



**YOU
BELONG**



GENERAL INFORMATION

MEMBERSHIP

- **CANCELLING** your Membership: 30 days written notice before your next billing date is Mandatory with a completed Membership Cancellation request.
- **HOLDING** your Membership: We can put your account on hold without dues for 1 to 3 months once per year (based on billing date, 30 days written notice with completed Hold Request.)
- **Guest passes:** Each Membership comes with 3 guest passes per year. Guests over 16 must bring a photo ID, guests under 18 must be accompanied by an adult anywhere in the facility. Day passes are available to purchase: \$10 under 18, \$15 for adults and \$25 for families.

ATTIRE

As a family organization, the YMCA of Greater Hartford encourages members and their guests to maintain an appearance that is not disruptive, distracting or offensive in any regard or attire that does not present health or safety concerns. Accordingly, Y staff may restrict appearance and attire with special consideration for specific issues. The list below is meant for example purposes and may not be inclusive of all expectations:

- Clothing, tattoos and jewelry that carry sexual, vulgar, or offensive messages or references, including pictures of the use of alcohol, tobacco, drugs, and gang affiliation, will not be permitted
- Any apparel item that can be used as a weapon is not permitted at the Y

ADDITIONALLY, IN WORKOUT AREAS

- Closed-toe athletic shoes and shirts or workout tops (but not sports bras) are required.
- To preserve our equipment, jeans are not permitted
- Proper swim attire must be worn in the spa and pool areas

GYMNASIUM

- Please don't bring bags into the gym. Make use of the lockers in the hallway and locker room.

GROUP EXERCISE

- Children ages 10-12 can take classes with a parent, ages 13 and up can attend by themselves.
- Studio B is for group classes only. Studio A is available for individuals 16 and older between scheduled classes.

FACILITY HOURS OF OPERATION

School Year

Monday - Thursday | 5:00AM - 9:00PM

Friday | 5:00AM - 8:00PM

Saturday - Sunday | 7:00AM - 6:00PM

Summer

Saturday - Sunday | 7:00AM - 4:00PM

AMAZING KIDS & CHILD WATCH

Monday - Thursday | 8:00AM - 1:00PM

| 3:30PM - 7:30PM

Friday - Sunday | 8:00AM - 12:30PM

TEEN CENTER

Monday - Thursday | 4:00PM - 7:00PM

Saturday | 8:00AM - 12:00PM

Friday/Sunday | CLOSED



WELLNESS CENTER

- Please wipe down all equipment after use. Spray bottles and towels are provided.
 - Age restrictions: Children under 10 are not allowed in the Wellness Center. Ages 10-12 must be accompanied by a parent and ages 10-17 must complete an Orientation with a Wellness Center Attendant.
 - Personal training packages are subject to expiration; cancellation notice must be received 24 hours before your appointment.
 - No chalk is to be used in the Wellness Center.
 - No bags are allowed, please make use of the lockers in the hallway and locker room.
- *Cell Phone Usage Limited to Music. No photos.

AQUATICS

- Please shower before using the pools and bring your own towel.
- The steam room, sauna and hot tub are for members 16 and older only.
- Children 16 & under must take a swim test with a lifeguard on duty in order to use the lap pool.
- Children ages 5 and younger must have a parent in the pool with them, ages 6-12 must have a parent on the pool deck.
- We are required to close the pools if there is thunder or lightning within 10 miles of the facility.
- Private lessons are subject to expiration and 24 hour notice is required to cancel a scheduled private lesson.
- Approved swimwear includes: swim diapers, short swim briefs, swim/surf shirt, 2-piece bathing suit, 1-piece bathing suit, 2-piece tankini, swim trunks, long swim briefs, and religious swimwear. We have a diagram at the Welcome Center if you are unsure of what qualifies.
- No cotton-based clothing is allowed in the pool because it can absorb the chemicals in the water, affecting the proper chemical balance
- Lycra and nylon are the best non-absorbent materials for swimming
- No street clothes allowed in the water because they can transport airborne and water-born contaminants
- Lifeguards have a right to ask you to leave or change if you are wearing inappropriate swim attire

CHILD WATCH

- Child care is available for members with Family memberships only (not guests) for ages 6 weeks to 9 years. Please ask for Information on Hours (subject to change).
- There is a 2 hour limit per day and the parent must remain in the building.
- No food is allowed and our staff does not change diapers.

