



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

WELCOME TO THE YMCA!

Thank you for being a member of the Cadillac Area YMCA!

Your membership at the Cadillac Area YMCA allows you to access other YMCAs across the nation. As a member of a large non-profit network, your membership just got better. You can now access the resources of your local Y as well as the added benefits of Ys across the United States. Our activities range from youth and adult sports, summer day and overnight camps, mentoring and leadership development, and much, much more.

At the Cadillac Area YMCA, we offer a variety of drop-in activities. We emphasize sportsmanship and YMCA values. We strive to keep a friendly and kind atmosphere to foster and encourage community as well as friendly competition. Many of our activities are self-regulated and they are a great way to stay active.

By focusing on youth development, healthy living, and social responsibility, we work to improve the quality of life for everyone in our area. The Y is powered by volunteers who serve on our board, coach youth sports, teach fitness classes, instruct adults and children, as well as donate professional services. Adults who can give back are truly a gift to our children and the future of the community.

If you are interested in giving your time, skills, or resources to support Y programs or participation of children and families, please let our staff connect you with others who want to make a difference.

At the Y, we are more than just an exercise facility. Because of you, we are a community. If you have any questions or need assistance, please feel free to connect with one of our staff. We are more than happy to help you.



Sincerely,

Mike Kelso
Chief Executive Officer
Cadillac Area YMCA
231.775.3369 ext. 14
mkelso@cadillacareaymca.org

**Phone: 231-775-3369
Fax: 231-775-4309**

**9845 Campus Drive
Cadillac, MI 49601**

**info@cadillacareaymca.org
www.cadillacareaymca.org**



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OUR MISSION

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

OUR VALUES

CARING: to demonstrate a sincere concern for others, for their needs and well-being.

HONESTY: to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs.

RESPECT: to treat others as I would want them to treat me, to value the worth of every person, including myself.

RESPONSIBILITY: to do what is right--what I ought to do, to be accountable for my choices of behavior and actions and my promises.

OUR CAUSE

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause.

OUR AREAS OF FOCUS

We know a strong community can be achieved when our focus is on **YOUTH DEVELOPMENT, HEALTHY LIVING, AND SOCIAL RESPONSIBILITY.**

WHAT YOU CAN EXPECT AS A MEMBER

- You will be warmly welcomed and treated respectfully at all times.
- You will feel safe and well cared for while in the Y.
- Y grounds, building, and equipment will be clean and safe.
- Y staff will personify the Y's mission.
- You will be the main priority of professional, well-trained, and friendly staff.
- Y staff will be visible and readily available to you.
- Your opinions are welcome and your inquiries will be addressed in a timely manner.
- Information regarding programs and services will be accurate and up to date.
- You will belong to a cause-driven, well managed, and progressive organization.

TOGETHER WE CAN BUILD A BETTER US.



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WHERE CAN MY CHILDREN PLAY AT THE Y?

6 WEEKS – 8 YEARS: must be with parent or guardian*

Child Watch (Parent/guardian* must be in building)

Lobby

Gym/Track

Pool/Spa

- Children under the age of 1 may not enter the spa.
- For children who **HAVE NOT** passed the deep water test: Children 7 and under must have a parent or guardian within arm's reach in the pool/spa.
- For children who **HAVE** passed the deep water test: Children 8 and under must have parent or guardian supervising from deck.

9–10 YEARS OLD

MUST BE WITH PARENT/GUARDIAN*

Gym/Track

Pool/Spa

- For children who **HAVE NOT** passed the deep water test: Children 8–10 must have parent or guardian supervising from deck.
- For children who **HAVE** passed the deep water test: Children 8 and under must have parent or guardian supervising from deck.

PARENT/GUARDIAN* MUST BE IN BUILDING

Child Watch

Lobby

Pool/Spa

- For children who **HAVE** passed the deep water test: children ages 9–10 must have parent or guardian in the building.



