



SUMMERVILLE FAMILY YMCA MEMBER HANDBOOK



Welcome to the Summerville Family YMCA

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Congratulations on becoming a member of our YMCA family!

You now belong to an honored group, a family of like-minded citizens: you are a YMCA member. We hope you will proudly tell our community of your new affiliation. Anywhere you go, people understand what it is to be a Y member, and will honor you for your commitment. As a Y member, you can help guide our Y in our quest to follow and fulfill our mission:

To be a community cornerstone that puts Christian principles into practice through programs that build healthy spirit, mind and body for all.

This Member Handbook will help guide you through the facilities, policies and programs the Summerville Family YMCA offers. We hope it helps you enjoy your membership. But please, don't stop with these pages. Talk to staff and volunteers to find out more information and more ways you can become involved with your YMCA.

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Summerville Family YMCA Main Number: 871-9622 x 100
Web site: www.summervilleyymca.org

Administrative Offices and Mailing Address:

140 South Cedar Street, Summerville, SC 29483
Phone: 843-871-9622
Fax: 843-821-3127

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Catie Michalski, Chief Financial Officer
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Ext. 120

Helen Lesage, Bookkeeper
HelenL@summervilleyymca.org
Ext. 118

Tracie Rickborn, Development Director
TracieR@summervilleyymca.org
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H. P. Compton Wellness Center (Downtown Branch):

Workout facility, complete with certified personal trainers, aerobic classes, child watch, indoor pool, cardio and weight rooms and a meeting room.

Location: 208 West Doty Avenue
Fax: 843-832-6871
Phone: 843-871-9622

Jan Parsons, Vice President of Healthy Living and Branch Director
JanP@summervillemca.org
Ext. 103

Heather Ward, Membership Director
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Ext. 102

Lucinda Hughes, Fitness Director
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Amanda Metzger, Director of Corporate and Community Relations
AmandaM@summervillemca.org
Ext. 104

Erika Stubbs, Aquatics Director
ErikaS@summervillemca.org
Ext. 156

Nicole Moore, Health and Wellness Event Coordinator
NicoleM@summervillemca.org
Ext. 105

Geny Moringlane, Childwatch Supervisor
GenyM@summervillemca.org
Ext. 100

John M Tupper Gymnastics Center:

Fully equipped 7,000 square foot gymnastics facility.

Location: 205 West Richardson Avenue
Phone: 843-821-2727

Kim Howell, Senior Programs Director
KimH@summervillemca.org
Ext. 114

YMCA at The Ponds:

Workout facility with certified personal trainers, aerobic classes, child watch, cardio and weight rooms, a multi-purpose room and basketball court.

Location: 101 Pottery Circle
Phone: 843-771-2934
Fax: 843-771-2939

Kim Taylor, Chief Operating Officer and Branch Director
KimT@summervillemca.org
Ext. 205

Summer Weston, Membership Director
SummerW@summervillemca.org
Ext. 207

Lucinda Hughes, Fitness Director
LucindaH@summervillemca.org
Ext. 105

Morgan Clayton, Youth Sports Director
MorganC@summervillemca.org
Ext. 204

Katie Sicard, Childwatch Supervisor
KatieS@summervillemca.org
Ext. 204

Oakbrook Youth & Recreation Complex:

40-acres of sports fields and offices as well as after school care, with summer & holiday camps, too.

Location: 900 Crosscreek Drive
Phone: 843 -821-1028

Jill Lewellyn, Vice President of Programs and Branch Director
JillL@summervillemca.org
Ext. 155

Andrea Dorman, Family Program Director
AndreaD@summervillemca.org
Ext. 153

Barbara Gonzalez, Adult Sports Director
BarbaraG@summervillemca.org
Ext. 151

Oakbrook Outdoor Pool:

A 25-m outdoor pool used recreationally by our members as well as by our Swim Team.

Location: 900 Crosscreek Drive

Erika Stubbs, Aquatics Director
ErikaS@summervillemca.org
Ext. 156

Nicole McElveen, Aquatics Assistant
Nicole@summervillemca.org
Ext. 157

Guide to Your Membership

The SFYMCA is a membership organization. Most programs are open to non-members at program participant rates. Use of the facilities is reserved for members, program participants and their guests. The SFYMCA reserves the right to update our policies as necessary and without notice. This handbook is meant as a guideline, and exceptions may be made on a case-by-case basis at the discretion of the Membership Director, Wellness Center Director and the Chief Executive Officer.

