



health and fitness member handbook

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Downtown
Midtown
Uptown

www.ywcampls.org

downtown
612 332-0501

1130 Nicollet Mall
Minneapolis, MN 55403
612 332-0500 (fax)

midtown
612 215-4333

2121 East Lake Street
Minneapolis, MN 55407
612 215-4334 (fax)

uptown
612 874-7131

2808 Hennepin Avenue South
Minneapolis, MN 55408
612 215-4234 (fax)



welcome to the ywca of minneapolis

The YWCA is a multicultural membership organization that provides programs and facilities to meet the needs of a growing Minneapolis community. The YWCA offers programs in addition to Health & Fitness; including Early Childhood Education, Girls & Youth, Women's Wellness, Public Policy, Racial Justice and volunteer opportunities.

The YWCA is open to all individuals regardless of race, religious beliefs, sex, national origin, age, disability or sexual orientation. For individuals with limited income, scholarship memberships are available on a sliding fee scale to qualifying participants within our financial means.

health and fitness for the whole body

Discover increased self-knowledge, health, and physical, mental and spiritual empowerment in a safe and nurturing environment. The YWCA professional staff specialize in a wide variety of disciplines including exercise physiology, physical education, social services, and health and wellness. Staff are available at all times to answer questions, discuss your needs or address your concerns.

community expectations

Code of Conduct

The YWCA is committed to providing a safe and welcoming environment to all members and participants. To ensure the safety and comfort of all, we have set forth expectations for all individuals who use our facilities:

- Each person will respect the rights, dignity and cultures of others.
- Individuals will be considerate of the safety and comfort of others and be responsible for their own behavior.
- The YWCA of Minneapolis has **ZERO TOLERANCE** for any acts of violence.
- Concerns about other participants or employees will be brought to a staff person's attention for resolution.

Behaviors that violate the YWCA Code of Conduct include:

- Disrespecting others through the use of vulgar language, swearing, name-calling, or shouting
- Harassment or intimidation by words, gestures, body movement or menacing behavior
- Possession of any item that can be used as a weapon, or as a threat to others
- Careless or destructive treatment of property
- Smoking or illegal drug use on YWCA property
- Usage of YWCA facility while under the influence of illegal drugs or alcohol

Please report any violations of our Code of Conduct to staff. We want to help! Staff will investigate all reported incidents. Violations of this Code of Conduct may result in suspension or termination of YWCA membership and privileges.

membership options

Several YWCA membership options are available. For additional information contact the membership desk at any of our three Health and Fitness locations. Memberships are valid at all locations. Membership fees are not refundable or transferable.

Fitness Membership

Enjoy unlimited access to the Downtown, Midtown, or Uptown YWCA of Minneapolis Health & Fitness facilities plus special membership rates for families, households, seniors and youth. Short-term trial memberships are also available. All those sharing a household membership must reside at the same address. Fitness members are also entitled to special rates on additional-fee programs and services.

membership policies

All members and guests must check in at the membership desk. Your membership card or Photo ID verifies your current membership status and is required for admittance into the YWCA facility. Your membership card is exclusively for your use and is not transferable. "Loaned" cards will be retained by the YWCA and membership privileges will be automatically suspended. Members who misplace their membership cards will be given a 30-day grace period to locate the missing ID. A fee will then be charged to those who are unable to locate their membership card.

Guests

- Current photo ID is required of all members, guests and non-members ages 13 and older.
- A member must be 18 years of age or older to bring a guest into the facility.
- Each adult fitness member receives a number of free guest passes annually.
- Each member is allowed a maximum of 2 guests per visit.
- Both member sponsor and their guest are required to leave a photo ID at membership desk upon arrival.
- Guests must be accompanied by their member sponsor at all times and must also leave the facility together.
- Members of other YWCA chapters are welcome to use our facilities at a discounted rate.
- Non members not accompanied by a member may use the Downtown or Uptown facility on a pay per visit basis.
- Non members not accompanied by a member may use the Midtown pool and gym during Community Gym and Swim for a reduced fee.

