



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HERE FOR YOU HERE FOR



## Merrimack Valley YMCA Member Handbook

Lawrence YMCA  
40 Lawrence Street  
Lawrence, MA 01840  
(978) 686-6191

Andover/North Andover YMCA  
165 Haverhill Street  
Andover, MA 01810  
(978) 685-3541

Methuen YMCA  
129 Haverhill Street  
Methuen, MA 01844  
(978) 683-5266

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# WELCOME TO THE MERRIMACK VALLEY YMCA

As a member of the Merrimack Valley YMCA you are a part of a community that has served generations of youth, adults, and seniors through programs and services that focus on healthy living, youth development and social responsibility. From the first men's association that was formed in Lawrence in 1865 to today, our community has evolved to serve the Greater Lawrence community and beyond. The Merrimack Valley YMCA Association includes the Andover/North Andover YMCA, the Lawrence YMCA, the Methuen YMCA, and our Camping Services Branch which includes Camp Lawrence and Camp Nokomis on Bear Island on Lake Winnepesaukee, and Day Camp Otter in Salem, New Hampshire. Each of these branches and camps serve the needs of distinct and unique communities, making the Merrimack Valley YMCA an organization rich in cultural, social and economic diversity.

As a 501(c)(3) volunteer founded, volunteer-led organization, the Merrimack Valley YMCA provides millions of dollars in financial assistance and scholarships so that anyone can participate in a Y service or program-regardless of ability to pay. These funds are secured through grants, special events, and our annual fundraising campaign.



With help from dedicated staff and volunteers, the Y works every day to make an impact with programs and services that build a healthy spirit, mind and body for all.

# ABOUT US

## Our Mission

To strengthen our communities by putting our core values of caring honesty, respect and responsibility into action through programs and services that build healthy spirit, mind and body for all.

## Our Vision

To be a leading community collaborator in the Merrimack Valley that achieves bold results in the areas of Youth Development, Healthy Living, and Social Responsibility.

## Our Promise of Inclusion

The Merrimack Valley YMCA intentionally commits to facilitating positive and lasting change with our communities. Our Y focuses on providing an environment that celebrates diversity, advances equity, and reflects inclusion for all, both inside and outside of our walls. Our Y welcomes our community to show up authentically, to speak up courageously, and to create a space for all to be, belong and become.

## Our Strategic Advantages

Our “traits” using our unique assets and outstanding execution include; Our mission, Values, and Promise of Inclusion welcome all into a safe environment; our commitment to providing financial assistance to those in need; our geographic reach across the region; our diverse and unique properties, including 130 acres of nature; our ability to convene, partner and collaborate; Our brand and name recognition, a positive reputation of providing services; our breadth and scope of program variety, which incorporates all ages, abilities, and diverse groups; our ability to adapt and provide programs and services that are responsive to changing community needs; our volunteer and staff leadership.

## Our Core Values

Our Y upholds the core values of caring, honesty, respect, and responsibility. These values guide our behaviors as we work to strengthen the foundations of community.



**WELCOMING · GENUINE · HOPEFUL · NURTURING · DETERMINED**

# MEMBERSHIP INFORMATION

## Membership Types

### Association Membership

As an Association Y member, you have access to all the resources and benefits at all three (3) branches of the Merrimack Valley YMCA – Andover/North Andover, Lawrence, and Methuen.

### Better Together Membership

As a Better Together Y member, you have access to all of the resources and benefits of your home branches of the Lawrence and Methuen YMCAs. Better Together Members may access the Andover/North Andover YMCA five (5) times per month.

***Both Association members & Better Together members can register for programs at the member rate at all branches. We do not offer an Andover/North Andover Only Membership or a Pool-Only Membership at this time.***

### Household Memberships Categories-

#### Household 1,2,3,4

Allows one, two, three or four adults and their dependents living in one household to have full access to the YMCA. Children ages 9-12 are eligible to use the Wellness Center with a parent. The Wellness Center is available for ages 13 and up. Unlimited group exercise training (Yoga, Spin & more), unlimited guest passes, access to YMCA Nationwide Reciprocity, substantial discounts on classes, and free Child Watch services are also included.