11–13 YEARS OLD: PARENT/GUARDIAN* OPTIONAL

Lobby

Teen Center (Grades 6–12)

Pool/Spa/Gym/Track

AGE 14–15

Teen Center (Grades 6–12)

Pool/Spa/Gym/Track

Wellness Center (after completing orientation)

Exercise Classes (with a parent/guardian)

AGE 16–18

Teen Center grades 6–12

Pool/Spa/Gym/Track

Wellness Center

Exercise Classes

*Guardians must be 14 or older for children age 10 and under. Parent/Guardians must be actively engaged.

Additional pool rules are posted in the pool area.



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TEST. MARK. PROTECT.

Test Mark Protect is a part of the YMCA's Aquatic Safety Initiative to identify the swimming abilities of the children to best keep them safe. **All children 17 and younger will be swim tested in order to swim in the deep end of the YMCA pool.** For each successful test, the guard will hand a deep water wrist band to the swimmer to put on his/her own wrist. This band is required for any youth to swim in the deep end. Swimmers who pass the deep water swim test should stop at the Welcome Center before they leave and have their pictures taken with the wristband to record their passing of the test. When returning to swim, a swim band should be requested when checking in so that the swim test does not need to be repeated. Once in the pool, a deep water swim test will be required if the swimmer does not have a band.

THE DEEP WATER TEST:

- a 25 yard swim on front maintaining a horizontal position (legs cannot drop past a 45 degree angle) with a supportive kick, head up or rotary breathing, and no assistance from an adult
- a jump into deep water recovering without using the side of the pool
- 30 seconds of treading water with head/ears above water.

Children who do not pass or take the deep water swim test will need to stay in shallow water. The lifeguard reserves the right to re-test any individual that shows cause for concern when swimming in the deep end.



IF YOU HAVE NOT PASSED THE DEEP WATER TEST:

- Children 7 and under must have a parent or supervisor within arm's reach in the pool/spa.
- Children 8-10 must have parent or supervisor supervising from deck.
- Children 11 and older may swim without a parent in the building.

IF YOU HAVE PASSED THE DEEP WATER TEST:

- Children 8 and under must have parent or supervisor supervising from deck.
- Children 9-10 must have parent or supervisor in the building.
- Children 11 and older may swim without a parent in the building.

TOGETHER WE CAN BUILD A BETTER US.

Phone: 231-775-336
Fax: 231-775-4309

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MEMBERSHIP POLICIES

We expect persons using the YMCA to behave in a mature and responsible way and to respect the rights and dignity of others. The YMCA Code of Conduct does not permit language or any action that can hurt or frighten another person. Specifically, this includes:

- Inappropriate attire; Appropriate attire must be worn at all times.
- Angry or vulgar language including swearing, name calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any other menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons, devices or objects that may be used as weapons.
- Using, possessing, or being under the influence of illegal chemicals or alcohol on YMCA property, in YMCA vehicles or at YMCA-sponsored programs.
- Any use of digital camera phones or any photo or video recording device in locker room areas.
- Any other conduct of an inappropriate, threatening or offensive nature.

The YMCA maintains a smoke free campus – building and grounds. Members and guests are expected to refrain from smoking in and on all indoor and outdoor premises.

Members and guests are encouraged to be responsible for their personal comfort and safety and ask any person whose behavior threatens their comfort to refrain. If a member or guest feels uncomfortable in confronting the person directly, they should report the behavior to a staff person. Members and guests should not hesitate to notify a staff person if assistance is needed. Staff wants to help. In order to be able to carry out these policies, the YMCA asks that members and guests identify themselves to staff when asked.

The Executive Director or Program Director will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the Executive Director if, in his or her discretion, a violation of this Code of Conduct has occurred.

Charges for membership will be drafted on the 1st of the month or the next business day thereafter. Yearly renewal required for scholarship memberships.

CONSENT – HOLD HARMLESS

I certify that my children have permission or that I consent to participate in YMCA Programs. I further stipulate and agree to protect, indemnify, save, and hold harmless said Cadillac Area YMCA employees and YMCA volunteers against any and all claims arising out of my children's (or my) participation in YMCA Programs. I also certify that the program participant (myself or my children) has been screened medically and that there are no medical conditions or injuries that preclude his/her participation in YMCA Programs. I give my permission for photos and/or video to be taken and used for YMCA public relations purposes.

