



*J.A. Walters Family YMCA*



# *Membership Handbook*

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## *Dear YMCA Member:*

Welcome! We're thrilled that you've chosen to join the J.A. Walters Family Branch of the Georgia Mountains YMCA!

Since our founding in 1997, the Georgia Mountains YMCA has devoted itself to building strong kids, strong families and strong communities. After 12 years of operating programs in the community, we are now incredibly excited to share with you our facility, the J.A. Walters Family YMCA. We remain committed as a not-for-profit organization to helping people from all walks of life achieve their goals and reach for their dreams!

Our primary goal has and will remain the same: "To put Christian principles into practice through programs, services and relationships that build healthy spirit, mind and body for all." The core values of Faith, Caring, Honesty, Respect and Responsibility are ingrained in every program, every class, every camp, every activity - and every individual - as we serve.

We encourage you to take a few minutes to review the important information contained in this handbook. If you have questions or would like more information regarding your membership, please contact our Member Services Staff at 770-297-9622.

We believe you will find that we offer something special for everyone. Each day at the Y, children learn to swim, play fairly, dream and achieve. Teens find a safe place with mentors and friends to help them navigate their turbulent adolescent years. Adults work toward their health and wellness goals with the support of our caring professional staff. Seniors enjoy fellowship and fitness while surrounding themselves with good friends and "family." Volunteers and donors experience the profound joy of helping others by giving generously of their time, talent and treasure.

On behalf of everyone at the J.A. Walter Family YMCA, let us welcome you to the Y!

Sincerely,

***The J.A. Walters Family YMCA Staff***



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## *Our Vision:*

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The YMCA is a Christian movement that strives to exemplify Christ. Our staff will mirror the image of Christ in all relations with the people we serve and those who are a part of our community.

We will improve the quality of life through programs and services which provide opportunities for people to reach their highest potential, develop a positive attitude of self and others, appreciate good health & wellness, acquire a values system and elevate spiritual awareness that manifest itself in our daily lives.

We welcome into our fellowship persons of other religious faiths and of none.

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## *Our Mission:*

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"To put Christian principles into practice through programs, services and relationships that build healthy spirit, mind and body for all."

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## *Our Values:*

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The YMCA is committed to putting **Christian principles into practice**. YMCA programs, activities and relationships teach and model **Christian values** in order to strengthen kids, families and communities. **Caring, honesty, respect, responsibility, and faith** are core values evident in all that we do.

We are a **private, non-profit, membership organization** that serves the Hall County community. We seek to broaden an individual's involvement, first from participant to member and later to volunteer, donor and advocate.

YMCA programs are **developmental** in nature, helping people grow in spirit, mind and body, while recognizing the benefits of **recreational** time and pursuits.

We seek to be **fairly priced, affordable to all**, and perceived as a **good value**. Charitable and earned revenue together provide the necessary resources to accomplish our mission. A generous and easily accessible **financial assistance** program keeps our programs and facilities **open to all**.

The organization's planning and administrative functions are **centrally** coordinated while program delivery is **decentralized**.



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# *Membership Categories*

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We welcome everyone in the community to become a member of the Georgia Mountains YMCA and take advantage of our many life-enhancing programs and services.

## *Facility Memberships*

Facility memberships provide full access to the J.A. Walters Family YMCA. Facility members also receive priority registration for programs as well as special member-only rates for programs and services. We offer the following facility membership types:

- ❖ Married Family w/ children: A married husband and wife with dependent children. (Children must be age 18 or younger – 22 and younger if the dependent is a full time student.)
- ❖ Household Family w/ Children: Two adult household with dependent children, or single parent with dependent children. (Children must be age 18 or younger 22 and younger if the dependent is a full-time student.)
- ❖ Married Couple Membership: A married husband and wife without dependent children, or single parent with one(1) dependent child (age 18 or younger – 22 and younger if the dependent is a full-time student.)
- ❖ Adult: An individual adult ages 29-61.
- ❖ Young Adult: An individual adult ages 19-28
- ❖ Teen/Youth: An individual older youth or teen, age 10-18.
- ❖ Senior Adult: An individual age 62 or older
- ❖ Senior Couple: A married husband and wife where at least one individual is age 62 or older.
- ❖ Small Stuff: A child ages 3-9. (Children under the age of 10 may have small stuff membership but must be accompanied by an adult.)