### General Membership Categories-

#### Adult/Adult-2/Senior/Senior-2/Young Adult/Young Adult/Young Adult-2/Teen

Full access to the YMCA Wellness Center for ages 9-12 with a parent and Wellness Center for ages 13 and up, unlimited group exercise training (Yoga, Spin & more), access to YMCA Nationwide Reciprocity, and reduced rates on classes are included.

### Community/Program Participant/Guest

Allows non-members to register with the YMCA to participate in programs at the community rate. Use of the facility other than paid programs requires an additional day pass fee. Non-members participating in group exercise training classes pay on a daily basis per class. A valid government issued ID is required for all non-members entering the facility.

## Membership Billing/Payment

### Automatic Bank Draft

The automatic monthly bank draft using a check, credit, or debit card, is a continuous membership plan. It is understood that the membership will remain in effect permanently or until it is terminated by the member.

- If a member wishes to terminate his or her membership, written advance notice must be submitted 5 business days before the bank/credit card draft date in order to stop the draft. Membership dues are non-refundable after the draft date.
- When a membership is terminated, a copy of that document confirming the request will be given to the member.
- Should any membership draft be returned or refused by the financial institution for any reason, the YMCA will automatically resubmit the returned draft for payment as well as a service charge, up to \$25, at its earliest convenience. If the member fails to make restitution, the YMCA reserves the right to not offer the draft payment option to the member and the membership will be terminated immediately. It is understood that the membership will not be renewed until any outstanding balance is paid in full.
- It is the member's/previous member's responsibility to regularly review his/her monthly bank statements to check for accuracy of the membership draft payment or successful termination of membership.
- If bank accounts are changed or membership is upgraded or downgraded, a new draft authorization form must be completed by the member before any change becomes effective.
- At the discretion of the Merrimack Valley YMCA, the applicable monthly membership rate may be adjusted. The member will receive at least a 30 day notice prior to any such change, and it is the member's responsibility to inform the YMCA of any mailing address or contact information changes in order to receive the notice.
- Draft memberships are continuous with no renewal notices issued.
- Any changes/errors in your checking account status *must be reported* to a Membership Representative at the Welcome Center immediately.
- Memberships may be put on hold for up to three months in one calendar year. The hold must begin and end on the first of the month. Your bank or credit card draft will start automatically on the hold end date. Members also have the ability to donate that membership period to the Merrimack Valley YMCA Annual Campaign.

### Annual Full Pay

This method allows members to pay in full using cash, check, debit, or credit card. Membership hold is not available for this payment option. All Annual Full Pay membership dues are non-refundable.

### Outstanding and/or Delinquent Balances



Those members with outstanding or delinquent balances at any branch or department of the Merrimack Valley YMCA, including Camp or Childcare, will be denied access or use of the YMCA until the balance is current.

## Membership Benefits

Variety, convenience and opportunities provided through extensive facilities including:

- Access to the pools, gymnasium, Wellness Center, and Group Exercise Training Classes (Please see the Welcome Center or visit [mvymca.org](http://mvymca.org) for current schedules)
- Reduced rates for classes, programs, and member only events
- Child Watch - Baby-Sitting (only available with a Household Membership)
- Drop-in lunchtime basketball and evening volleyball, pickle ball, and badminton.
- Access all branches (Andover/North Andover, Lawrence, and Methuen), facilities, and programs (Available to Association Memberships Only.)
- Access to Nationwide Reciprocity, giving you access to most Y's in the country,
- Access to online registration and a Merrimack Valley YMCA Mobile Application.
- See our Program Guide at [mvymca.org/programs](http://mvymca.org/programs) for a complete list of the many programs and services available including swim lessons, sports, martial arts, camps, and childcare.
- After one (1) year of active Association Membership, members will receive a preferred monthly membership rate. Excludes Preschool, Youth, and Teen memberships.