MEMBERSHIP TERMINATION INFORMATION

Bank and credit card draft cancellation notices must be received by the 25th of the month prior to the draft date in order to cancel that month's draft. Bank draft payments are for one month in advance. If I stop payment on the final draft, I will be charged the service charges incurred by the Cadillac Area YMCA. By cancelling, or allowing my membership to expire, I realize that my joining fee is non-transferable after 30 days.

MEMBERSHIP HOLD POLICY INFORMATION

Hold request notices must be received by the 25th of the month prior to the draft date in order to cancel that month's draft. Bank draft payments are for one month in advance. The YMCA will not refund monthly membership dues beyond the effective date of cancellation. Memberships may only be placed on hold for 2-4 months within a 12 month period. Held memberships will be charged \$10 a month up front.

SEX OFFENDER POLICY

In the interest of maintaining an environment that is safe for members, employees, and visitors, the Cadillac Area YMCA prohibits access to its facilities and/or grounds to Registered Sex Offenders. Any individual known to be listed on any state or national sexual offender registry shall be denied access to the YMCA Dillon Community Center and Cadillac Area YMCA program venues.



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HOURS OF OPERATION

WINTER HOURS

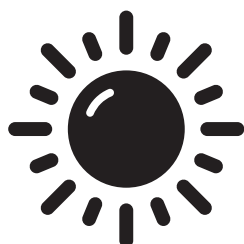
Monday – Friday: 5:30am – 9pm
Saturday: 8am – 6pm
Sunday: 8am – 6pm



SUMMER HOURS

(4th of July – Labor Day)

Monday – Friday: 5:30am – 9pm
Saturday: 8am – 6pm
Sunday: Closed



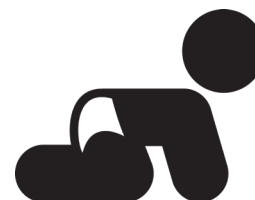
HOLIDAYS

New Year's Day: Open at 10:00 AM
Good Friday: Close at 12:00 PM
Easter: Closed
Memorial Day Weekend: Closed
Independence Day: Closed
Labor Day Weekend: Closed
Thanksgiving Day: Closed
Christmas Eve: Close at 12:00 PM
Christmas Day: Closed
New Year's Eve: Close at 4:00 PM

CHILD WATCH

Monday-Thursday: 8:30-11:30 AM (30 months – 10 years)
4:30-7:30 PM (6 weeks – 10 years)

Saturday: 8:45 AM-12:00 PM (January – April)



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**FOR YOUTH DEVELOPMENT®
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HELPING YOU LIVE BETTER

We believe in health and well-being for everyone. Sign up today for a **FREE** fitness assessment or equipment orientation. We are here to help you grow in spirit, mind, and body. Our nationally certified personal trainers will help coach, motivate, and inspire you to reach your fitness goals. At the Y, you are a part of a welcoming and nurturing environment. Together, we can achieve the results you have always wanted.

CUSTOMIZE YOUR FITNESS PROGRAM

- Rev up a stale exercise routine with fresh approaches to your workout.
- Break out of your fitness plateau and challenge yourself.
- Reduce the risk of injury by learning proper techniques.
- Stay motivated and committed to your exercise program.

PERSONAL TRAINING SESSIONS

- \$35 for a single session*
- \$175 for a six session* punch card (you save \$25!)
- \$275 for ten session* punch card (you save \$75!)



DON'T WANT TO GO ALONE? SPLIT IT!

Split a single session (\$35) with up to three people. Stop by the Welcome Center today sign up!

*All sessions are one hour in length. Punch card sessions cannot be split.

FIND YOUR PERSONAL TRAINER TODAY!