Membership Categories

The Summerville Family YMCA offers 6 types of "long-term" memberships. They are:

- Family, defined as "Legally married parents and their dependent children, under the age of 25".
- Adult, defined as "A single adult, ages 19-64".
- Senior, defined as "A single adult, 65+".
- Student, defined as "A single person, ages 15-25".
- Family Plus: \$20 monthly fee for each additional adult, up to (3) three. Adults MUST live in household (ex. Grandparent or adult student living with parents). Includes FREE Child Watch.
- \$20 monthly fee for up to (1) one additional senior. Seniors MUST reside at the same address as each other and MUST both be 65+

Based on these definitions, when people with children join the YMCA their best option would be to join as Family members so that they, and their children, may receive all of the discounts and benefits entitled to Family members – to include the Wellness Center Child Watch program.

AWAY Program

The A.W.A.Y. program is based on the philosophy that when a person enrolls in a YMCA, he or she becomes a member of a nationwide association of people that helps build strong kids, strong families and strong communities, and, therefore, when away from home, on business or vacation, will be warmly welcomed by all other participating YMCAs in the United States. A YMCA's participation in this program is voluntary. Some restrictions apply.

The SFYMCA participates in the AWAY (Always Welcome At the YMCA) program. If you are planning to visit another YMCA, please contact that YMCA for its visitor policies before you go. General information on the AWAY program and other YMCAs can be found at the national YMCA website, <http://www.ymca.net>.

Reciprocal Membership Program

My Y Is Now Every Y In SC. As a Y member and a South Carolina resident, you are now entitled to full facility/full privilege YMCA use at any Y facility throughout the state at no extra charge. Simply present your YMCA membership card and photo ID at any participating YMCA and enjoy free access. Members must use their home branch at least 50% of the time in order to stay an active member at that location.

Guest and Potential Member Policy

Our guest policy is designed to protect the value of your membership. Each SFYMCA facility may have a different guest policy due to that facility's type of use and ability to track guest visits. Please see the information on the specific facility you are interested in for more information.

Membership Duration

Membership at the SFYMCA is **continuous** (though we have no contracts) and payable by monthly draft (from a checking or savings account or credit card), or by semi-annual or annual billing.

Membership Cards

All SFYMCA members must present their membership card to use facilities and enjoy member privileges. If lost, a replacement card may be obtained for \$2.

Membership Renewals

If a member renews membership within 60 days, they may be readmitted as a continuing member, but past membership dues must be paid to keep the membership continuous. If more than **30 days** have elapsed, membership will be subject to joining fees.

Membership Responsibilities

Members, guests, and visitors expressly assume the risk of damage to property and harm or death to themselves. Accordingly, neither the SFYMCA or any of its agents, employees, or invitees shall be liable to the person or any of the persons' family, agents, employees, or invitees for any damage to persons or property when and to the extent that any such damage or injury may be caused, either proximately or remotely, wholly or in part, by any action or omission, whether negligence or not, of the SFYMCA, or any of its agents, employees, or invitees or due to the condition or design of any defect in the building, its mechanical system, or its equipment.

Phone and Address Changes

Members should keep the SFYMCA advised of changes in home and office phone numbers and home addresses. The SFYMCA should also be informed of name changes and changes in family status.

Programs and Facilities

Each program and facility may have its own specific restrictions and requirements. You may be informed of these upon enrollment or initial visit to the program or facility.

Refunds

The SFYMCA will refund any membership dues that are paid up front and not used.

Termination of Membership

Membership privileges may be suspended or revoked by the Chief Executive Officer. The length of suspension or a refund of membership fees will also be determined at that time. A person whose membership has been suspended or revoked shall not be able to participate in any other SFYMCA program during the period of suspension or revocation.

Terminations are defined as follows:

- A. Complete a termination form in person **10 days** prior to cancellation.
- B. Nonpayment of dues after 60 days.
- C. Suspension – temporary, due to violation of rules.
- D. Expulsion – permanent due to violation of rules.

