



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

WELCOME TO THE Y!

At the Y, your membership means more. Members connect while strengthening their spirit, mind and body. Kids programs nurture their potential through learning and play. And everyone has the chance to engage in activities that make our community an even better place. Together with people like you, we'll strengthen the foundation of our community. It is our goal to provide great experiences. We've provided the following information for your success and safety. Let us know how we can serve you!

DOWNLOAD THE YCLT+ APP

Get fitness that fits you - wherever and whenever it works for you. Get a full library of premium on-demand virtual fitness classes taught by professional fitness instructors right here in the greater Charlotte area! Plus, earn rewards, track your progress, set goals, create custom workouts, and more!

Download YCLT+ now at ymcacharlotte.org/app.

START YOUR Y EXPERIENCE - YOUR WAY

Work towards achieving your health and wellness goals by signing up for a whole-health approach. Select from improving overall fitness, building healthy habits, increasing athletic performance, or rebuilding a foundation/recovering from an injury. You'll receive recommended exercises, recipes and more delivered right to your inbox.

Sign up today at ymcacharlotte.org/byoe

MEMBER REFERRAL

For each friend you refer that joins the Y, you earn a free month of membership. The possibilities are endless!

GUESTS

We encourage you to invite friends to join you at the Y for a workout. That's because the Y is all about community, and healthy living begins with supporting one another. Also, we know that people have to experience the Y to fully understand how it can change their lives.

Bring a friend with you to try out the Y via a trial pass. A one-day pass is \$20 for each unaccompanied guest. Guests can continue to visit for \$20/day or \$50/week.

*All guests age 16 and up must show a government-issued photo ID and sign a guest waiver when they check in. Full guest policy details can be found at ymcacharlotte.org/membership/guests.

DROP-IN CHILD CARE

Including your child(ren) on your membership provides FREE drop-in care to ensure that your child is in a safe environment while you work out. Please check with your branch to see if this service is available.

PROGRAMS

Based on your individual interest and needs, or on the needs of your family, we encourage you take full advantage of all of the programs the YMCA has to offer. We always want to talk with you about the latest programs, so make sure you take a few minutes to ask us or visit ymcacharlotte.org. Your membership also gives you opportunities to save with member rates on programs, priority registration dates and convenient online registration.

NATIONWIDE MEMBERSHIP

We want you to reach your health and wellness goals wherever you live, work or travel. As an active, full-facility metro member, you can use other YMCA facilities outside our Association at no extra cost. Your membership is accepted at 2,500 Y's across the United States and Puerto Rico, including other Associations throughout North Carolina, Upper Palmetto Y in South Carolina, and South Hamptons Road in Virginia. Be sure to bring a photo ID and sign a waiver at each new Y.

There are a few simple rules to keep in mind:

50 percent of your visits must be made to your home YMCA (the local association that collects your membership dues.) Because of that, your membership must be placed on hold if you are going to be traveling for more than 28 days and visiting other Y's. In addition, college students will need to join a Y where their usage will be 50 percent or greater.

CHANGES TO MEMBERSHIP

As your life changes, we want to make it easy for you to adjust your membership to meet your needs. When your contact information changes, please let us know. We don't ever want you to miss out on the latest programs and information to support your health journey.

Provide 30 days notice before your next monthly draft date if you are making any membership change other than updating contact information (e.g. changing bank account or credit card drafts, updating scholarship information, adding or removing household members, or changing YMCA membership types).

HOLD

If you need to place your membership on hold at some point please come and see us to complete a Leave of Absence form. We will need 30 days notice before your next bank draft date. A \$10/month fee will be applied for every month the account is on hold.

CANCELLATION

Please give us 30 days notice before your next bank draft date if you ever need to cancel. Simply stop by one of our Charlotte YMCAs and complete a cancellation form.

30 DAY GUARANTEE

It breaks our heart to even think about it, but if you are not satisfied with your Y membership in the first 30 days with us, we will refund you 100% of the amount paid at joining.

FOR YOUR SAFETY

NON-TRANSFERABLE CARD

Your membership card is non-transferable. Members sharing cards with others may have their membership terminated.

FOR THE SAFETY AND SECURITY OF OUR MEMBERS, PROGRAM PARTICIPANTS AND GUESTS

- Government photo ID required for members ages 16 and up.
- Current photo required on file for all users 2 and up
- North Carolina law prohibits sex offenders from accessing YMCA of Greater Charlotte facilities. In compliance with this law, and in order to ensure the safety of our children, we regularly compare our membership database to the National Registry of Convicted Sex Offenders and terminate the membership and/or access rights of anyone registered.

AGE POLICY

In family branches, 10 year olds are welcome in certain areas within our facilities without a parent, 16 years old in our adult-only branches. Our adult-only branches are Childress Klein, Dowd, Harris Express and Sara's YMCAs.

AQUATICS

- 0-9 years of age must have a parent/guardian in the aquatics facility.
- 10-12 years of age may use pools without a guardian IF they are a green band swimmer.
- 13 years olds may use the pools without a parent/guardian, even if they are not a green band swimmer.

FITNESS | GROUP EXERCISE

- 10-11 year olds may use the fitness centers WITH a parent AFTER they have taken the Youth Fitness Orientation.
- 12-15 years olds may use the fitness centers WITHOUT a parent AFTER they have been through the Youth Fitness Orientation.

LOCK UP BELONGINGS

As a precaution, we recommend that you lock up your belongings with a key operated lock. Some branches offer monthly locker rentals. Please check with your branch to see if this service is available.