POOL RULES

THOSE IN THE POOL AREA ARE SUBJECT TO AUTHORITY OF THE LIFEGUARD ON DUTY AND THOSE NOT OBEYING WILL BE EJECTED FROM THE POOL AREA.

Posted Safety Rules

- 1. Please actively and closely watch your children at all times. Your child's safety is your responsibility.**
- 2. No diving in shallow water.**
- 3. No prolonged underwater swimming or repetitive breath holding.**

Safety

Parents or guardians are responsible for supervising their children. Lifeguards are on duty to enforce rules and to respond in case of an emergency.

POOL AND SPA AGE POLICY:

CHILDREN UNDER THE AGE OF 1 YEAR MAY NOT ENTER THE SPA.

- The use of inflatable rings is not permitted for infants or toddlers.
- Youth 17 and under must pass the deep end swim test without using flotation devices or assistance and wear a wristband to swim in the deep end past the lifeline.
- Swimmers may be asked to retake the deep end test at any time if the lifeguard feels it is necessary.
- Parents/supervisors may not take children who have not passed the deep end test past the lifeline, even if the children are wearing Coast Guard approved lifejackets.
- For adults or supervisors with more than two children who cannot swim without flotation, additional children must wear Coast Guard approved lifejackets and be within arm's reach in the pool/spa.
- Supervisors must be 14 or older.

FOR CHILDREN WHO HAVE NOT PASSED THE DEEP WATER TEST:

- They must stay in the shallow end of the pool.
- Children 8 and under must have a parent or supervisor in the pool/spa within arm's reach.
- Children 9-10 must have parent or supervisor actively supervising from deck and may be required to stay in water that is armpit deep or less or wear a Coast Guard approved life jacket.
- Children 11 and older may swim without a parent in the building.

FOR CHILDREN WHO HAVE PASSED THE DEEP WATER TEST:

- Children 8 and under must have parent or supervisor actively supervising from deck.
- Children 9-10 must have parent or supervisor in the building.
- Children 11 and older may swim without a parent in the building.
- No diving in shallow end.
- Dive and do headfirst entries in the 12 foot area only.
- No extended underwater breath-hold swimming or hyperventilating before underwater swimming or motionless underwater or face-down holding one's breath.
- Hanging on lifelines and lane lines is not permitted.
- Rough housing, dunking, pushing or throwing others is not permitted.
- Running is not permitted on the pool deck or locker rooms.
- Use individual flotation devices in the shallow water only, except for adult exercise equipment.
- Use pool equipment and toy usage with permission of the lifeguard.

Health

- **Remove street shoes prior to entering pool area.**
- A soap shower is required before entering the water.
- Any person showing evidence of any communicable disease shall be refused admission.
- Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of a gastrointestinal (stomach) disease in the past seven (7) days.
- Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe to a lifeguard.
- You must be in a swimsuit to sit on the edge and put your feet in the pool or spa.
- All children **under the age of 3 years** or who are not toilet-trained must wear swim diapers or plastic pants with snug fitting elastic waist and leg bands. Disposable or paper diapers are not allowed.
- **Wear a clean YMCA family appropriate bathing suit. No cotton clothing, cut-offs, pants, loose-fitting clothing or clothing worn over undergarments are allowed. The use of rash guard swim shirts or spandex shirts over swim suits is acceptable.**
- Glass containers are not permitted in pool area, hallways, or locker rooms.
- Food or drink are not permitted in the pool, hallways, or locker areas-- no chewing gum in the pool.
- No urinating, defecating, spitting, or nose blowing in the pool.
- Persons suspected of being under the influence of drugs or alcohol are prohibited from entering the water.
- No animals, except for service dogs, shall be allowed in the pool area, spa area, dressing rooms, or other parts of the building. Service animals are not permitted in the pool.
- Use of electronic devices in the pool or spa is prohibited.

Behavior

- Use appropriate language.
- Follow the lifeguard directions.
- Be considerate of others.
- Any conduct which endangers the safety and comfort of others shall be prohibited, including foul language, horseplay, or excessive displays of intimacy, etc.
- Use of electronic devices in the pool area is not recommended.