Youth

Children 8 and under must be actively supervised (within arms reach) by an adult* while using the facility, unless the child is involved in a supervised YWCA program. Children 9-12 must have a adult supervisor in the building at all times. Youth ages 13 and older can use the facility on their own, but must understand policies for each specific program area.

- **Under 6 months old:** Infants under 6 months old are allowed with parent/adult supervisors by fitness machines in baby carrier. Never in the weight area.

**Parents/adult supervisors* are allowed to use strollers on the walking/running track at these designated times:
M-F 5:30 a.m.-4:00 p.m., Sat/Sun 7:30 a.m.-noon**

Infant carriers cannot be left unattended in the aquatic areas.

- **6 months to 6 years old:** Children have access to the babysitting room and are not allowed in the fitness center. Children also have access to the Fit Kids Gym (half hour time limit), but must be actively supervised by an adult.
- **6 to 12 years old:** Children have access to the Fit Kids Gym without their parent or supervising adult. Parents/adult supervisors are required to sign children in and out.
- **9 to 17 years old:** Youth Fitness Memberships apply to youth ages 9 to 17. Parents/adult supervisors can stop by the fitness desk to receive the Physicians Release Form & the Guardians Release Form so children can be trained and have access to the cardiovascular machines and youth fitness classes. Parents/adult supervisors need to be in the building at all times until the child is 13 years old.
- **13 years and older:** Current photo ID is required of all members, guests and non-members.

Pick up a youth schedule to find a youth group fitness class for your child. We have many different classes for many ages. These classes are structured and is a great addition to supervised play time, such as babysitting and fit kids gym.

***The YWCA definition of an adult supervisor is any responsible adult, 18 years of age and older.**

membership programs, services and guidelines

Babysitting

Babysitting service is available for children 6 months - 6 years at all locations. Reservations are strongly recommended.

Call Downtown at 612 215-4152
Midtown at 612 215-4360
Uptown at 612 215-4218

Fit Kids' Gym

The YWCA Fit Kids' Gym is for children ages 6 months to 12 years. The Fit Kids' Gym features obstacle courses, climbing areas and lots of mats for soft landings!

- At Midtown, children 5 and under must be accompanied by a parent/adult supervisor* while utilizing the Fit Kids' Gym.
- Children must be picked up by the parent or adult supervisor who signed her/him in.
- All child sign-ins and sign-outs must be done through the Fit Kids' Gym monitor.
- Youth of Kindergarten ages and up are limited to 2 hours in the Fit Kids' Gym.
- Staff will regulate safe equipment use.
- Fit Kids' Gym is available for use only during posted hours.
- Parent/adult supervisor must be using the YWCA and remain inside the facility while children are signed into the Fit Kids Gym.

Specific guidelines are posted in the Fit Kids' Gym area.

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Fitness Center

- All Fitness Centers are open to ages 15+.
- The Midtown Fitness Center allows youth ages 9-11 years to use a limited amount of cardiovascular equipment with a specific orientation procedure. Please see the Midtown Fitness Staff for details.
- The Midtown Fitness Center allows youth ages 12-14 years to use a limited amount of cardiovascular and weight equipment with a specific orientation procedure. Please see the Midtown Fitness Staff for details.
- A pre-participation medical check-up is strongly recommended for participation in physical fitness activities.
- All new members receive a free exercise program design session with a personal trainer within 30 days of their membership start date. Please schedule with the Personal Trainer of your choice.
- Alert staff if you are experiencing dizziness, faintness, or discomfort so that they may assist you.
- Please inform staff of any problems with equipment.
- Proper attire is required at all times: shirt, shorts or pants, and athletic shoes.
- Be considerate of others. Do not rest on equipment between sets; allow others to work in with you on machines.
- Return all plates, dumbbells and other equipment to their proper storage rack after use.
- Wipe off equipment after use. Spray cleaner and paper towels are provided.
- There is a sign up for cardiovascular equipment at each facility.
- Infants (6 months and younger) in the Fitness Center must be placed in a carrier beside the cardio equipment. No kid-packs allowed. No infants allowed in the free weight area. Babysitting services are available for youth 6-months - 6 years.
- Please lock-up personal items. Bags and coats are not allowed in the Fitness Centers.