In some cases, exceptions may be made for membership categories. For example, an older disabled dependent child over the age of 22 may fall within the family category. Exceptions are to be made by the Branch Executive only.



### ***Program Memberships***

The Georgia Mountains YMCA offers a community program membership for those who prefer to participate in programs and lessons only. This annual membership is available for programs such as Afterschool, Youth and Adult Sports or swimming lessons and is renewable on an annual basis. These fees are in addition to the program member fees of our programs. The cost of the Program Membership is \$10 annually.

### ***AWAY Program***

Your membership travels with you. If you happen to be out of town for business or pleasure, your membership enables you to visit over 2000 YMCAs in the United States as part of the Always Welcome at YMCAs (AWAY) program.

Visitors from other Y's are welcome! The J.A. Walters YMCA AWAY membership program currently provides up to 14 free visits per year before we begin to charge a guest fee. Beginning on the 15th visit a guest fee will be assessed upon each visit. Please be sure to check with the local YMCA for their current AWAY membership practices and procedures.

Your membership is valid for you and only you -- memberships may not be transferred to someone else.

## ***Membership Policies***

### ***Facility Hours***

The J.A. Walters Family YMCA will have the following operational hours:

- Monday - Thursday . . . . .5am - 10pm
- Friday . . . . .5am - 9pm
- Saturday . . . . .8:30am - 7pm
- Sunday . . . . .1pm - 7pm

The YMCA will be closed on Easter, Thanksgiving, Christmas Day and New Years Day.

### ***Child Watch Hours***

The Child Watch area will have the following operational hours:

- Monday-Friday . . . . .8am - 1pm  
4pm - 8pm
- Saturday . . . . .8:30am - 3pm
- Sunday . . . . .1pm - 5pm

For additional information on Child Watch, please see our Programming section of this guide.



## ***Closed Facility Days***

Please keep in mind that the YMCA will be closed on Easter, Thanksgiving, Christmas Day and New Years Day.

## ***Guests***

The YMCA seeks to encourage membership through the use of guest passes and guest privileges. Members are invited to bring a guest, with photo identification, with them to enjoy the YMCA at no additional charge. However, each guest will be limited to one free visit to the YMCA per calendar year. Additional guest passes may be purchased at the member services desk.

### **Cost of Guest Passes:**

Individual\* (under 10): \$10/visit

Individual (10 and older): \$15/visit

Family: \$25/visit

\*An adult must accompany guests under the age of 10.

Guests must provide photo identification and sign a guest release in order to enter the facility. If the guest is under the age of 10 or does not have a photo identification card, he or she must be signed in and supervised by an adult with a photo identification card.

Members of other YMCAs involved in the AWAY Program temporarily visiting from out of town may use the J.A. Walters Family YMCA for up to 14 visits per year without paying a guest fee. If the AWAY member is staying long enough to require more than 14 visits will allow, they will need to pay the guest fee.

## ***Nannies and Babysitters***

The YMCA encourages families to take advantage of their membership as much as possible by offering a "nanny pass" for families who have a nanny or babysitting service for their child/children. Families and nannies interested in utilizing this service must first complete and sign a "Nanny Pass Policy" form.

Once the "nanny pass" has been issued, the specified caretaker may visit the YMCA at any time with the child/children in a supervisory mode. The "nanny pass" does not constitute a membership and the nanny is not entitled to the benefits of full membership. Although a nanny often feels like part of the family, he/she cannot be added to your family membership. The nanny must be with the child/children at all times. If a child is 6 or younger, the nanny must be at least 18 years old in order to supervise at the YMCA.



## ***Member Code of Conduct and Enforcement Policy***

The YMCA welcomes anyone in the community to join our association and reap the benefits of membership. With membership, however, comes the responsibility to act in accordance with the values that make the YMCA a place everyone can enjoy: Caring, Honesty, Respect, Responsibility, and Faith.

The YMCA is committed to providing an atmosphere that is free of offensive and unlawful conduct. Fighting, use of abusive language, disrespect for property rights of the YMCA or others, conduct or actions of a sexual nature, derogatory or unwelcome comments based on individuals' sex, race, ethnicity, age, religion, marital status, citizenship, disability, sexual orientation or any legally protected status are examples of the conduct that will not be tolerated.

