Welcome to the Sacramento Central YMCA! Now that you are a member, here are a few things to help you get the most out of your Y experience.

GENERAL INFORMATION:

- **Who We Are:**
  - **Our Mission**
    - Inspire all to a healthy life - in spirit, mind and body.
  - **Our Values**
    - Our core values unite us as a movement. They are the shared beliefs and essential principles that guide our behavior, interactions and decision-making. The four values of the Y:
      - **Caring:** Show a sincere concern for others
      - **Honesty:** Be truthful in what you say and do
      - **Respect:** Follow the golden rule
      - **Responsibility:** Be accountable for your promises and actions
  - **Our Vision**
    - To advance our mission and seek to strengthen the foundations of community by serving youth, teens, families and seniors through programs that improve quality of life, provide a foundation for healthy living, build relationships with others, demonstrate positive values and preserve important services/activities in the community.

- **Facility Hours:**
  - Monday-Thursday 5:30 AM - 10:00 PM
  - Friday 5:30 AM - 8:00 PM
  - Saturday 7:00 AM - 6:00 PM
  - Sunday 9:00 AM - 6:00 PM

- **Observed Holidays:**
  - **Facility Closed**
    - Easter
    - Independence Day
    - Thanksgiving Day
    - Christmas Day
  - **Facility Open and Free to the Community:**
    - New Year’s Day
    - Christmas Eve - facility closing at 3:00pm
    - New Year’s Eve - facility closing at 3:00pm
MEMBERSHIP PERKS

- Membership Benefits:
  - Adults have full access to the facility. That includes: Access to the Weight Room, Cardio Room, Pool, Indoor and Outdoor Basketball Courts, Core Center and full entry to all our regular Water and Group Fitness classes.
  - Members also have access to use Child Watch, which is a drop-in service that provides a safe, supervised place for your child to play while you enjoy your workout with peace of mind. Enjoy that extra time you need in the cardio room, join a group fitness class, or jump in the pool while your children are safe and having fun with YMCA staff.
    - Child Watch Hours
      - Sunday 9:00am – 12:00pm
      - Monday 9:00am – 11:00am, 4:30pm – 8:00pm
      - Tuesday 4:30pm – 8:00pm
      - Wednesday 9:00am – 11:00am, 4:30pm – 8:00pm
      - Thursday 4:30pm – 8:00pm
      - Friday 9:00am – 11:00am, 4:30pm – 8:00pm
      - Saturday 9:00am – 12:00pm
  - Additional member rate discounts are provided for Youth Programming such as Swim Lessons and Youth Sports.

- Guest Passes:
  - YMCA members are encouraged to bring friends to the YMCA. Active members are awarded five guest passes to distribute each calendar year.
  - For safety reasons, all guests are required to show a Photo ID, provide contact information (name, address, phone, email) and sign the Guest Book at the Member Service Desk upon arrival. A guest is allowed to visit the facility a total of five times. Afterwards, the guest will be asked to purchase a membership or Day Pass.
  - Guest Day Pass Fees:
    - $12 Day Pass for Adults ages 18 – 64
    - $7 Day Pass for Youth ages 17 and under
    - $7 for Seniors ages 65+

- Nationwide Membership:
  - Your membership with the Sacramento Central YMCA allows you free access to any other nationwide YMCA’s that participate in the Nationwide Membership Program.
  - If you visit a YMCA that does not participate in Nationwide Membership, AWAY members pay $5 every third visit.

- Health & Wellness Orientation Appointment:
  - This FREE 45-minute session, led by a Health & Wellness Coach, is recommended for both new and existing YMCA members and is included with membership on an annual basis.
  - The Learning Objectives Include:
• How to properly utilize our fitness equipment.
• How to vary your workouts and monitor exercise intensity.
• How working with a Certified Personal Trainer and/or Certified Nutrition Specialist can be valuable resource.
• An introduction to our Personal, Semi-Private, and Small Group Training services; Nutrition education and services; and Group Fitness Classes.

MEMBERSHIP PAYMENTS

• Payment Options:
  o Monthly Automatic Bank Draft via checking account, credit or debit card on the 5th or 20th of every month.
  o Semi-Annual (6 months) via cash, check or credit card.
  o Annual (12 months) via cash, check or credit card. $5/month discount for selecting Annual Payment option.

• Membership Renewal:
  o Monthly Automatic Bank Draft payments will be automatically collected. No action is necessary to renew.
  o Semi-Annual and Annual Membership renewals can be done in person at the Member Service Desk. A renewal letter will be emailed or mailed to you the month prior to your renewal date.

• Joining Fee:
  o The Joining Fee is not refundable or transferable.
  o The Joining Fee is waived if a member is transferring from another YMCA and has proof of recent active membership.
  o There is a one-time Joining Fee for all new memberships (except Teen). Those who cancel their membership may rejoin within 3 months and not repay the Joining Fee. For membership upgrades, the difference in the Joining Fee is required.

• Refunds:
  o Membership and Joining Fees are non-refundable or transferable.

• Y-Assist:
  o To apply for Y-Assist, simply complete the application form. Provide the requested information regarding your income and family size to your YMCA branch so that we can provide scholarships in a fair and consistent manner.

• Membership Holds:
  o A membership can be placed on hold for a short-term illness or vacation. Minimum one month, maximum six months. Free for the first three months and $10/month for each additional month up to six months.
  o No hold charge will be accessed if doctor’s note is provided.
Written notice is required 10 days prior to the draft date. YMCA does not provide accident or medical insurance.