Group Fitness Classes

The YWCA of Minneapolis offers a variety of classes, of all levels and at convenient times. Consult your Fitness Desk for class schedules.

- We recommend that Group Fitness participants warm up and stretch properly when arriving late to classes. When leaving class early, it is the participant's responsibility to properly cool down.
- Wear appropriate and supportive shoes while participating in classes.
- We reserve the right to cancel classes at any time. There is a minimum of 2 participants required; classes will be cancelled after 10 minutes due to lack of attendance.
- Youth ages 12-14 can attend low impact classes with a parent/adult supervisor* present, youth ages 15 and older may attend group fitness classes independently.

Specialty Classes

A variety of extra fee specialty classes that run in 6-week sessions are available. Registration opens two weeks prior to session start dates. For upcoming session offerings check at the Front Desk. Class registration fees are not refundable after the session has started. Payment is due at time of registration. We reserve the right to cancel classes. Non-members who are registered for classes do not have to pay the daily entrance fee but gain access to the facility only during class times.

Locker Rooms

- Downtown, Midtown, and Uptown facilities offer separate locker rooms for Men, Women, Boys, Girls and Families.
- All bags and coats must be stored in a locker.
- Youth under the age of 16 must use the youth locker rooms.
- Only children under the age of 3 are allowed in the locker rooms of opposite sex parents/adult supervisors.
- When a parent/adult supervisor brings a young child of the opposite sex (older than age 3) to the YWCA, they are encouraged to use the unisex family locker rooms which are provided at each location, for members who need alternate accommodations.
- Valuables will not be accepted for safekeeping by staff or allowed in program areas. The YWCA is not responsible for lost or stolen articles.
- The women's locker room at the Downtown facility features private showers, sauna, steam room, whirlpool and a lounge. For safety purposes, it is to be used by women and girls 18 and older.

Lockers

Full-length changing lockers are available for day use only. Items cannot be kept in lockers/locker rooms overnight. Members are encouraged to bring their own locks. Lockers located outside of the locker rooms are available for 6-months and 1-year rental contracts. Please see the membership desk to sign up.

Lock & Towel Rental

Locks and towels are available to rent at all YWCA locations.

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Massage and Bodywork

Choose from a variety of massage & bodywork styles performed by certified staff including Sports, Esalan, Swedish, Reflexology, Shiatsu, Ortho-Bionomy and Acupuncture. Services offered vary at each location. Check with the Membership Desk to determine services offered at a particular site.

- Appointments are required. A 24-hour cancellation notice is required to avoid session charges.
- Gift certificates are available.

Open Gym

- The YWCA has ZERO TOLERANCE for any acts of violence.
- Use respectful language and behavior at all times.
- No dunking or hanging on the rims of basketball hoops.
- Store gym bags or gear in secured lockers in the locker rooms, not the sidelines.
- Proper attire is required at all times: shirt, shorts or pants, and non-marking athletic shoes.
- Checkout and return borrowed equipment to the Front Desks, or the Uptown Fitness Desk, with a photo ID.
- Please report all inappropriate behavior to the Front Desk.
- Please check each facility for specific scheduled sports for members and guests.

Personal Training Services

Fitness assessments, consultations, and personal training sessions are available from Certified Personal Trainers. Appointments are required. A 24-hour cancellation notice is required to avoid session charges.

Call Downtown at 612 215-4152
Midtown at 612 215-4350
Uptown at 612 215-4203

Sauna, Steam Room, & Whirlpool

- For safety, do not enter these high heat areas directly after strenuous exercise.
- Persons with high or low blood pressure, heart disease, or who are pregnant should not use these areas.
- A soap shower is required before entering the pool or whirlpool.
- These areas are not to be used for weight loss purposes.
- Exercise is not allowed in these high heat areas.
- Proper attire is required.
- Specific rules are posted in the aquatics areas.
- Youth ages 15 years and under must be directly supervised by an adult in all whirlpool areas.
- Youth 15 and under may not be in the sauna, steam room or whirlpool for more than five minutes. Youth must be 16 years old to use the sauna and steam room.
- No children under 5 are allowed in high-heat areas at any time.
- No diapers or disposable undergarments allowed.
- Toys, floatation devices and active play are not allowed.
- There is an additional sauna, steam room and whirlpool located in the Downtown Women's Locker Room for women 18 years and older.