EMERGENCIES

1 Long whistle blast -- signals an emergency – leave pool immediately.

1 Short whistle blast – signals lifeguard needs attention of a particular swimmer.

THOSE IN THE POOL AREA ARE SUBJECT TO AUTHORITY OF THE LIFEGUARD ON DUTY AND THOSE NOT OBEYING WILL BE EJECTED FROM THE POOL AREA.

Deep End Test Policy

- Test Mark Protect is a part of the YMCA's Aquatic Safety Initiative to identify the swimming abilities of the children in order to best keep them safe.
- All children 17 and younger must pass the deep water test in order to swim in the deep end of the YMCA pool.
- Swimmers who pass the deep water swim test will be given a wristband. Swimmers should stop at the Welcome Center before leaving and have pictures taken with the wristbands to record passing the test.
- When returning to swim, a swim band should be requested when checking in so that the swim test does not need to be repeated.

The deep water swim test consists of (1) a 25-yard swim on front maintaining a horizontal position (legs cannot drop past a 45 degree angle) with a supportive kick, head up or rotary breathing, with no assistance from an adult; and (2) a jump into deep water recovering without using the side of the pool and then completing 30 seconds of treading water with head/ears above water. Family/friends may not walk or swim beside the swimmer taking the test. Children who do not take the swim test will need to stay in shallow water. The Lifeguard reserves the right to re-test any individual that shows cause for concern when swimming in the deep end.

Diving Board Rules

- Recreational dive only when the board is 'open' for use.
- Keep the fulcrum in the 'stiffest' position.
- Use the ladder to mount the diving board.
- **Wait for the previous diver to get to the pool side before making your dive approach on the diving board.**
- **Swim to the side immediately after diving.**
- **Only one diver on the board at a time.**
- **Walk on the board.**
- **Bounce only one time on the board.**
- **Dive off the front of the board only.**
- Have hands enter the water first in head-first dives.

Please do not:

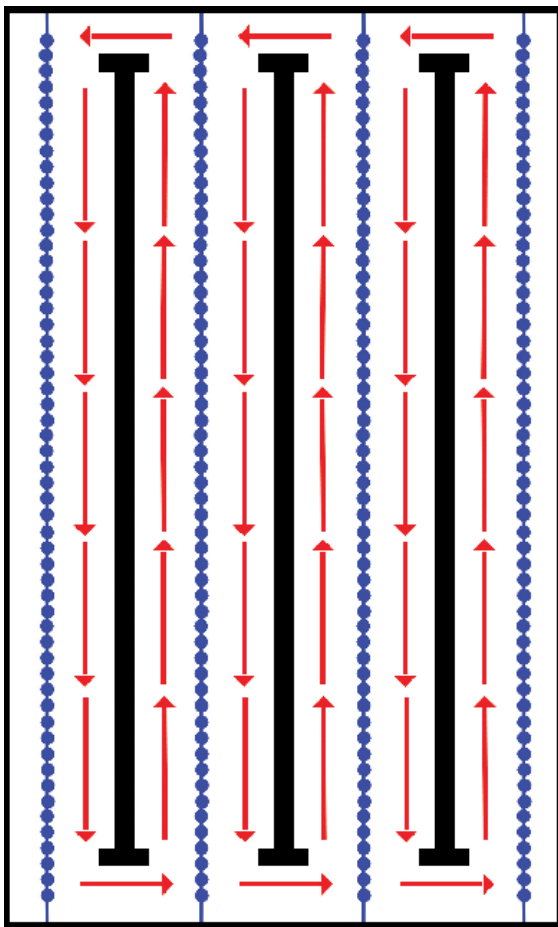
- Hang onto or under the board.
- Sit on the guardrails.
- Swim in the diving area when the board is 'open' for use.
- No inward dives from a backward-facing position.
- The lifeguard has the right to not allow any dive/jump that he/she feels is unsafe in any way.