- Membership Cancellations:
  - If you are having trouble with your YMCA membership due to financial circumstances, please take a minute to call or visit the YMCA and speak with a staff member about Financial Assistance. The YMCA helps hundreds of people each year with membership scholarships through our Y-Assist program.
  - If you are on a bank draft/automatic withdrawal you must cancel your membership five business days before your draft date to avoid paying any future months. You must fill out cancellation paperwork or send an email to membership@ymcasuperiorcal.org. For a Semi-Annual or Annual, if renewal payment is not made, membership becomes inactive.

- Change of Personal Information:
  - Personal information such as address, phone and email and be updated at any time at the Member Service Desk or over the phone at (916) 452-9622.

- Not Sufficient Funds (NSF):
  - A returned bank draft for your membership dues, otherwise known as an NSF, will place a HOLD on your account. Until that payment is made, no other registration can occur. A $25 NSF fee will be added on top of the original transaction fees.

- Change of Credit Card/Bank Account:
  - Please provide us with an updated credit card or bank information as soon as possible if you are signed up for an automatic monthly withdraw to avoid any additional fees. They can be updated at any time at the Member Service Desk or over the phone at (916) 452-9622.

MEMBER VISITS

- Parking:
  - Parking is available on the corner of 21st & W street. Additional parking is located on W street in front of our Child Development Center right before the train tracks.
  - The City of Sacramento has opened up the lots under the freeway between W & X Street on 20th for a $2 daily rate. If you have the Parkmobile App make sure to save Sacramento Zone 4229. You can also pay by phone by calling (916) 722-7275.
• **Membership Cards/Identification:**
  - A membership card is provided to each member of the membership upon registration. Replacement cards can be purchased for $5 each.
  - Cards must be activated to operate the Pool Door at the Member Service Desk. The Pool Door is reserved for members with limited mobility only.

• **Personal Belongings:**
  - Personal items can be stored in the Men’s and Women’s Locker Rooms. Long lockers are for day use. Locks should be perched at the Member Service Desk. In addition to that, small valuables (wallet, purse, keys, cell phone) can be stored at the Member Service Desk. The Studios, Weight Room and Cardio Room have cubbies where items can be stored.

• **Additional Services:**
  - **Towel Service**
    - $7 / Month for Unlimited Towels*
    - $2 / Daily Towel Rental
    - *Monthly Bank Draft only. $12 / month if paying via cash, credit card or check. Only one towel per person per visit allowed.
  - **Locker Rental**
    - Rent a small locker to store your gym essentials! Stop by the Member Service Desk to get set up today!
    - Monthly Rental - $10/month
  - **Retail Items**
    - Goggles - $11
    - Swim Cap - $6
    - Small Water Bottle - $4
    - Large Water Bottle - $6
    - Headphones - $13
    - Small YMCA Towel - $6
    - Lock - $11
    - Barre Sox - $16.26
    - Kids Swim Diaper - $1
  - **Snack Bar Items**
    - Water - $1
    - Gatorade - $2
    - Fruit Snacks - 2/$1
    - Clif Bar - $2
    - Quaker Chewy Bar - $1
    - Cheez-Its - $1
    - LifeAid Drink - $4
FACILITY RULES:

- Kids and Teen:
  - Children and tweens under the age of 14 must be accompanied by an adult at all times.
  - Cardio Room Usage: Members must be 15+ years of age to use the Cardio Room without adult supervision. Members 10+ years of age must be accompanied by an adult (treadmill use only).
  - Weight Room Usage: Members must be 15+ years of age to use the Weight Room.

- Weight Room Rules:
  - 15 years and older area.
  - Silence your cellphone - Use Front Lobby or hallways for conversations.
  - Share equipment by taking turns between sets on machines.
  - Do not slam weight stacks or drop free weights (unless it is a designated area).
  - Wear closed-toed athletic shoes at all times.
  - Return all equipment to their proper places after use.
  - Wipe down equipment after use.
  - No food or drinks, except water bottles with closed lids.
  - No derogatory language, profanity, or making excessive noise.
  - Use headphones for your personal music and video content.
  - Store belongings in designated areas.
  - No horseplay or damage of equipment.
  - Photography and video recording of others are prohibited without consent.
  - Fitness instruction and personal training should only be conducted by the appropriate Sacramento Central YMCA Staff.

- Cardio Room Rules:
  - Members must be 15+ years of age to use the Cardio Room without adult supervision. Members 10+ years of age must be accompanied by an adult (treadmill use only).
  - Silence your cellphone - Use Front Lobby or hallways for conversations.
  - Share equipment by taking turns between sets on machines. Observe our 30-minute limit on cardio equipment if others are waiting.
  - Do not slam weight stacks.
  - Wear closed-toed athletic shoes at all times.
  - Turn off equipment TVs and return all equipment to their proper places after use.
  - Wipe down equipment after use.
  - No food or drinks, except water bottles with closed lids.
  - No derogatory language, profanity, or making excessive noise.
  - Use headphones for your personal music and video content.
  - Store belongings in designated areas.
  - No horseplay or damage of equipment.
  - Photography and video recording of others are prohibited without consent.
  - Fitness instruction and personal training should only be conducted by the appropriate Sacramento Central YMCA Staff.
ADDITIONAL ITEMS:

- **Emergency Procedures and First Aid:**
  - General first aid supplies can be found at the Member Service Desk. In case of an emergency, please inform any YMCA staff member.

- **Comment Cards:**
  - Comment cards are available at the Member Service Desk.

- **Lost & Found:**
  - The YMCA is not responsible for lost or stolen items. All items given to the Membership Service Desk will be held for two weeks. If not claimed, the items will be donated. Please check the Member Service Desk for lost items.

- **Get Connected (Social Media):**
  - Facebook
  - Instagram
  - Twitter