Members must terminate within 10 days prior to draft date to avoid paying the following month's dues. Terminations will not be taken over the phone. If member is unable to come to facility due to relocation or outstanding circumstances, member must contact membership director with written documentation of circumstance in order to complete termination.

Transferring Memberships

The SFYMCA will waive the joining fee of members transferring from other YMCAs. Verification of membership in good standing from the previous YMCA will be required.

Membership and its privileges shall not be transferred from one person to another.

Wellness Center Guidelines

Welcome to the Summerville Family YMCA. Unless specifically noted, these guidelines apply to both wellness centers. Additional guidelines exist for the Oakbrook facility. These guidelines will help orient you to the facility. For specifics, please see rules sections.

Operating Hours

Downtown Branch

Monday – Thursday: 5 am – 10 pm Friday: 5 am – 9 pm

Saturday: 7 am – 5 pm Sunday: 12 – 5 pm

**Pool hours vary, please check monthly calendar.*

YMCA at The Ponds

Monday – Thursday: 5 am – 9 pm Friday: 5 am – 8 pm

Saturday: 7 am – 5 pm Sunday: 1 – 6 pm

Please plan your workout to finish by closing time as a courtesy to the staff.

A.W.A.Y. Program

The SFYMCA participates in the AWAY (Always Welcome At YMCAs) program. AWAY visitors receive 12 free visits to the Wellness Center per calendar year. They will be charged a guest fee of \$5 per visit for subsequent visits. *The SFYMCA reserves the right to limit the number of visits.* AWAY visitors will pay the same fees as members for additional services and programs during their 12 visits.

Cardio Equipment

Please note, when others are waiting, there is a 30-minute time limit when using the cardio equipment.

Children & Teens at the Wellness Center

- 10 year olds can participate with their parent in Pilates, Yoga level one, Water Aerobics and Spin classes as long as they are 4'10" tall

11-12 year olds

- Must complete a Health History Questionnaire and a two-part Teen Safety and Fitness Test
When they enter the building to exercise, a clip-on tag will be provided (the tag will be verification to y staff that the tween has completed the training)
- Tween may use cardio equipment and weight machines only when accompanied by their parent
- Free weight use is not permitted

13-14 year olds

- Teen can use cardio equipment with their parent before they complete the Teen Orientation
- After completing a two-part Teen Safety and Fitness Test (if not taken when younger), a "Blue Band" will be provided, and worn when in the building, showing y staff that the member is at least 13 and has completed the training.
- The Teen may then use cardio equipment and weight machines WITHOUT THEIR PARENT

15-17 year olds

- Must complete a two-part Teen Safety Test, if not already taken when younger

Child Watch & Tween Room

- Child Watch is available to any parent/guardian while utilizing the facility Monday – Friday and during specified weekend hours. Please see pages 12 – 13 for hours specific to YMCA branch location. Also note, Tween room hours are subject to change due to number of children present, school holidays as well as staff to children ratio.
- You may not leave the facility while your children are checked in.
- Children in Child Watch must be signed in and out, by a parent or legal guardian, and should be between zero and 12 years of age. Children ages 6-12 may be checked into the Tween Room. We use a tagging method to monitor the children and parents must present the tag prior to the child leaving either area.

- Please watch the clock while working out, each area of care has a 2-hour maximum time limit.
- No food, candy, gum or soda is allowed in the Child Watch or Tween Room areas. Water and clear juices, in closed containers, are allowed.
- Diaper bags, labeled with the child's name, are required for any child in diapers. Infant bags should include a blanket. A change of clothes is strongly recommended for children who may still have "accidents".

Cell Phone Use

Some cell phones now have the capacity to take pictures. To protect the members and guests from unauthorized photos **the Summerville Family YMCA has developed a policy of limiting the use of cell phones to the lobby, member lounge, and hallways.** Use of cell phones through the rest of the facility is prohibited and may lead to suspension or termination of YMCA privileges.

Video recorders, cameras, or any other visual recording devices are not allowed within the YMCA without the express written consent of the CEO, Gary Lukridge.

Anyone caught taking pictures of another person without their permission and knowledge will be prosecuted to the full extent of the law by the YMCA and may lead to the termination of their membership.

Rentals

The Community Room at the Downtown Branch, and the gymnasium and multi-purpose room at The Ponds are available for rent. Please see the Front Desk for more information.