## Guest Passes

Andover/North Andover YMCA Household and General Members are entitled to unlimited guest passes to invite their friends and family to enjoy the YMCA<sup>1</sup>. All guests must be accompanied by an active YMCA member at all times within the YMCA facility. Guests age 18+ must present government issued photo identification<sup>2</sup> on every visit and fill out a Guest Application and Waiver each day they are a guest. Any individual under 18 years of age must have a parent or legal guardian accompany them to the facility to fill out a Guest Application and Waiver which must be completed each visit and signed by the parent or legal guardian. The parent or legal guardian must present a valid form of government issued photo identification<sup>2</sup>. Youth Guests (ages 12 & under) must have an "adult" (age 18 or older) remain at the YMCA with the youth guest at all times.

Individuals are only allowed to access the Andover/North Andover YMCA as a free guest three (3) times per calendar year. After the three (3) free guest visits in a calendar year the individual will need to purchase additional one-day passes or will need to take out a monthly membership to access the facility.

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<sup>1</sup>: Youth, Youth-2, Preschool and Preschool-2 membership categories are excluded from being entitled to free guest passes.

<sup>2</sup>: If an individual does not have a government issued photo identification, a photo student ID may be used instead.



## Membership Cards & Identification

Membership cards are issued to all members. Your coded membership card is required for access to the Merrimack Valley YMCA. For your safety and security, we require a card swipe or a pass with a photo I.D. at the Welcome Center on your arrival.

Presentation of your card will be required for use of the facility or class attendance. All individuals entering the facility must check in at the Welcome Center upon entry. If your card has been lost or stolen, please notify a Welcome Center staff member and you will be issued a new one.

For security purposes, we require a photo to be taken of each member, which displays on the screen each time he/she scans his/her card. The photo remains in our database only and may be viewed by the YMCA branches.

## Membership Restrictions

The protection of members and guests who are participating in programs or are using YMCA facilities is of paramount concern to the staff of the Merrimack Valley YMCA. We reserve the right to deny access or membership to any person who:

- Is a registered sexual offender.
- Has plead guilty to or been convicted of any crime involving sexual abuse.
- Has plead guilty to or been convicted of any crime against persons such as child, spousal, or parental abuse.
- Has plead guilty to or been convicted of any offense relating to the sale or transportation of illegal narcotic, habit forming, or dangerous drugs.
- Is presently clearly under the influence of intoxicating beverages or behavior-modifying drugs.
- Has plead guilty to or been convicted of a violent crime.
- Engages in conduct that violates our code of conduct or YMCA values.

## Membership

We feel that our facilities, program, and caring staff are the best you'll find. We're willing to back our membership with a 30-day money-back guarantee. If within the first 30 days of YMCA health, fitness, and fun, you're not satisfied, we'll refund your money at your request during the time of termination. This applies to new memberships only.

## Membership Opportunities

### Financial Assistance

**Purpose:** It is the goal of the Merrimack Valley YMCA to provide services for individuals and families who wish to participate in the activities and benefits of the YMCA, regardless of ability to pay. Our financial assistance program serves those who have the greatest need in the community and will be awarded based on demonstrated need and available funds.

Financial assistance is private and confidential. Funds raised during the Merrimack Valley's Annual Campaign and other special events help support this scholarship program. You may pick up an application for financial assistance at the Welcome Center or download it at [www.mvymca.org/join](http://www.mvymca.org/join) .

### **Hand Up Program**

This program provides a three-month Merrimack Valley YMCA membership to current members who have recently lost their jobs as a result of layoffs. Letter of termination or some form of verification from a previous employer is required for participation. Hand Up membership is for the same membership category as prior to the layoff. Others are encouraged to apply for financial assistance.

### **Corporate Partners and Discounts**

As a community-based organization, we partner with many local business, cities, towns, and organizations to offer discounted membership to their employees. Check with your HR department to see if your employer qualifies. Valid company ID or pay-stub required.



# CODE OF CONDUCT

## Anti-Harassment

We endeavor to provide an environment for our members and employees free from all forms of harassment. Your membership reflects your commitment to our values of honesty, caring, respect, and responsibility.

## Loitering

Loitering inside and outside of the building is prohibited.

## Nondiscrimination

Membership is available to all persons regardless of race, color, religion, gender identity, age, marital status, sexual orientation, national origin, disability, or financial circumstance.