As a private organization, the YMCA reserves the right to cancel/deny the membership of any member who does not live up to the standards and commitments set forth in the Member Code of Conduct and Enforcement Policy. Immoral conduct (as defined by YMCA staff) or a documented history of such can result in denial or termination of membership. Inappropriate behavior (as defined by YMCA staff) will result in suspension or termination of your membership. Individuals who experience or observe this type of conduct are encouraged to promptly report their concerns to YMCA staff. Every effort will be made to ensure that reports are investigated and resolved promptly, confidentially and effectively.

### ***Attire***

Please remember that the YMCA is a family-oriented facility, appropriate attire must be worn all times and in all areas of the facility. Swimsuits are required in the pools, steam room, sauna, and whirlpool--no cut-offs or street clothes. Proper gym shoes and workout attire must be worn in the wellness center, aerobic studio, basketball courts and other program areas. Only rubber-soled athletic shoes should be worn on the gym floor. Towels/wraps or appropriate clothing should be worn in locker rooms.

### ***Locker Rooms***

You will be responsible for any personal belongings you bring into the locker rooms. Please bring and use a secure lock for your protection. Lockers are for use only during normal operating hours. Unauthorized locks left overnight will be removed at the discretion of YMCA staff and the locker's contents held for one week. After one week, the contents will be donated to charity. We offer five types of locker rooms: Men Adult, Women Adult, Youth & Teen Males, Youth & Teen Females, and Family & Special Needs. Men Adult and Women Adult locker rooms will be for ages 18 and up. Youth & Teen Males and Youth & Teen Females locker rooms will be for ages 10 to 17. Family and Special Needs locker rooms are suitable for parents accompanied by children of either gender and for members with special needs.



When using ALL locker rooms, please respect that others may not be comfortable with public nudity. We ask that you wear a towel or clothing at all times in all areas of the locker room, including the sauna, steam room and whirlpools.

## ***Security***

The YMCA makes every effort to ensure that your visit to our facility is a safe and enjoyable one. However, we cannot be responsible for any theft or damage to your property. Should you experience theft or damage, please complete an incident report at the member services desk. This enables us to track such incidents and take steps to prevent them from happening again. It also helps us to apprehend the perpetrators whenever possible. The YMCA will prosecute those engaging in criminal activity on its premises.

The best way to protect your property is to bring a lock and secure it in a locker. Valuables should be left at home. YMCA staff will NOT hold your valuables for you. Please do not leave valuables in a locked car or where visible. Please also be aware of our wallet and small stuff lockers located across from the entrance to the Family & Special Needs Locker Room.

## ***Lost and Found***

We encourage you to label all of your personal belongings, clothes, etc. The YMCA will make every effort to hold any items found within the facility in a designated Lost and Found area within the building. Any items not claimed within one week will be donated to charity.

## ***Membership Cards and Photo IDs***

Please present your membership card at the center's check-in desk every time you enter the YMCA. Another form of photo identification, such as a driver's license, may be used if a member forgets his/her official membership card. After the photo ID has been used 3 times, the member will be issued a replacement card at a charge of \$5.

Membership cards are issued to members age 10 and older. A parent or legal guardian must present their membership card and accompany members under the age of 10. If your card does not scan, we will verify your membership by other means, such as an additional form of identification. You may be asked to wait while your membership is verified. If your membership is not current, you may not enter the facility.

Your membership is for your use only. Please do not share your membership card with others or attempt to transfer your membership to another person. These actions may put your membership status in jeopardy. We will happily provide you with replacement cards for \$5 each.



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# *Membership Financial Policies*

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## *Fees and Payments*

We will happily coordinate a bank draft through the bank of your choice. You will not have to worry about due dates or accidentally terminating your membership. We will deduct your monthly membership fees directly from your bank account. The bank draft is continuous and, as such, will continue as long as you are a member.

1. Should you decide that you no longer wish to be a member, or you need to change your bank account information, we will gladly make those changes for you. A 30 day written notice is required for any of these changes to go into effect. Please visit the member services desk to complete and sign a Change in Information Form.
2. Please check your bank statement regularly. In the event that an error has been made, please notify us within 90 days and we will happily refund any discrepancies.