Starting Platforms

- Starting platform use is reserved for supervised competitive and instructional use only.
- Please refrain from sitting, playing, jumping, or diving from starting platforms.

Lap Lane/ Lap Swim Etiquette

- When pool is busy, LANES MUST BE SHARED.
- Lap lanes are for continuous swimming only.
- Split lane and swim side by side when there are 2 swimmers.
- Circle swim staying on the right side of the lane in the direction you are swimming when there are 3 or more swimmers in a lane (counterclockwise – see diagram).
- Any swimmer entering an occupied lane must inform other swimmers before starting.
- Slower swimmers must yield to faster swimmers. **Please allow faster swimmers to pass at the wall.**
- Look before turning; check ahead and behind before passing.
- Sit on the edge or move to the side to rest.
- When choosing a lane, select one with similar speed swimmers.



Circle Swim Diagram

When sharing a lane with others, keep to your RIGHT, and swim in a circular pattern as shown, above.

Spa Rules

POOL AND SPA AGE POLICY:

CHILDREN UNDER THE AGE OF 1 YEAR MAY NOT ENTER THE SPA.

- The use of inflatable rings is not permitted for infants or toddlers.
- For adults or supervisors with more than two children who cannot swim without flotation, additional children must wear a Coast Guard approved lifejacket and be within arm's reach in the pool/spa.
- Supervisors must be 14 or older.

FOR CHILDREN WHO HAVE NOT PASSED THE DEEP WATER TEST:

(must stay in shallow end of pool wear a lifeline is present)

- Children 8 and under must have a parent or supervisor in the pool/spa within arm's reach.
- Children 9-10 must have parent or supervisor actively supervising from deck and may be required to stay in water that is armpit deep or less or wear a Coast Guard approved life jacket.
- Children 11 and older may swim without a parent in the building.

FOR CHILDREN WHO HAVE PASSED THE DEEP WATER TEST:

- Children 8 and under must have parent or supervisor actively supervising from deck.
- Children 9-10 must have parent or supervisor in the building.
- Children 11 and older may swim without a parent in the building.

- Limit use to 10 minutes at a time.
- Due to high temperatures and humidity, you can be exposed to an increased health risk.
- A soap shower is recommended before entering and after spa use.
- Enter the spa feet first only or by using steps slowly and cautiously.
- Keep your head above the water.
- There is no SWIMMING allowed in the spa.
- Limit small children's use to less than five minutes.
- Do not use electronic devices in or near the spa.
- A maximum of two small toys per child are allowed in the spa. No other toys, balls or noodles are allowed.
- You must be in a swimsuit to sit on the edge and put your feet in the pool or spa.
- Any conduct which endangers the safety and comfort of others shall be prohibited, including foul language, horseplay, or excessive displays of intimacy, etc. All behavior must be appropriate for the YMCA family environment.
- All children under the age of 3 years or who are not toilet-trained must wear swim diapers or plastic pants with snug fitting elastic waist and leg bands. Disposable or paper diapers are not allowed.

Please refrain from spa use:

- if you are pregnant, have elevated blood pressure, prone to dizziness or light-headed episodes, high or low blood pressure or a circulatory deficiency, diabetes, heart disease, or history of seizures or epileptic seizures.
- while under the influence of alcohol or recreational drugs or any substance that impairs judgement.
- at least 5 minutes after exercising to cool down, or until sweating has subsided.