## Sexual Offenders

Our Y routinely checks a national database to ensure we are protecting our members from sexual offenders. All sexual offenders appearing on the National Sexual Offender registry will be denied membership.

## Violence Policy

The Merrimack Valley YMCA strives to eliminate unsafe behavior by anticipating and closely supervising any potentially dangerous situation. We believe all persons and staff have the right to be safe from the threat of physical harm or injury, verbal assault, and intimidation.

Any act of verbal or physical violence by a member of the Merrimack Valley YMCA will result in disciplinary action, from suspension of membership to immediate termination.

### **Weapons Policy**

The Merrimack Valley YMCA will not tolerate the possession of and/or use of articles commonly used or designed to inflict bodily harm and/or intimidate, coerce, or harass. This policy shall apply to all Y staff, members, participants, and volunteers.

### **Photography and Video Policy**

Members and participants are not allowed to take video or photos at the Merrimack Valley YMCA without permission from all individuals involved. There are opportunities for pictures and video to be taken. Please check with the program supervisor to find out the appropriate times.

### **Policy for Use of Cell Phones, Audio, Camera, and Video Recording Devices**

In an ongoing effort to maintain a safe environment for children, adults, and families, The Merrimack Valley YMCA has established this policy to protect the safety and privacy of all of members and guests.

**The use of cell phones, audio, camera, and video recording devices is strictly prohibited in all locker rooms, rest rooms, and pool decks.**

Talking on cell phones is restricted to offices, conference rooms, hallways, and lobby areas. Talking on cell phones is not allowed in locker rooms, rest rooms, or any program space including but not limited to: childcare center(s), the gymnasium, multi-purpose rooms, Wellness Center, pool decks, and all workout areas. Please refrain from having cell phones while working out or in locker rooms. If you require your cell phone for emergency calls, please set it to vibrate and take/make the call in an authorized area.

### **Termination/Suspension of Membership**

Violators of the above policies will be subject to appropriate sanctions including revocation of membership.

Any person who supports the purpose of the Merrimack Valley YMCA may become a member of this organization in accordance with such provisions as may be established by the Merrimack Valley YMCA and shall continue to be a member unless the Merrimack Valley YMCA and its authorized agents conclude, in its sole discretion, that a member has failed to live up to the standards and commitments of being a member of the Merrimack Valley YMCA.



## GENERAL INFORMATION

### Information Changes

Please let our Welcome Center staff know of a change in address, phone number, emergency contact, or email address to ensure prompt receipt of brochures, and other information.

### Building Hours

See Welcome Center and/or website for building hours and holiday closings as our hours change seasonally. (Visit [www.mvymca.org](http://www.mvymca.org) to download all posted schedules.)

### Handicap Accessibility

Merrimack Valley YMCA facilities are accessible to people with disabilities. Handicap parking spaces are available in the upper driveway in front of the building and there is elevator access for wheelchairs to most areas.

### Inclement Weather

During inclement weather, the YMCA does reserve the right to close the building or cancel classes at any time if the safety of our members, participants, and staff is at risk. If a paid class is cancelled due to inclement weather, we will issue a YMCA credit voucher. For inclement weather updates visit our website at [www.mvymca.org](http://www.mvymca.org) or our Facebook page. During thunder/lightning storms, all pools will be evacuated and remained closed for 30 minutes past the last incident of thunder/lightning in the area.

### Insurance

The Merrimack Valley YMCA does not carry accident insurance for members or program participants, nor is it responsible for any items lost on the premises. All members, guests, or program participants using a YMCA facility do so at their own risk.



## **Parking-(Andover/North Andover YMCA ONLY)**

Please do not use the driveway closest to the building for pick up and drop off. This area is strictly reserved for handicapped parking. Parents with children under the age of 13 must park in an appropriate designated area in the lower lot and escort their child(ren) to program area or class. Parents are required to come in to the building to pick up their child(ren).

## **Program/Event Cancellation Policy**

The Merrimack Valley YMCA reserves the right to cancel classes and events or change program hours if necessary. Information will be posted at the Welcome Center and on our website [mvyymca.org](http://mvyymca.org).