For those of you who prefer to be billed, we also offer an invoice option, in which you will be billed annually.

1. You will receive an invoice at least 30 days prior to the payment due date. If we do not receive your complete payment by the payment due date, we will assume that you are cancelling your membership.
2. If you change your mind and opt for our easy, hassle-free monthly bank draft, we ask you to complete a simple Change in Information form and provide a voided check.

## *Financial Assistance Program*

The Georgia Mountains YMCA is dedicated to keeping our programs and services available to all. We offer membership assistance through our Open Doors Policy, utilizing a sliding fee Income-based Rate Scale (IBRS) for both facility and program members. IBRS participants' membership fees will correspond to their household income level. The Open Doors Policy is made possible by donations from our supporters. Should your circumstances and/or situation change during the course of your membership, please notify the Member Services Desk.

If you are currently receiving membership assistance through our Open Doors Policy, you will be required to re-apply every tax year (May 31st). You will receive a reminder and be asked to bring updated income verification to the YMCA. This helps us continue to offer assistance to others who may be in need. If you do not re-apply, your membership rate will raise to the corresponding rate for the Membership group in which you fall. Reduced rates through IBRS may also apply to certain programs such as aquatics, day camp, and youth sports. Please check with our member services desk for a list of programs that are eligible for program assistance.

Memberships though IBRS are guaranteed the same quality of service as full-pay members.



## ***Changing Membership***

You may need to change your membership for several different reasons: adding a child, removing a grown child, a change of address, change of bank account, etc. Should you need to change any of your membership information, please complete a simple YMCA Change in Information Form available at the member services desk. The YMCA encourages you to be pro-active to avoid any possibility of disrupting service.

## ***Upgrading***

Do you have a new addition in your family? Have you been recently married? We want your entire family to be able to enjoy your YMCA membership.

Should your new addition put you in a new membership category, you will be responsible for any additional membership dues. We ask that you pay the difference in the first month's dues at the time when you submit your Change in Information Form. If you pay by annual invoice, we ask that you also pay the difference in your dues for the balance of your invoice period.

## ***Downgrading***

Have your children grown and left the nest, making you eligible for a couple or adult membership? We will happily adjust your membership category as well as your membership dues. All you need to do is complete a Change in Information Form and return the membership cards of dropped family members. Please allow 30 days to adjust bank draft amount.

## ***Program Membership to Facility Membership***

Have you enjoyed participating in a YMCA program and want to benefit from a full facility membership? When you upgrade to a facility membership, you will receive a credit for the annual program membership fee (\$10 per individual) paid in the past 12 months. There may also be times in which the Y offers special promotions for conversion from a program member to a facility member. This credit will be applied to your joining fee.

## ***Moving***

If you are moving out of Hall County and would like to have a YMCA membership in your new city, you will need to cancel your membership with the Georgia Mountains YMCA and join the YMCA in your new hometown. YMCA's are separate and managed differently at times. Therefore, YMCA's have different policies and procedures. We will be happy to provide a letter stating the cancellation date of your membership here in Hall County and the amount of joining fees you paid at your request. Be sure to contact the YMCA where you will be living to find out their policies concerning joining fees, dues, etc.

## ***Cancellations***

Our goal is to serve you and your family to your satisfaction. We do understand that while we strive to serve all, the Y may not be for everyone. We desire to work with



you to solve issues and encourage you to please inform us of any unsatisfactory circumstances, so we may address those issues. Should you decide to cancel your membership with the YMCA, we ask that you complete and sign the YMCA Change in Information Form available at the member services desk. Unfortunately, verbal, fax, email, and phone notices cannot be accepted. Please include your membership cards with your written notice. Thirty days is required in order to stop your bank draft.

The YMCA reserves the right to cancel a membership with appropriate notice.

### ***Hold***

Membership in the YMCA is an ongoing commitment. Should a member need to suspend his/her membership, they may fill out a Change in Information Form and put their membership on hold. The hold status can last up to three (3) months and once the hold has expired the automatic bank draft will continue. While the membership is on hold the automatic draft will not draw funds and the member will not have access to the facility.

### ***Rejoining the YMCA***

Should you cancel your membership with the YMCA and wish to rejoin, we will be happy to assist you in becoming a member again. Please note that once you cancel your membership and you choose to rejoin, you will be responsible for paying the current membership dues as well as any outstanding fees you may owe. An additional joining fee will be assessed at the time of rejoining if your time away exceeds three months.

