sent out- you must OPT IN to receive emails from the Y!
- Information will be posted on Facebook and Instagram

CHILD SAFETY

The Le Mars YMCA greatly values the safety of our children and the trust that their parents and caregivers have in us. Our staff and volunteers work hard to create an environment where are youth members and participants can safely learn, grow and play. The prevention of child abuse is something we continuously work towards.

Below are some of the many measures we follow to create a culture of prevention:

- All staff are given background checks prior to working at the YMCA
- Every staff member within the YMCA is trained to prevent abuse, but also to recognize, respond and report it
- Every staff member in the YMCA is a mandated reporter
- The Le Mars YMCA conducts regular sex offender screenings on all members and guests. We consider it of great importance to provide a safe and threat-free environment. For this reason, the YMCA monitors the sexual offender registry. Persons on the list will not be eligible for YMCA membership, program participation, volunteer or employment opportunities with this YMCA.

ANNUAL CAMPAIGN

Thanks to our donors, the Le Mars YMCA provides more than 2,500 community members, over \$30,000 yearly in financial assistance to participate in our programs and membership. The Y ensures that everyone, regardless of age, income or background, has the opportunity to thrive and that no one is turned away for an inability to pay.

EVERY GIFT MAKES A DIFFERENCE

- \$50 Can save a life by teaching a child important swim and safety skills
- \$100 Enables a teen to attend Art Club after school
- \$300 Sends a child to our day camp for two weeks, keep their body and brain active
- \$500 Ensures a child is safe and engaged in healthy after school activities
- \$1,000 Ensures that a struggling family can connect at the Y and spend quality time together in healthy activities

100% of your tax deductible donation is invested in the community, providing financial assistance and programs to those in need. You can give online at lemarsymca.org.

CHANGE SOMEONE'S TOMORROW, TODAY!

<https://lemarsymca.org/community-impact/give-volunteer/>



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