



YMCA – Harbor City International School Student Agreement:

GENERAL POLICIES

Code of Conduct

At the YMCA, we expect staff, members and guests to behave in accordance with our mission and values, respecting the rights and dignity of others.

At the YMCA, we demonstrate Respect, Responsibility, Caring and Honesty by:

- ▣ Speaking in respectful tones, refraining from the use of vulgar or derogatory language and dressing appropriately;
 - ▣ Resolving conflicts in a respectful, honest and caring manner;
 - ▣ Respecting others by refraining from intimate behavior in public;
 - ▣ Respecting the property of others;
 - ▣ Creating a safe, caring environment free of weapons and firearms;
 - ▣ Participating in programs to build healthy spirit, mind and body; and
 - ▣ Never engaging in the use, sale, dispensing or possession of illegal drugs or alcohol on YMCA premises.
- Adherence to the YMCA Code of Conduct is essential. Noncompliance may result in suspension or termination of YMCA membership privileges.

Locker Rooms

Adult Male and Adult Female Locker Rooms (Upstairs Locker Rooms): For adults only age 18+. Youth under the age of 18 are not allowed in this locker room at any time.

Youth/All Ages Male & Female Locker rooms (lower level): For general use of all ages. All children 5 and older must change in their respective locker room.

Cell Phones

Cell phones are prohibited in the locker rooms and restrooms at the Y.

Membership Cards

Your membership card is valuable and important. You must present it each time you enter the building for access to the facility. Lost cards may be replaced for \$2.

Wellness Center

If you choose to workout in the Wellness Center, you must have an Orientation by one of our Wellness Center staff and have a Physician's Clearance form on file. Wellness Center age limits are 12-14 yr. old must be with an adult, where ages 15 and older may use the center independently.

8:00PM Curfew

If you are under the age of 18 and not with a parent/guardian or not enrolled in a Y program, you will be asked to leave the Y at 8pm on weeknights. Be prepared to leave the Y at 8pm M-F.

I agree to adhere to the YMCA Code of Conduct and follow all Y policies while I am in the facility.

Signature of Student

Date



WELCOME TO THE Y!
The following are benefits to you:

Membership Benefits:

Full use of the YMCA Facility including:

basketball & volleyball courts • lap pool • whirlpool • therapy pool
indoor track • racquetball, handball & squash courts • wellness center • Teen Center • Rock Climbing wall

Group Fitness Classes

group cycling • water aerobics • step • core challenge • yoga • pilates • muscle pump • cardio boot camp • bosu challenge • zumba • core pole

Health and Wellness

fitness evaluations • consultations • body composition • blood pressure checks • right start orientations
• youth orientations

Programs

discounts on programs (like Tae Kwon Do) • priority registration

Building Hours:

September-May:

Monday-Friday : 5:15 am-10:00 pm

Saturday: 7:00 am-5:00 pm & 5:00-7:00 pm*

**On Saturdays, the Wellness Center and locker rooms are open to Duluth Y members only (ages 10+) until 7:00 p.m. All other areas close at 5:00pm.*

Sunday: 9:00 am-5:00 pm

Teen Center Hours:

Monday – Thursday: 3:00pm – 8:00pm

Guest Passes:

Members receive 3 guest passes per year and guests may use up to 3 guest passes per year.