## **Locker Rooms**

(Day use only; no overnight locking) – Adult locker rooms and saunas are for individuals ages 18 and up. Youth locker rooms are for individuals under age 18, and adults with children. Open nudity is prohibited in Youth locker rooms. Family locker rooms are for children under age 18 with an accompanying parent(s), or for those who need special assistance. YMCA members and program participants are responsible for securing their lockers with their own padlocks. Also, cell phones are strictly prohibited in the locker rooms and bathrooms.

In 2016, Massachusetts passed ["An Act Relative to Transgender Anti-Discrimination"](#), giving all people the right to access the locker rooms, changing rooms, and bathrooms that align with their gender identity. In accordance with both Massachusetts Law and our Promise of Inclusion, we support our transgender community and strive to ensure a welcoming inclusive facility for all. We do have single stall restrooms as well as changing stalls in the Family Locker Room for those who wish to change in a private space. We are committed to providing a safe and accessible space for all of our members, guests, and staff. If you have any questions, please contact the Branch Executive Director or Chief Operating Officer.

## **Valuables**

We encourage members to leave all valuables at home. We recommend using a locker and keeping it locked while you're at the Y. Do not leave items on site in cars in the parking lot and do not leave unlocked items unattended. Do not leave valuables at the Welcome Center with staff. The Merrimack Valley YMCA is not responsible for lost or stolen articles.

## **Lost and Found**

The Merrimack Valley YMCA is not responsible for lost, forgotten or stolen items. Check with the Welcome Center for lost articles or items. These items will be held for a limited time.

## Rentals

Merrimack Valley YMCA facilities are available for rentals including the Family, Lap, and Teaching Pools (ANA branch only), Gymnasium, and Dance Studio, as well as other designated spaces for parties. Our YMCA Camp Otter in Salem, NH is also available for rental.

## Daily Visits

Nonmembers who are not coming with a Merrimack Valley YMCA member are eligible to purchase a one-day visitor pass at our Youth/Teen (\$10), Young Adult/Senior (\$13), Adult (\$22) or Household (\$28) rates.

One-day visitor Pass users age 18+ must present government issued photo identification<sup>2</sup> on every visit and fill out a Day Pass Application and Waiver each day they purchase a day pass. A Day Pass Application and Waiver must be completed each visit and signed by the parent or legal guardian of any individual under the age of 18 who wishes to purchase a day pass. The parent or legal guardian must present a valid form of government issued photo identification<sup>2</sup>. Youth Guests (ages 12 & under) must have an “adult” (age 16 or older) remain at the YMCA with the youth guest at all times.

If an individual purchases a one-day visitor pass(es) and chooses to join the YMCA within seven (7) days of purchase the YMCA will credit the cost of one of the one-day passes towards their pro-rated membership dues.

## Payment Methods

Payments for membership, programs, and services must be made directly to the Merrimack Valley YMCA. No payment should be made to any other entity other than the YMCA. Payment for classes is due in full at the time of registration. The **YMCA accepts cash, check, and credit/debit cards- including Visa, MasterCard, American Express, and Discover.**

## Check Policy

Personal checks are accepted. There is a \$25.00 service charge for all returned checks. If two checks are returned during a one-year period, you may be required to make future payments by cash, money order, or credit card.

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<sup>1</sup>: Youth, Youth-2, Preschool and Preschool-2 membership categories are excluded from being entitled to free guest passes.

<sup>2</sup>: If an individual does not have a government issued photo identification, a photo student ID may be used instead.



## Refund Policy

### Membership Dues, Program Fees, Credits, Refunds & Policies

- Membership Dues are non-refundable after the draft date. Please see Membership Bill/Payment for more details.
- Program fees will not be prorated if signing up after the program commences unless called off the waitlist.
- No refunds will be made unless the program or class is cancelled by the YMCA. Credits will not be provided for participants who are unable to attend classes due to a personal issue. The Merrimack Valley YMCA reserves the right to cancel classes due to minimum enrollment requirements, in which case a credit or refund may be issued.
- Before the session begins, an individual may cancel his/her class and request a class credit. A credit voucher will be issued less a \$5.00 nonrefundable service charge. This type of cancellation will be issued only as a credit voucher, not a refund voucher.
- After the first or second class, an individual may cancel their class; however, they will be issued a credit voucher, less a \$5.00 nonrefundable service charge and the cost of one or two classes.
- Starting the third week of classes, a credit will not be issued if an individual does not wish to participate. During the summer sessions, a credit will not be issued after the first week of classes in an individual does not wish to participate.  
Excluding Swim Lessons
- If a member registers for a class and their credit card is refused, a check is for the wrong amount, or no payment is included, we cannot secure a class.