MAXIMUM WATER TEMPERATURE IN SPA IS 104

**FAILURE TO ADHERE TO THESE RULES MAY RESULT
IN SERIOUS INJURY OR DEATH**

Child Watch Information

- **HOURS OF OPERATION**
 - M – Th 8:30 – 11:30 am & 4:30-8 pm
 - Friday 8:30 am – 6 pm
 - Saturday 8:45 am – 12:00 pm
- **COST**
 - Members
 - \$4.00 per child per visit
 - Community Members
 - \$6.00 per child per visit
 - Punch Cards available at the Welcome Center.
- **GUIDELINES**
 - Parents/Guardians must remain on the premises while child is in the care of Child Watch.
 - 2 hour limit per child.
 - Must be 18 or older to admit/pick up child.
 - All children, babies included must wear socks.
 - Car seats are not allowed.
 - Babies and all children in diapers must come with a fully equipped, labeled diaper bag.
 - To the best of our ability and for the safety of all the children in the center, we will be stopping the flow of adults into the center as much as possible. When dropping off or picking up your child, please remain in the lobby area while staff assists your child with their coming/going needs.
- **PROCEDURE**
 - Check your child in at the front desk.
 - Get a ticket before signing your child into Child Watch.
 - Sign each child in on the Child Watch registry, only one name per line.
 - Enjoy your time at the Y.

Child Watch Capacity

The Y Child Watch area is licensed by the State of Michigan for childcare. Therefore, we must follow the requirements set by the state for group size (capacity) and ratios determined by the square footage of the Child Watch area. As it is our goal to accommodate all Child Watch requests to the best of our ability, there may be occasions when we decline entrance into to the Child Watch area due to being at the state licensed maximum capacity. When such instances occur, your name will be put on a waiting list for the next availability. The Child Watch staff will estimate a time of availability based on when the next child is anticipated to depart. Once availability is established, a Y staff member will inform you of the availability. As a courtesy to those who may also be waiting, the available slot(s) will be held for 15 minutes before it is forfeited/granted to the next person on the wait list.

Age	Caregiver to Child Ratio	Maximum Group Size	Room Capacity
Infants and Toddlers, birth until 30 months of age	1 Caregiver for every 4 Children	8 - when 2 caregivers are present 12 - when 3 Caregiver are present	12*
Preschoolers, 30 months of age until 3 years of age	1 Caregiver for every 8 Children	8 - when 1 Caregiver is present 16 - when 2 Caregivers are present 19 - when 3 Caregivers are present	19*
Preschoolers, 3 years of age until 4 years of age	1 Caregiver for every 10 Children	10 - when 1 Caregiver is present 19 - when 2 Caregivers are present	19*

It is our pleasure to offer this service to our members and guest. Any issues or concerns can be directed to the Early Childhood director, Debbie Blake at debbieb@cadillacareaymca.org



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LOCKER ROOM INFO & POLICIES

We offer men's, women's and individual locker rooms.

Only children 4 and under are allowed in the opposite sex locker-room.

You may bring your things from home along with your own lock. Select a locker and store your things while at the YMCA. When you are finished for the day, remove your belongings and lock from the locker. Locks must be removed after each use to allow other members to use the locker. Please bring your lock and LOCK your LOCKER. The Y is not responsible for lost or stolen items.

The use of cell phones or any recording device is prohibited in the locker rooms and restrooms in the YMCA for the protection of our members and guests.

Please no food or drink in the locker rooms, water only in closed metal or plastic bottles are allowed.

No nudity in locker room common areas:

- Common areas include: in front of lockers, sinks as well as all walkways and corridors.
- Please utilize the changing stalls.
- We ask everyone to be as modest and discreet as possible.

WELLNESS CENTER/TRACK/GYM RULES

- **CLEAN, DRY, ATHLETIC SHOES ONLY**
- **WEAR APPROPRIATE CLOTHING:
SHIRT/PANTS/SHOES AT ALL TIMES; NO
BIKINI/MIDRIFF TOPS/SHORT SHORTS**
- **DO NOT DROP OR BANG WEIGHTS**
- **RE-RACK WEIGHTS WHEN FINISHED**
- **WIPE DOWN EQUIPMENT AFTER EACH USE**
- **USE APPROPRIATE LANGUAGE**
- **PLEASE BE RESPECTFUL TO ALL TRACK USERS:**
 - **SLOWER TRAFFIC ON INSIDE LANE**
 - **FASTER TRAFFIC ON OUTSIDE LANE**
 - **PASS ON THE OUTSIDE**
- **NO FOOD OR DRINK IN WELLNESS CENTER-
COVERED WATER BOTTLES OK**
- **NO BALLS OR EQUIPMENT ON TRACK**
- **STAY MOVING ON THE TRACK-NO
STANDING/SITTING**
- **NO DUNKING BASKETBALLS OR HANGING
ON RIM**
- **OPEN GYM ACTIVITIES ARE ON A FIRST
COME FIRST SERVED BASIS**



WORKOUTS AT YOUR FINGERTIPS

INTRODUCING YMCA360

As of April 1, the YMCA Universal app is no longer available. Download the new YMCA360 app today.