OTHER

- Please bring your own lock for use in the locker room and do not leave it overnight. NO CELL PHONE USAGE in Locker Rooms.
- Children under 13 must be supervised by an adult at all times.
- Same gender children between the ages of 7 and 12 may use the Men's and Women's locker rooms. Children and families under the age of 7 must use the Family Locker Room.
- Tobacco Products are not allowed anywhere on the premises.
- Animals may not be left in vehicles in the Hale YMCA parking lot at any time.
- No spitting anywhere in the facility.
- If you spill liquid or powder in the facility, please clean it up.
- Class cancellations and pool closures are posted on Facebook, so we encourage you to follow our Facebook page. Major events (power outages, long-term closures) are sent via email, so make sure to provide your email address at the Welcome Center.

YOUTH GUIDELINES

12 to 17

Children ages 12 to 16 may only remain in the pool without an adult on the pool deck if they have passed the Deep Water Swim Test and have a Green Band. Children ages 16+ may be in the pool without an adult in the building.

AGE RESTRICTIONS BY AREA

Swimming pools

Children ages 12 and under must always be accompanied in the pool area by an adult. Children ages 12-16 who have passed the Deep Water Swim Test and have a Green Band may be in the pool area alone as long as an adult remains in the building. Children ages 16+ may be in the pool without an adult in the building.



TEST. MARK. PROTECT.

The YMCA employs a testing and wristband-marking system at all of its pools called Test. Mark. Protect. All children ages 16 and younger must participate in a swimming test, and will be provided a green, yellow or red wristband based on their swimming ability. Once tested, a member's wristband color is recorded on their account. Each time the member visits the YMCA and intends to swim, they must get a wristband. All guests, program participants and birthday party attendees under the age of 16 must be tested each time they come to the Y to swim, other than for swimming lessons.

Green Band: Children who pass the deep water swim test may access any area of the pool. Children under age 12 must have an adult over age 18 in the pool area at all times, but the adult does not need to be in the water with the child. Children ages 12-16 may be in the pool area by themselves, but must have an adult in the building. Children over age 16 may be in the pool without an adult in the building, and do not need to take a water test.

Yellow Band, ages 7 and under: Children under age 7 who pass the shallow water swim test may access any zone of the pool up to chest level, but must be accompanied by and remain within arms-reach of an actively-engaged adult over age 18 while in the water.

Yellow Band, ages 7 and older: Children ages 7-16 who pass the shallow water swim test may access red and yellow zones in the pool without an adult in the water as long as an adult over age 18 remains in the pool area.

Red Band: Non-swimmers who do not pass a water test are limited to red and yellow zones of the pool up to chest level, and must be accompanied in the water, within arms-reach, by an actively engaged adult over age 18 at all times. The YMCA recommends red-band swimmers wear a personal flotation device while in the water, and we will provide a U.S. Coast Guard-approved jacket.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE BUILD LIFELONG SUCCESS

DOWNTOWN YMCA

90 State House Square, Hartford, CT 06103
860.522.4183 • DowntownYMCA.org

FARMINGTON VALLEY YMCA

97 Salmon Brook Street, Granby, CT 06035
860.653.5524 • FarmingtonValleyYMCA.org

HALE YMCA YOUTH & FAMILY CENTER

9 Technology Park Drive, Putnam, CT 06260
860.315.9622 • HaleYMCA.org

INDIAN VALLEY YMCA

11 Pinney Street, Ellington, CT 06029
860.871.0008 • IndianValleyFamilyYMCA.org

WHEELER REGIONAL FAMILY YMCA

149 Farmington Avenue, Plainville, CT 06062
860.793.9631 • WheelerYMCA.org

WILSON-GRAY YMCA YOUTH & FAMILY CENTER

444 Albany Avenue, Hartford, CT 06120
860.241.9622 • WilsonGrayYMCA.org

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