## Waitlist Policy

If you or your child is waitlisted for a class, the program's director will contact you via phone or email and notify you that a spot has opened for the program. Calls or emails must be returned within 24 hours to ensure a spot.

# AQUATICS DEPARTMENT POLICIES

## Pool Rules & Policies

1. The Y wants you to have a safe swim experience. Rules will be enforced in accordance to our safety standards.
2. A full cleansing shower must be taken by all swimmers. Street clothes or workout clothes are not permitted in pools or hot tub.
3. Band-Aids should be removed before entering any pool. No open sores in the pool.
4. No cell phones allowed in pool area or Spa. No pictures or videos. Phone conversations should be taken off the pool deck.
5. Horseplay is not permitted
6. Families with children should use the appropriate locker rooms. We have a family locker room, boys, girls and locker rooms for adults only.
7. Please store/keep all strollers and carriages off the pool deck. If you have to bring a stroller or carriage into the building, please corral them in the hallway space.
8. Shoulder length hair or longer should be pulled up to swim. Swim caps should be worn.
9. Children ages 7 and under must have an adult in the water within arm's reach, regardless of swimming ability. Supervision of children from the hot tub, benches or side of pool is not permitted. Supervision must be within a 3:1 ratio.
10. The lifeguard reserves the right to swim test any swimmer. Those unable to pass a swim test must have an adult in the water.
11. All children in a flotation device must be accompanied by an adult in the water within arm's reach. No inflatables.
12. Hot tub and Steam room are for those ages 18 or older and swimmer must wear appropriate swim wear or clothing designated for pool use.
13. Children ages 7 and under must have an adult on the splash pad with them, children 8 and older must have an adult in the family pool area. If the lifeguard observes unsafe activity, parents may be required to stay on the splash pad with a child aged 8 or older.
14. Swimmers (including swim/synchro lessons) ages 12 and under must have an adult in the pool area.
15. Use of the lanes are reserved for lap swim or exercise and individual private lessons and preference is given to adults ages 13+ unless a program is scheduled in the lap lanes. (Private lessons may not always reflect on the schedule) Please share, split or circle swim with 2+ swimmers in a lane. *Swimmers ages 12 and under may use an unoccupied lane for lap swim with; adult supervision, permission from the lifeguard and will have to pass the swim test. YMCA swim team members and adults ages 13+ will be given preference.*
16. No unauthorized outside programming, coaching or lessons are allowed.
17. Use of the swim blocks are restricted to supervised YMCA programming and are not available for general use.

18. Equipment use: The Y does have a limited supply of equipment for member use during swim time. Kickboards, buoys and belts are available for lap swim or adult exercise in the shallow area. Noodles are available during family swim. Please be respectful and return your pool equipment after use. Flippers are not permitted in the shallow space. Full face snorkel masks are not permitted in any space.
19. The lifeguard is the sole authority in the pool area. The lifeguard will enforce all pool rules in order to ensure the safety of all swimmers.
20. Management reserves the right to close a pool if it is deemed unsafe at any time.
21. Pool schedule is subject to change at any time.
22. Lifeguards will be subjected to unannounced safety drills, this is to ensure the safety of our swimmers and allow us to practice our rescues. We appreciate your patience during this time, it may cause some interruptions to your swim.

## Weather Policies at the Pool

The Merrimack Valley YMCA is dedicated to the safety and well-being of our members and program participants. Your family's health and well-being is our primary concern. That's why we adhere to the following safety procedures when thunder, lightning and other signs of inclement weather strike near one of our pools (both indoor and outdoor). These procedures are recommended by YMCA of the USA, The National Lightning Safety Institute and our local insurance provider Redwoods.