Swimming Pool Policies

- No admittance to persons with open sores, infectious or communicable diseases in the pool.
- No spouting of water or any other similar un-hygenic actions.
- A soap shower is required before entering the pool.
- Lifeguard has full authority in the pool area.
- No food or beverages allowed in the pool area except water in unbreakable containers.
- Proper swimming attire is required - no denim, cut offs, or pants below knee length. Leggings are allowed.
- No outdoor shoes allowed on the pool deck. Sandals specifically used on the pool deck are allowed.
- For hair chin-length or longer, swimmers must wear a swim cap or bind hair tightly. Swim caps are available for purchase at the Front Desk.
- For lap swimming, lanes are designed for slow, medium, and fast swimming. Please adhere to direction and speed markers when sharing a lane with other swimmers. Circle swim will be enforced.
- Children not toilet trained must wear rubber pants or swim diapers under swimming suits. Regular, disposable diapers are not allowed.
- Youth ages 9-12 may attend open swim without adult supervision after demonstrating to the lifeguard that they are capable of swimming safely. A parent/adult supervisor* must remain in the building (youth ages 8 and under must be actively supervised by a parent/adult supervisor in the water).
- United States Coast Guard-approved life jackets may be used when a guardian is within arms reach of the child. Inflatable floatation devices (such as water wings) are not allowed.
- Youth wishing to go into deeper water (deeper than armpit depth) must be able to pass the facility's swim test. This swimming ability must be demonstrated to the lifeguard on duty before going into deeper water.
- No infant carriers holding children can be left unattended.
- Domestic animals are not allowed in the pool area except for the express purpose of assisting or aiding persons with disabling conditions.
- Specific rules are also posted in the pool areas.

Downtown Pool

- Lap Pool water temperature is kept between 85°F and 86°F.
- Wading Pool water temperature is kept at 88°F.
- One or two lanes are available during group swim lesson times.
- No lanes are available during some scheduled group classes. Please check at the Downtown desk for the schedule designating open swim, lap swim, water fitness classes, and lesson times.
- Any changes to the schedule will be posted on the pool event boards which are located outside of the locker rooms and also by the lifeguard stand.

Midtown Pool

LAP POOL

- Lap Pool water temperature is kept between 81° and 83°F.
- One lap lane is available during aquatic group fitness classes. Please check at the Midtown desk for the schedule designating open swim, lap swim, water fitness classes, and lesson times.
- No lanes are available during group swim lessons. Please check at the Midtown desk for the schedule designating open swim, lap swim, water fitness classes, and lesson times.

LEISURE POOL

- Leisure Pool water temperature is kept between 85° and 86°F.
- Metal fasteners and jewelry are not allowed on the slide feature.
- The leisure pool will be closed during group lessons.
- Must be 48 inches or taller or pass swim test to ride the water slide.

Uptown Pool

- Lap Pool water temperature is kept between 82° and 84° F.
- One lane is available for both lap and open swim during class times. Please check at the Uptown desk for the schedule designating open swim, lap swim, water fitness classes, and lesson times.

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general information

Accidents

Immediately report all accidents or unusual incidents to a staff person on duty in the activity area or at the Front Desk.

Fees

All fees are subject to change without notice.

Food & Beverages

Food and beverages are not permitted in program areas or locker rooms. Plastic water bottles are allowed in fitness areas.

Holidays & Snow Days

The YWCA of Minneapolis will be closed in observation of the following holidays:

- New Year's Day
(Uptown and Midtown open 12-5 p.m.)
- Martin Luther King Jr. Day
- Easter Sunday
- Memorial Day
- Fourth of July
- Labor Day
- Thanksgiving Day
- Christmas Eve Day (Uptown and Midtown open until 4 p.m.; Downtown until noon)
- Christmas Day
- New Year's Eve Day (open until 4 pm)

For Snow Days and weather-related closing announcements, listen to WCCO (830 AM) or call your local YWCA facility.