Dress Code

- Members, guests and staff are required to wear appropriate gym clothing while using the Y facilities. Closed-toe athletic shoes, shirts, and shorts or athletic pants (no denim) must be worn during exercise in workout areas of the facility. Work boots and street shoes are not permissible. Please refrain from wearing indecent or revealing clothing, including sports bras without a shirt.
- Personal hygiene and cleanliness are expected and required.
- Only non-marking shoes should be worn in the aerobics rooms.
- Appropriate swimsuits must be worn when using the pool. Street clothes are not permitted in pool. Cover-ups should be worn over suits in the social (lobby/lounge) areas. Swim diapers are required for children not yet potty-trained and participating in Water Babies classes. Please, no wet suits beyond the pool locker area.

Equipment Check-out

Slide-board shoe covers, weight training attachments, and other exercise equipment, are available for checkout at the personal trainers' office. Please inquire about other available equipment.

Facility Use

- Cardiovascular, free weight and circuit training rooms are available during operating hours.
- The indoor pool in the Downtown facility is open for adult swim and/or exercise during "adult swim" hours and does not include scheduled class times. Children are allowed to swim, with parents, during designated Family or Open Swim time only.
- Aerobic floors are available during non-class times for stretching and training.
- The Community Room, Multi-purpose room, or gymnasium, are not available unless reserved. Reservations may be made with Wellness Center or Ponds front desk staff.
- For your safety, proper athletic attire and athletic shoes must be worn during workout. If dressed improperly, or inappropriately, you will be asked to change. Street shoes or work boots are not permissible. Inappropriate or sexually revealing attire is not permitted.
- Food and drink (besides water and sports drinks) are not allowed in workout and pool areas or in the Child Watch areas. Allowable drinks must be in a container with a lid.
- Please refrain from chewing gum in our fitness facilities. Please dispose of gum in receptacles.
- Please enter our facilities from the main entrances. Do not open the emergency exits to allow others to enter the facility.

Family Environment

- At the discretion of the YMCA, membership or service may be denied or revoked for any reason, including but not limited to, fighting, abusive language, smoking in the facility, drug use, stealing, any inappropriate behavior towards other members, guests, or staff, vandalism of facility or property, and/or loitering.
- Profanity, harassment, and sexually explicit conversations are not permitted at the SFYMCA. Please refrain from using expletives or objectionable language in all areas.
- The YMCA and its property is a smoke free environment. Please do not use tobacco products on the YMCA property.
- Carrying or concealing a weapon is prohibited.

Guest and Potential Member Policy

Our guest policy is designed to protect the value of your membership.

- Guests must be 18 years old or older
- Guests are non-YMCA members from outside SFYMCA service area (50+ miles). Potential members (PM) are non-YMCA members from SFYMCA service area who are considering joining SFYMCA.
- Guests will be charged \$10 fee per visit. They will be charged a \$5 fee per visit if they are accompanied by a current member. *The SFYMCA reserves the right to limit the number of guest visits.*
- Potential members can come and discover everything The Summerville YMCA has to offer, visit one of our branches today, and try a ONE WEEK free trial membership. Subsequent visits will be subject to the \$10 guest fee.
- Each guest or PM must provide valid ID and complete a Visitor Information Sheet (VIS).
- Members can bring one guest per adult per visit.
- After the one week free trial membership by a PM, a person should join the YMCA to continue using the facilities and services. If they do not, they must follow the rules as a Guest and pay the \$10 guest fee/day.

Holiday Schedule

Abbreviated hours and schedules are posted one week (5 days) prior to change. The following are the Wellness Center's standard holidays. Hours may be shortened on additional days.

- New Year's Day
- Easter
- Memorial Day (Downtown facility only 8am-12noon/ no classes or Child Watch available).
- Independence Day
- Labor Day
- Thanksgiving
- Christmas

Lockers

Lockers are for day use only. Members and guests should bring their own locks. Personal belongings should be placed inside a locker during workouts. Locks should be removed after the workout session. Locks remaining at the end of the day will be cut off and the valuables will be stowed in the director's office until retrieval. Please remember to lock all personal items. The SFYMCA is not responsible for lost or stolen items.