- **When thunder or lightning is first noticed, pool activities will be suspended and all aquatic areas will be evacuated until 30 minutes after the last sign of thunder or lightning.** The distance from a facility to an approaching thunderstorm can be five to eight miles away, but lightning can strike from a much farther distance.
- **The entire pool area, including the pool deck, will be closed.** Current policies are based on best practices identified by the YMCA of the USA, The National Lightning Safety Institute and our local insurance provider Redwoods and require that the entire aquatics area be closed.

*"Indoor pool facilities are connected to a much larger surface area through underground water pipes, gas lines, and electric and telephone wiring. If lightning strikes the ground anywhere on this metallic network, it may induce shocks elsewhere. It is recommended to wait at least 30 minutes after the last sound of thunder before resuming aquatic activities." – National Lightning Institute*

- **All programs will be cancelled, including swim lessons and water aerobics classes.**
- **The pool area will be reopened 30 minutes after the last sign of thunder or lightning.**



## GYMNASIUM POLICIES

### Andover/North Andover Gymnasium

- The Y's core values are Caring, Honesty, Respect and Responsibility. These are the rules that govern our gym. Anyone unable to demonstrate these values will not be permitted to play in our facility.
- Full court games and/or games using both of the side hoops are allowed if no other members are using the gym. Games should be contained to one hoop in order to allow other to use the space.
- Y staff have the final word on activities allowed in the gym.
- Basketball players may not enter or exit the Y through the childcare hallway at any time of day. No exceptions. Anyone caught violating this rule or harassing Y staff will have their membership revoked.
- Music can be played in the basketball gym, but it may not contain offensive lyrics or profanity. Volume should be respectful of other playing.
- Family Open Gym is a time for families to come and play.
- Volleyball, basketball and pickleball are drop in sports and not organized by Y staff. Members can come, setup play and clean up their respective sports at the scheduled times.
- The YMCA reserves the right to adjust the gym schedule at any time to meet program and facility needs.

## WELLNESS CENTER POLICIES

### Andover/North Andover Wellness Center

- Wellness Center Staff are available to help you get oriented with the equipment.
- Please wipe down machine when finished with towels and spray.
- Excessive dropping of weights, yelling, or any other behaviors that disturb other members will result in disciplinary actions including, potential membership suspension or termination.
- Appropriate athletic dress code is required at all times.

- For the safety of our members, the use of the Group Exercise Studios and the Active Living Center is prohibited when classes are not scheduled.
- **Ages 9-12:** Allowed to use Strength Circuit machines and cardio equipment. Parent/adult must be alongside child while working out at all times. Absolutely no one under 13 can use the upper level of the Wellness Center.
- **Ages 13-17:** Allowed to all equipment in the Wellness Center. Does not need parent/adult chaperone while working out. Teen Orientation of fitness center is highly recommended.

## GROUP EXERCISE CLASSES POLICIES

### Andover/North Andover Group Exercise

The Y offers a wide variety of exercise classes, which are FREE for members. From Zumba to Yoga, Pilates to Spinning, and more, you can find the perfect class at the Y.

- Your YMCA Membership must be **ACTIVE** in order to sign up for and attend classes.
- Pre-registration is **REQUIRED** for all group exercise classes. You can register for classes online at [mvymca.org](http://mvymca.org).
- Registration for classes open three (3) days prior to the class date at 5:00 am.
- Class size is limited to 30 participants in Studio 3 and 20 participants in Studios 1 & 2.
- Mats, Yoga blocks, Yoga bolsters and blankets are now available for use.
- Classes may be held outside weather permitting and at the discretion of the instructor.

## ADDITIONAL GENERAL POLICIES AND NOTICE

*This purpose of this document is to provide a general overview of the Merrimack Valley YMCA's rules, regulations, and policies in order to provide the best experience possible for all members and the community. Additional rules, regulations, policies, and general information can be found online at [www.mvymca.org](http://www.mvymca.org) or posted throughout the building. The Merrimack Valley YMCA reserves the right to handle any disputes or situations on a case-to-case basis in order to uphold our mission, vision, core values, and promise of inclusion.*