Schedules

The YWCA reserves the right to make schedule changes. Schedule information is published in our Health & Fitness newsletter and on our website. Changes in these schedules are posted at the Front Desk. Call the facility with questions.

Smoking, Drugs & Weapon Policy

In keeping with the YWCA Health & Fitness philosophy, smoking and drug use are not permitted on YWCA property. You may not enter any YWCA facility under the influence of illegal drugs or alcohol. Weapons are not allowed at any YWCA facilities. Membership of any individual possessing any of these items while on YWCA premises will be immediately forfeited.

Telephones

Courtesy phones are available for members' use at each YWCA facility.

Tennis Courts

- The Downtown YWCA has one tennis court on the roof. Reservations may be made by calling the Downtown Fitness Desk (612 215-4100). Use of the court is free to members and their guests from April through October, weather permitting.
- Proper attire is required at all times: shirt, shorts or pants, and appropriate foot wear.
- Tennis rackets and balls are available for use.
- Instructors are available for private or semi-private lessons. Group children's lessons are available during the summer.
- The Minneapolis Sports Center at Midtown has five tennis courts that may be reserved by members based on availability. Inquiries and reservations may be made by calling the Minneapolis Sports Center at 612 215-4321.

Midtown Track Policies

- Members/Guests with their babies can walk/jog on the Midtown track utilizing a stroller only during established and posted times.
- Please do not leave your child unattended.
- No kid packs or baby packs allowed.
- Runners and walkers must stay in a single file line at all times to allow others to pass easily to the outside lane.
- No balls are allowed on track.

Uptown Track Policies

- Arrows on the track clearly indicate the clockwise direction of traffic on Tu/Th/Sa and the counter clockwise direction of traffic on M/W/F/Su.
- The inside lane is for walking and running, the outside lane is reserved for passing.

facility information

Downtown YWCA

1130 Nicollet Mall
Minneapolis, MN 55403

General Hours of Operation

Weekdays: 6 am - 9 pm
Saturday: 7:30 am - 5 pm
Sunday: 9 am - 3 pm (seasonal)

Important Numbers (all 612 area codes)

General332-0501
Fax332-0500
Membership Desk215-4126
Membership Coordinator215-4115
Health & Fitness Assistant Director215-4105
Fitness Center.....215-4187
Aquatics Coordinator215-4157
Personal Trainers.....215-4152
Pool Rental215-4157
Gym Rental215-4152

Midtown YWCA

2121 East Lake Street
Minneapolis, MN 55407

General Hours of Operation

Weekdays: 5:30 am - 11 pm
Weekends: 7:30 am - 9 pm

Important Numbers

General215-4333
Fax215-4334
Membership Desk215-4332
Membership Coordinator215-4386
Minneapolis Sports Center Coordinator215-4321
Health & Fitness Director.....215-4300
Fitness Center.....215-4350
Fitness Coordinator.....215-4343
Group Fitness Coordinator215-4330
Aquatics Coordinator215-4344
Aquatic Office.....215-4342
Personal Trainer Information215-4343
League Info215-4321
Fit Kid's Gym/Party Rental.....215-4321
Pool Rental215-4321
Gym Rental215-4321
Babysitter Hotline.....215-4360
Scholarship Questions215-4323
Youth Fitness Coordinator215-4352

Uptown YWCA

2808 Hennepin Avenue South
Minneapolis, MN 55408

General Hours of Operation

Weekdays: 5:30 am - 11 pm
Weekends: 7:30 am - 9 pm

Important Numbers

General874-7131
Fax215-4234
Membership Desk215-4201
Scholarship Questions215-4216
Membership Coordinator215-4214
Youth & Family Coordinator215-4204
Health & Fitness Director215-4222
Fitness Center.....215-4209
Fitness Coordinator.....215-4203
Group Fitness Coordinator215-4205
Aquatics Coordinator215-4224
Aquatic Office.....215-4228
Personal Trainer Information215-4203
League Hotline215-4252
Party Rental215-4204
Pool Rental215-4224
Gym Rental215-4203
Babysitter Room215-4218
Pilates215-4208
League Coordinator215-4206