This platform allows you to workout from home when you need to, or workout while away on vacation. Anytime you want to workout with the Y! You can access YMCA360 on your phone, on the web or on a smart TV.

- Access over 2,500 on-demand classes
- Livestream classes
- Check your Y's schedules
- Use your barcode for fast check-in
- Register for programs & group exercise classes
- Participate in challenges
- Track your workouts and activities

Join YMCA360 for the following and more:



FREE with your YMCA membership

HOW TO START:

Download the YMCA360 app on your phone, Apple TV, Roku or Android TV.

- Type in your zip code and choose your membership branch.
- Type in your email address and get your verification code.
- Now you're ready to workout!

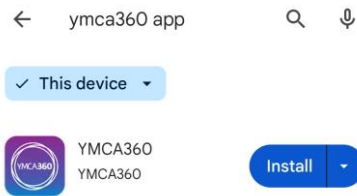
APP ICON



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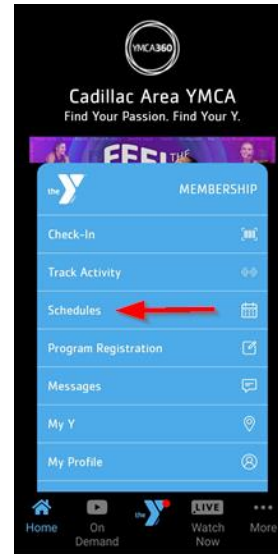
How to Use YMCA 360 to Sign-up for Classes

1. Install the app

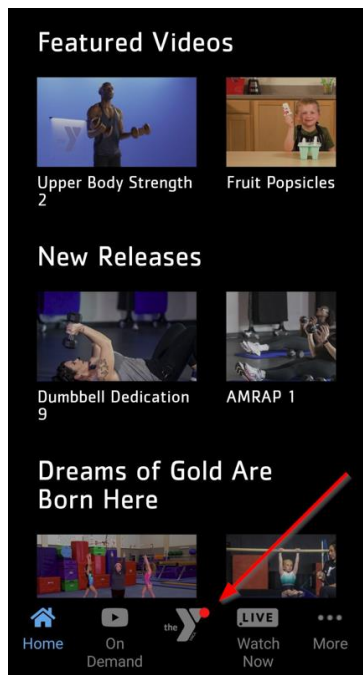


Use the Cadillac YMCA's zip code **49601**.
Select the Cadillac Area YMCA.
Enter your email.
You will receive a verification code via email to enter into the app/

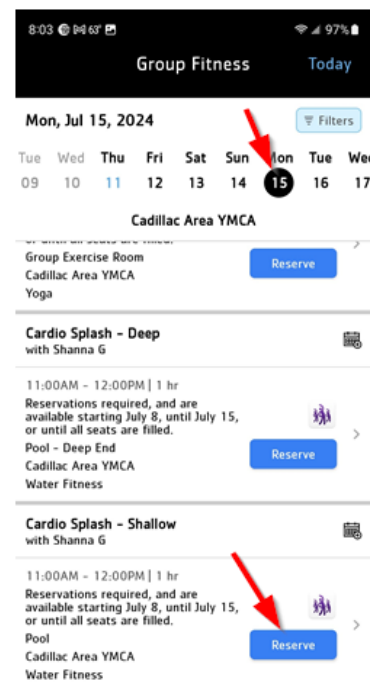
3. Click on Schedules



2. Open the app and go down the bottom of the page and select the Y in the center.



4. Select the date and class you would like to attend, and click on Reserve.





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