Lost & Found

SFYMCA is not responsible for lost or stolen items. Members are encouraged to use locks on day lockers during visits to our facilities. Found items turned in to YMCA front desk are kept for 30 days and then donated to Goodwill.

Personal Trainers and Training Sessions

- Each membership includes 3 instructional training sessions per membership unit to be used however the individual/family chooses. Please stop by the Trainer's Office for details.

- On your first visit, a health history questionnaire, informed consent, and when necessary, physician clearance are completed. After that, an appointment may be scheduled with a personal trainer.
- Our Certified Personal Training staff is available for hire. Outside trainers must contact the Wellness Center Director **for approval BEFORE** training.

Parking Lot, Children & Pets

For safety of all parties, no child under the age of 13 or pets should be left unattended in any area of the YMCA, to include the parking lots. While every effort will be made to locate the parents/owners, the Town of Summerville Police Department will be notified immediately of any unattended children or pets discovered in a vehicle.

Pets

We love our pets, too. But, for the safety of our members and guests as well as the pets, please do not bring them to YMCA facilities. There is no place to keep them safe and comfortable and it is a DHEC regulation that they not enter our facilities. **Guide dogs and service dogs are permitted.**

Leaving pets unattended in vehicles is forbidden on YMCA property. The Town of Summerville Police will be notified if the vehicle owner is not found in a timely manner.

Special Amenities

For your convenience, hair dryers, shampoo, conditioner, body wash and hand soap are provided free of charge at our Downtown Facility.

Child Watch Areas Rules

Hours of Operation-

Downtown Branch

Baby Room – newborn - walking well

Monday – Friday – open as needed

Saturday & Sunday – Closed (Infants still welcome but will be taken to our toddler area)

Toddler Room– walking well – 3yrs.

Monday – Friday – 8:00am – 8:00pm

Saturday – 8:00am – 1:00pm

Sunday – 12:00pm – 3:45 pm

4&5 Room -3-5 yr olds (*must be fully potty trained*)

Monday – Friday – 8:00am – 1:00pm & 3:00pm – 8:00pm (or as needed)

Saturday – 9:00am – 12:00pm (or as needed)

Sunday – Closed (Children are welcome in our toddler room during operating hours)

Tween Room – 6 – 12 yrs. old

Monday – Friday – 3:00pm – 8:00pm

Saturday – 9:00am – 2:00pm

Sunday – Closed (Children are welcome in our toddler room during operating hours)

The Ponds

Childwatch - 6 weeks to 5 yrs

Monday – Friday – 8:00am – 12:00pm, 4:00pm – 8:00pm

Saturday – 8:00am – 12:00pm

Sunday - CLOSED

KidZone - 6 to 12 yrs old
Monday – Friday – 4:00pm – 8:00pm
Saturday - 8:00pm – 12:00pm
Sunday - CLOSED