### ***Membership Refunds***

Joining fees are non-refundable. We also are unable to refund membership dues based upon lack of use or non-attendance.

Please monitor your monthly bank statement for discrepancies. Should you discover an error on our part and report it within 90 days, we will correct our error and refund the appropriate amount. After 90 days, we will only be able to correct errors, but will not offer the refund.

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## ***YMCA Programming***

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### ***Health Issues***

Like most wellness providers, the YMCA recommends everyone have a medical exam prior to beginning any exercise program. Some programs may require a written and signed physician's approval prior to participation. Please make sure that the YMCA has your current address, phone number and emergency contact information in case of an emergency.



## ***Children at the YMCA***

The YMCA is the largest non-profit provider of children and youth programs in the United States. Building strong kids is a top priority and we offer a number of programs to help your child grow stronger in spirit, mind and body. When your child is in the care of the YMCA, he/she will learn, grow and have fun in a safe and supervised environment.

For the safety of all children, parents (or guardians) of children under age 10 must remain on YMCA property or program location at all times and unless the child is participating in an organized activity or program with a YMCA instructor, must provide direct supervision of the child at all times. Children between the ages of 10 – 13 years old may stay at the facility for a maximum of 4 hours per day without a parent or guardian present. Children being dropped off at the facility will not be allowed to bring in guests without a parent or guardian staying on YMCA property.

Examples of organized activities include all instructional classes and sports. Use of the gym or swimming pool during open times is NOT considered an organized activity.

Please be aware of areas that have age restrictions. These restrictions are intended to ensure the safety and well being of all of our members. Staff at the member services desk will be happy to inform you of restricted areas.

## ***Child Watch***

Your children are your greatest treasure and we take our responsibility seriously whenever you entrust them to us. For the safety of your children, please make note of the following guidelines whenever using the YMCA's Child Watch:

1. The Child Watch is available for free to facility members with family memberships.
2. The Child Watch area is open to children ages 6 weeks to 9 years. Children may stay up to two hours per day and a maximum of eight hours per week.
3. Please remain at the YMCA whenever your child is in the Child Watch. Be aware that you may be called to the Child Watch area if there is an issue with your child.
4. Parents or legal guardians are the only adults authorized to leave a child in the Child Watch and must show a Picture ID. Nannies, babysitters, friends and others will not be allowed to do so.
5. A parent or legal guardian who leaves a child in the Child Watch must sign their child in using the security system in place. Only the parent who signs the child/children in can pick them up.
6. If your child is in diapers you will need to provide the appropriate supplies.
7. Food/snacks are not allowed in the Child Watch area.



## ***Day Camp***

Georgia Mountains YMCA's Summer Day Camp is located at local elementary schools, geographically spread throughout the county. The camp is filled with adventurous activities designed to help children make new friends, acquire new skills, develop Christian values, build confidence, and create lasting memories.

During every session, campers participate in activities such as swimming, field trips, camp-outs, group activities, music, sports and recreation, arts and crafts and much more.

## ***Afterschool Programming***

The Georgia Mountains YMCA offers Afterschool Programming in all of the Gainesville City and Hall County elementary schools. Afterschool provides supervised, structured games and activities along with homework assistance and literacy initiatives. The YMCA programs operate in accordance with the guidelines of the National Afterschool Association (NAA), one of the most comprehensive accrediting bodies of school-age programs. The children participate in a balanced program of open play and structured activities while being supervised by well-trained and caring staff. Children have the opportunity to get involved in a variety of learning centers in addition to a well balanced curriculum. The YMCA ensures children are given a unique mix of activities that focus on developmental assets, the building blocks that teach children how to make positive and intelligent decisions throughout life.

## ***21st Century Community Learning Center***

21st Century Community Learning Center Programs are made possible through the partnership between the Georgia Mountains YMCA, Gainesville City School District, Hall County School District, Gainesville Park and Recreation and other community groups. Children and families have the opportunity to participate in a free Afterschool program that focuses on supporting a child's academic success by providing tutoring and enrichment classes with an emphasis on literacy and life skills. Families have the opportunity to attend special events, parent workshops and utilize school libraries and computer labs. Contact the YMCA or school office for more information about registration and eligibility requirements.

