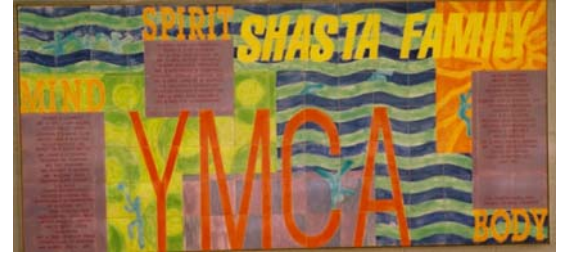


General Membership Information and Policies



Welcome to the Shasta Family YMCA. We hope your time with us is a great experience. We thrive on your satisfaction. If you have any suggestions, please contact a staff person.

No Contracts are signed when you join. We want you to be with us for as long as you want, and anyone wishing to terminate membership may do so with a 30 day written notice.

Indoor and Outdoor Heated Swimming Pools are open year round for lessons, water aerobics, lap swimming, family swim and open swim times. See our current schedule for pool use times.

Lockers are provided for daily use only. See the front desk staff for yearly locker rental availability. Please bring your own lock and towel.

Cybox and LifeFitness Weight and Cardio Theater Equipment is available during all our business hours. Customize your fitness needs with a variety of aerobic and weight training exercises. Personal Trainers are available for a fee.

Free-Weight Room is available for those wishing a more traditional workout.

Weight Room Orientations are available for all members at no cost. Teens, 13 to 18 years old, are required to take a weight-room orientation before use of any weight equipment.

Daily Use is available for non-members at a cost. Due to safety reasons, teens who are not members are not allowed in the free weight or cardiovascular areas. You must be at least 13 years old to use the facility without adult supervision. Children under the age of 13 must be accompanied by an adult, 18 years or older.

Gymnasium use is open to all members and non-members. See our current schedule for open times and organized sports usage.

Noon Basketball is restricted to adult members only and is played Monday through Friday from Noon - 1:30 pm.

Aerobic Classes are included with your membership. Simply attend the classes that interest you and fit into your work-out routine. See our current schedule for more specifics.

Y-Programs are offered year-round for all age groups. These recreation program prices vary and most have capacity limits, so check with the front desk staff for more information.

PlusONE Mentors offers you the opportunity to mentor a young person for just one hour a week. You can make a huge difference in the life of a child. Mentors make a difference.

Raising a Reader is a book lending literacy program for parents and young children. Opportunities include story time, fun activities, and a book bag exchange.

Childwatch (infants and toddlers) and the **Game Room** (ages 5-12) are available and free to members' children, while parents are at the facility. Space is limited provided on a first come first served basis, with a 90 minute maximum.

Computer Lab opened in 2002. Do your homework, research topics, or just surf the web. Adult supervision is required for children ages 10 and under.

ID Cards give you a sense of ownership in the Y. Have your picture taken within a week after joining and please present your card for scanning each time you visit.

Financial Assistance applications are available. No one is turned away from YMCA membership or program participation due to financial conditions.

Proper Attire is required for safety reason. Jeans, cut-offs, corduroy pants, shirts with inappropriate pictures or words, street shoes, sandals, or bare feet are not allowed. Please wear only non-marking tennis shoes on the gym floor.

Fighting is given zero tolerance at the Y, as well as swearing or generally inappropriate behavior. Memberships may be suspended or revoked.

Closure occurs only for special events, maintenance, construction, or unforeseen emergencies and on the following holidays: New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas Day.

Strong Kids Campaign is a yearly, volunteer run community fundraiser to help kids, teens, families and seniors who may not be able to participate in Y programs due to financial conditions. If you would like to join our team, please contact one of the management staff.