- **Only parent or legal guardian may sign children in and out of the Child Watch areas.** (Sorry no grandparents, older siblings, aunts and uncles, babysitters or other Y members.)
- Please keep an eye on the time. **There's a 2 hour time limit, per child, per day.** If the parent violates the time limit there is a three "strikes" policy. After the first offence, a verbal warning is given; second offence, a written warning; and the third offence, the loss of **ALL** Child Watch areas privileges for one month.
- **Safety measures:** In all 4 rooms we use a tag and sticker system. The parent signs in on the sign in sheet, the line number they sign in on, is the same number on the tag that they receive for that day. The sticker you put on your child and their belongings must have their name and number that matches the tag.
Parents must stay on the YMCA premises!
 - Child Watch sign in and out tag system-Our sign in table is open during our busy hours.
8:00am-1:00pm and 4:00pm-7:00pm.
 1. Signing in on the sign in sheet: Your name, key tag #, child's name, age and the area you will be working out in. The line you sign in on is the tag # you will get for that day. Example, you sign in on line #7, you will get tag #7.
 2. We use masking tape to label the children's back, sippy cups, diaper bags, etc. Please make sure all of the child's belongings are labeled with their name and tag #.
 3. When the parents come back to get their children, they must show the person at the sign in table their tag.
 4. When the parents come out to the sign in table they must hand the tag to the sign in table person and the sign in table person will take the name tag off the child's back and check the name and number on the masking tape.
 5. There may be times in which our sign in table is closed, all sign in procedures will take place within Childwatch or in our outdoor area if children are playing outside.
 - Children must be free of disease or contagious infection; this includes runny noses that are any other color than clear, unless they have a doctor's note. If they are on an antibiotic, they must be on it for 24 hours before returning to any of the Child Watch areas. (We do not administer medicine. Prescription or over the counter.)
 - Please bring a bag with diapers and wipes, a change of clothes for babies, toddlers and potty training children.
 - Due to food allergies and sanitary reasons - **NO** food, soda, gum/candy, milk, formula or soy products of any kind are allowed in the 4 rooms. Children are allowed to have bottles, sippy cups or water bottles with juice, sports drinks or water in them. **Please NO juice boxes or pouches!**
 - **Outside policy** – *Weather permitting, we are outside as much as possible. *Children MUST wear shoes!!*
 - Hot weather - We will not play outside, should the temperature plus humidity seem greater than 93 degrees or if there is a heat advisory in effect.
 - Cold weather - As long as the child is dressed warm enough they may play outside. (We try to wait until the sun comes out onto the playground for a little warmth.)
 - Playground Structure – Our large playground structure is for children ages 22 months and up.
 - Monkey bars – Children must be 5yrs. or older.
 - Younger children sometimes experience separation anxiety. We will do our best to work with the child through this phase. Here are a few suggestion to help with this-
 1. We allow the parents to stay in the room and play with the child for a little while (10-15 minutes.) To help the child feel comfortable in the room and with the staff.
 2. We ask the parents for the first few times you come to work out, your work outs last 15-20 minutes. If the child is upset after 15-20 minutes, we will come and get you

from your work out. Then, once the child is comfortable with 15-20 minutes you can add more time to your workout.

- We here in Child Watch use the Time Out method as our only form of discipline. The children are given 1 warning before they are given the time out. ***This is for all children 18 months-12yrs.***
****The following are rules the children are expected to abide by:***
 1. No running
 2. No yelling (without reason)
 3. No climbing on table
 4. Do not go outside without a staff person
 5. No cursing or spitting
 6. No hitting, kicking, pushing, fighting, biting and scratching
- **The three strikes rule:** Children who do not abide by these rules, will be put in time out. Time out will consist of sitting in a chair or on the floor for 1 minute for each year in age. (Example a 2 year old would be in time out for 2 minutes.) This same time frame will be used for the 2nd offence. The 3rd offence will result with the parent being located and asked to remove the child from the Child Watch area for that day.
- **Threat to others: Rule #7** is much more critical to the safety of other children. For that reason, if a child hits, kicks, pushes, fights, bites or scratches another child they will be placed in time out. If the instance happens again during the same visit, the parent will be asked to remove the child from the Child Watch area for that day. (The three strikes rule does not apply to Rule #7.)

As always, we welcome your comments and suggestions. If you feel there are things we could do differently, please feel free to bring them to our attention-either through our suggestion box or by talking to me directly.

Summerville Family YMCA Aquatics

Oakbrook Branch Pool
900 Crosscreek Drive
Summerville, SC 29485

H.P. Compton Wellness Center Pool
208 West Doty Avenue
Summerville, SC 29483

Oakbrook Pool

Amenities

- 25 meters, 6 lanes, full 10 ft. deep end.
- Locker rooms with facilities, deck chairs, tables, and lounge area provided.
- Lifeguards on duty at all times for all programs.

Oakbrook Pool is a seasonal pool. Pool admission is included with SFYMCA memberships.

H.P. Compton Wellness Center Pool

Amenities

- 15 meters, 2 lanes, 5ft. deep end
- Aerobics equipment and classes.
- Whirlpool.
- Lifeguards are not permitted to be on duty when water aerobics classes are in session.