## ***Teens***

The YMCA is a safe place for teens to stay active, spend time with friends and develop into strong, positive young adults. Caring adult role models foster an environment where teens have the opportunity to explore, create, challenge themselves and succeed through activities and resources such as:

- ❖ Teen Activities
- ❖ Teen Nights
- ❖ Movie Nights
- ❖ Skate Parks



- ❖ Lock-ins
- ❖ Volunteer opportunities

### ***Family Time***

The YMCA offers families the chance to stay active, have fun and spend quality time together through a variety of programs, including:

- ❖ Family Gyms
- ❖ Swimming
- ❖ Family Fitness Classes
- ❖ Family Movie Nights
- ❖ Family Nights
- ❖ Birthday Parties
- ❖ Bible Studies

### ***Health and Wellness***

For more than 130 years, the YMCA has recognized that achieving total personal health is about more than physical fitness alone. Subsequently, the YMCA views its fitness programs as just one part of a larger whole designed to help people grow in spirit, mind and body.

The following offerings are just some of the ways the YMCA can help you meet your health and wellness goals:

#### **Free to facility Members:**

- ❖ Beginner Exercise Programs
- ❖ FitLinxx - Fitness Management Software Access for Every Member
- ❖ 30-90 Minute Wellness Options
- ❖ Wellness Evaluations
- ❖ Unlimited Group Fitness Classes
- ❖ Injury Assessments
- ❖ Running/Walking Clubs
- ❖ Equipment Orientations
- ❖ Cardiovascular Machines, Including Treadmills, Ellipticals, Stationary Bikes and More
- ❖ Machine Weights
- ❖ Free Weights
- ❖ Circuit Training
- ❖ Child Watch

#### **Add-on Services:**

- ❖ Personal/Group Training
- ❖ Weight Management/Nutrition Services for Adults, Teens and Youth
- ❖ Health Screenings
- ❖ Weight Watchers



### **Personal Training Guidelines:**

For your safety, only staff members employed by the YMCA shall provide personal training within the YMCA facility. These staff members are trained and certified by the YMCA, conversant with the organization's history and philosophy and committed to carrying out the YMCA's mission by providing high-quality programs. Personal trainers who are not employed by the YMCA are strictly prohibited from training or conducting business in a YMCA facility. The YMCA has this standard in order to provide safe, high-quality personal training at all times. IBRS discounts also apply to the Personal Training Fee.

### ***Aquatics***

The YMCA is a national leader in water safety. We are offering activities for every level of swimmer. The Lap Pool and the Family Fun Pool will offer opportunities for our members to experience many diverse water activities.

#### **Aquatics Programs:**

- ❖ Swim Lessons
- ❖ Stroke Clinics
- ❖ Lifeguard Certification
- ❖ Recreation
- ❖ Lap Swimming
- ❖ Water Aerobics
- ❖ Arthritis Classes
- ❖ Water Therapy
- ❖ Flick N' Float
- ❖ Cosmic Swim

### ***Swim lessons***

The Georgia Mountains YMCA's swim lessons are designed to give every participant the chance to learn and succeed. Participants are grouped together based on their age and ability level, and the Y's core values of faith, caring, honesty, respect and responsibility are incorporated in every lesson.

Options include private one-to-one instruction, semi-private (2:1 class ratio) or group lessons. Group lessons are divided by the following age and ability level groupings:

#### **Parent/Child: (6-36 months)**

Parents accompany their children in the pool to acquaint them with the water environment. Instructors show parents how to work with their child in the pool.

#### **Preschool and Youth: (Ages 3-5 called: Pike, Eel, Ray and Starfish) and (Ages 6-12 called: Polliwog, Guppy, Minnow, Fish and Flying Fish)**

The beginner level is designed for participants with no previous swimming experience or those who cannot swim without the help of a flotation device.



The intermediate level is for swimmers who are able to enter the water without assistance. Participants are introduced to the basic swim strokes.

The advanced level is where participants will learn how to tread water and increase their competitive swimming skills, including freestyle, side, butterfly and elementary back strokes.

**Adult:** (15 and older)

The beginner level is designed for adult swimmers with no previous swimming experience or a fear of the water.