Pool Rules

- Pool users are required to present a valid membership card and sign in accordingly.
- Members are responsible for the behavior of their children and guests.
- No persons shall use the pool unless it is officially open and there is a lifeguard on duty.
- Lifeguards may restrict or deny entry to the pool when overcrowding is a concern.
- Pools may close due to inclement weather, operational breakdown, or for sanitary reasons.
- Pool closings due to thunder or lightning will result in reopening 30 minutes after the last clap of thunder heard or bolt of lightning seen.
- Swimmers are required to rinse off prior to entering the pool.
- Proper swim attire appropriate for a family environment is required in order to enter the pool facilities. Clothing not permitted includes but is not limited to, denim shorts, long or loose shirts, see through swimwear, and thong swimwear. Children wearing diapers or training pants must wear disposable swim diapers or rubber pants.
- Coast Guard approved life jackets are permitted in the pools. No water wings, rings, or inflatable flotation devices are allowed.
- When a swimmer requires a Coast Guard approved life jacket, they must have a responsible person, 15 yrs or older, in the pool with them and within an arm's reach at all times.
- No underwater breath holding
- Nerf balls and diving devices are permitted in the pool under adult supervision.
- Lifeguards will determine if items (such as face masks, snorkels, swim fins, etc) are appropriate for pool use.
- Children ages 15 and under must be accompanied and supervised by an adult (18 years of age or older).
- Children under the age of 15 must pass a swim test annually to be admitted without supervision in the pool. However, supervision is still required on deck. (Swim test candidates must swim non-stop for 25 meters using the crawl stroke and tread water for 1 minute.)
- Teens ages 16 and up may use the pool without an adult
- "Open Swim" is available for any and all members while "Adult Swim" is allotted for members over 15 years of age who have passed the swim test and are "Blue Band" approved.
- Forward jumping and diving are only permitted in designated areas(in water over 5ft in depth.)
- Unsafe play, unsafe behavior, and profane language is not permitted, and will result in removal from the pool area.
- No horseplay, roughhousing or running is allowed in the pool area.
- No alcoholic beverages, glass bottles, or gum are allowed in the pool area.
- All SFYMCA facilities and grounds are non-smoking.
- Failure to comply with pool rules and or lifeguard instruction may result in removal from the pool, suspension, or loss of pool privileges.

Aquatics Programs

- Swim lessons are available year round. Summer is our most popular season, but afternoon winter lessons are offered as well, in addition to weekends and weeknights.
- The YMCA offers both a summer and winter swim team.

GUEST POLICY

- Guests are ONLY allowed in our Wellness Center Pool. A member must accompany all guests. Individual memberships (student, adult, senior) are allowed 1 guest per visit. Family memberships are allowed 3 guests per visit. Members under the age of 18 are not permitted to bring guests.
- Members must sign themselves in as well as all of their guests
- All guests will be charged a \$5 fee per visit.
- If the guest's visit duration is under one hour and the pool is closed due to inclement weather, a "rain check" guest pass for the pool will be issued.
- Members are responsible for their guests' conduct while visiting the SFYMCA.

Special Events

The following are special community events that are hosted by the Summerville Family YMCA. Proceeds from these fundraisers go to help support our annual campaign. Our annual campaign is the cornerstone of our charitable mission and your participation will make certain that we don't turn anyone away for an inability to pay.

The Flowertown Festival was established 43 years ago to support the programs of the Summerville Family YMCA. Located in one of the South's most beautiful locations, Azalea Park, the Festival has become a nationally acclaimed event that attracts 225,000 visitors annually. Blooming azaleas provide the perfect setting for over 200 craft artists who participate. Food vendors, live entertainment, the children's carnival, local business and civic groups ensure that there is plenty to see and do at the Festival.

The Shamrock Shuffle, offering 5 K & 10K options as well as a 1 mile fun run, is a community sponsored event that can serve as a training tool for any one of the numerous spring races in the Tri-county area.

If you or your company is interested in sponsorship opportunities at the Summerville Family YMCA for any of the above events or sports team sponsorship please contact Linda Walton, Development Director, at lindaw@summervilleyymca.org or 871-9622 x 119.

Volunteer & Employment Opportunities

Volunteering

Our facility is able to thrive based on the efforts and assistance that we receive from our team of volunteers. Whether you read to children, find items for an auction or conduct a group meeting - you can make a big difference in the lives of others. If interested in learning more about our volunteer opportunities, please give us a call or visit our website at summervilleyymca.org. We'd love to hear from you!

Employment

The Summerville Family YMCA's goal is to build strong kids, strong families and strong communities. We are able to achieve that goal by employing people who exemplify the values of our mission; caring, honesty, respect and responsibility. If you are interested in making a difference in someone's life, whether they are 2 or 92, please ask about our employment opportunities. We would love to talk to you about joining our team!