The intermediate and advanced levels are for adults who are comfortable in the water and would like to work on stroke development and endurance.

## ***Youth Sports***

Everybody plays and everybody wins in YMCA youth sports. Emphasis is placed on teamwork and good sportsmanship as participants learn the fundamentals of the sport from volunteer coaches who understand the YMCA's youth sports philosophy.

Youth Sports Leagues Offered Include:

- ❖ Basketball
- ❖ Baseball/T-ball
- ❖ Flag football
- ❖ Soccer
- ❖ Volleyball
- ❖ Sports Camps

## ***Adult Sports***

Pickup, co-ed and competitive sports leagues are available for adults throughout the year. Examples may include:

- ❖ Soccer
- ❖ Basketball
- ❖ Volleyball
- ❖ Flag Football

In both Youth and Adult Sports, we will be adding more programs as interest grows. Please check the Sports Board for updates!

## ***Community Sports Events***

The YMCA will host sports events throughout each year, including golf tournaments, 5K races, 4 on 4 basketball tournaments and even dodge ball competitions. The community is invited to participate in these events, which are designed to support the Open Doors Program, the YMCA's annual fundraising campaign and our Partners of Youth Campaign.



## *Volunteer Opportunities*

Volunteers make the difference at the YMCA, especially in our sports programs. Check with the member services desk to find out more about volunteering to coach a youth sports team or help with fundraising for a race or tournament. Other Volunteer opportunities include but are not limited to: mentoring, greeting, connections with members, serving parties, and volunteer time in the chapel.

## *Active Older Adults*

As we age, it is increasingly important to stay active and exercise regularly. At the YMCA, older adults can take advantage of exercise programs designed especially for them and benefit from social events ranging from potlucks to group outings and community service opportunities.

Active Older Adults at the YMCA also benefit from:

- ❖ Water Aerobics and Water Therapy Classes
- ❖ Senior Strength Training
- ❖ Arthritis Relief Classes
- ❖ Sauna, Steam Room, and Whirlpool
- ❖ Social Clubs
- ❖ Potlucks
- ❖ Day Trips
- ❖ Health Screenings and Seminars
- ❖ Bible Study

## *Community*

The YMCA is committed to building strong communities through a variety of events and outreach programs for youth and adults.

Activities may include: pool parties, fall festivals, prayer breakfasts, women's days and more throughout the year for the community.

Through the 21st Century Community Learning Center Programs families have the opportunity to attend special events, parent workshops and utilize school libraries and computer labs.

## *Outreach*

The YMCA will offer access for our members to programs such as support groups, informational seminars and professional resources for on-going health conditions.

In addition, our YMCA utilizes the 21st Century Grant to provide Afterschool and enrichment opportunities to many kids that would not have the ability to participate in many of our program areas and memberships.



## ***Spiritual Development***

"Mind, Body and Spirit" is the tri-fold chord that wraps itself around every aspect of the Georgia Mountains YMCA. It defines our mission, clarifies our vision and establishes our core values. However, beyond our organization, these three elements are a part of every human's existence in our community. As a human services organization it is our commitment to provide programs, services and relationships that help stimulate and build each of these aspects in people's lives.

Through vehicles such as Afterschool, Day Camp and Sports we are able to deliver resources to families and children that promote character development, a positive attitude of self and others, an appreciation for good health and wellness, the acquisition of a value system, and the elevation of spiritual awareness. It is to these ends that we strive for excellence. Through these vehicles, we build and strengthen the "spirits" of staff, participants, families and volunteers.

The Georgia Mountains YMCA exists as a non-profit; social service organization deeply committed to our Christian heritage and it's outplayed in our daily operations, programs and services in the community. With Jesus Christ as our example, we seek to lead others by embracing His principles and sharing them through programs, services and relationships. We welcome into our fellowship persons of other religious faiths and of none.

## ***Real Ministries***

Real Ministries is an effort to reach out to teens and others in the community in need of a connection. Real Ministries is a youth group program that is available to any youth group, church, etc. interested in a musical and inspiring message filled program.

All Georgia Mountains YMCA programs focus on Spiritual Development as part of its core. We will maintain and develop partnerships with many churches and other organizations throughout the community.



We build strong *kids*, strong *families*, strong *communities*.