

Membership Information

BUILDING HOURS

Monday – Friday 5:00 am – 9:00 pm
Saturday 7:00 am – 6:00 pm
Sunday 12:00 pm – 6:00 pm

Premium Membership - 24 hour access to wellness center \$5/month per person add on fee.

WAYS WE COMMUNICATE

WEBSITE

Mexicoymca.org

FACEBOOK

Mexico Area Family YMCA

MOBILE APP

Download "Daxko App"
Search for Mexico Area Family YMCA

ACCEPTABLE BEHAVIOR

The YMCA is based on the values of caring, honesty, respect and responsibility. We expect all people using our facilities and participating in our programs to respect themselves and each other. We reserve the right to suspend membership if a person fails to live up to any of the character values. Use of camera cell phones in the locker rooms is prohibited.

FACILITY AGE REQUIREMENTS

Youth must be in the 6th grade or 12 years old to come to the YMCA unaccompanied by an adult or someone at least 15 years or older. The adult must maintain direct supervision of the children in their charge or check them into the child watch/kids zone room.

REFUND/PROGRAM CANCELLATION

The Mexico Area Family YMCA **does not issue refunds** on programs or memberships unless they are cancelled by the YMCA. A credit may be offered in place of a refund for a class that an individual would be unable to complete due to serious illness, etc., when approved by the Program Director. This credit can be used toward any program or membership offered by the YMCA. No refunds or credits will be given for missing classes or

MEMBERSHIP CARDS

Upon becoming a member of the YMCA, you will receive a membership card. You must scan your card each time you enter the YMCA at the front desk. Membership is not transferable. Card cost is included in your joining fee, replacement cards are \$5.00.

SCHOLARSHIP PROGRAM

The YMCA welcomes people from all socio-economic backgrounds. Financial assistance is available for membership and for program participation for those who can demonstrate financial need. This program is made possible by our Annual Support Fund and the United Way. If you or someone you know could benefit from YMCA financial assistance, please inquire at the front desk.

GUEST PASSES

Each membership type, except youth memberships, are given 10 guest passes annually upon request. The passes are only good during the present calendar year and only if your membership is in good standing. When redeeming guest passes, the participant must present current photo ID.

NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your home YMCA. We offer this so you can reach your health and wellness goals wherever you live, work or travel. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

Please note: Nationwide Memberships do not qualify for member rates for programs or childcare.

LOCKER SERVICE

Lockers are available to rent for \$5/month, sign up for a locker at the front desk. Must provide own lock. Daily use lockers are available free of charge and must be emptied when you leave.

The Mexico Area Family YMCA is not responsible for lost or stolen items.

Youth Programs

- BASKETBALL
Boys & Girls ages Kindergarten – 6th grade
- FLAG FOOTBALL
Boys & Girls age Kindergarten – 4th grade
- FIRE SOCCER CLUB
Boys & Girls (U12 & U14 Teams)
Travel required
- FUTSAL (INDOOR SOCCER)
Boys & Girls ages 8th – 12th grade
- REC SOCCER
Boys & Girls ages pre-k - 8th grade
- TEE BALL/WIFFLE TEE BALL
Boys & Girls ages 3-5
- HIP HOP DANCE
Boys & Girls ages Kindergarten – 6th grade
- TUMBLING
Boys & Girls ages 3 – 12
- VOLLEYBALL
Girls ages 3rd – 6th grade
- COMPETITIVE SWIM TEAM
Boys & Girls ages Kindergarten - 12th gr.
- YOUTH AND GOVERNMENT
Boys & Girls 8th – 12th grade
- SPORTS CLINICS
Boys & Girls ages determined by sport

Martial Arts

- TAE KWON DO
Children & Adults over 6 years old
- YOUNG WHA RYU
Children & Adults over 6 years old

Adult/Family Programs

- Volleyball League
- Pickleball Tournaments
- 5K Runs

Child Care

CHILD WATCH

Free service to our members.
Ages - 6 months to 11 years old.

Mon/Wed/Fri	7:45 am - 11:00 am
Mon - Thur.	4:00 pm - 7:30 pm
Saturday	8:45 am - 11:00 am

KEYS (After school care)

Licensed program designed to provide a safe, fun environment for school age children Kindergarten - 5th grade. Program is from the dismissal of school to 5:30 pm.

SUMMER DAY CAMP

Child care for children Kindergarten - 5th grade. Program runs from 7:00 am - 5:30 pm

Membership Includes:

- Wellness Center
- Free Fitness Classes
- Free Aquatic Classes
- Indoor Swimming pool
- Hot Tub & Sauna
- Basketball Courts
- Pickleball Courts
- Racquetball Court
- Batting Cage
- Indoor Track

Additional Amenities

- **Premium Membership**
24 hour access to the Wellness Center for \$5 a month per person add on fee
- **SWIM LESSONS**
Private and Group Lessons
Adult & Children
- **PERSONAL TRAINING**
Individual and Group Training
Adult & Teens

Aquatic Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-8:00 Adult Lap Swim	6:00-8:00 Adult Lap Swim	6:00-8:00 Adult Lap Swim	6:00-8:00 Adult Lap Swim	6:00-8:00 Adult Lap Swim	
	8:15-9:00 Arthricise	8:15-9:00 Water Walking	8:15-9:00 Arthricise	8:15-9:00 Water Walking	8:15-9:00 Arthricise	
	9:15-10:00 Aquacise	9:15-10:00 Aquacise	9:15-10:00 Aquacise	9:15-10:00 Aquacise	9:15-10:00 Aquacise	9:15-10:00 Water Walking
	10:00-10:30 Open Exercise	10:00-10:30 Open Exercise	10:00-10:30 Open Exercise	10:00-10:30 Open Exercise	10:00-10:30 Open Exercise	
	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-12:30 Adult Lap Swim
1:00-3:00 Open Swim		3:30-5:00 Swim Team		3:30-5:00 Swim Team		1:00-3:00 Open Swim
	5:00-6:00 Adult Lap Swim	5:00-6:00 Adult Lap Swim	5:00-6:00 Adult Lap Swim	5:00-6:00 Adult Lap Swim	5:00-6:00 Adult Lap Swim	
	6:00-7:00 Aquacise	6:00-7:00 Open Swim	6:00-7:00 Aquacise	6:00-7:00 Open Swim	6:00-7:00 Aquacise	
	7:00-8:30 Swim Team		7:00-8:30 Swim Team			

- Sauna is open to one person at a time for 15 minutes.
- Hot Tub is open for two people at a time for 15 minutes.
- Sauna and Hot Tub are only open during Lap Swim and Open Swim times.
- There will be no lap lane during open swim.
- Children under the age of 12 must be accompanied by someone 15 years of age or older.
- Under the age of 9 must have an adult in the water with the child at all times.

Aquatic Department

Instructors: Beverly Tate, Mary Jo Harris, Barbara Hawkins, Tera Scott

ARTHRICISE: No swimming skills are required as all exercises are done in water waist-to-shoulder depth. This class is designed for participants with mild to serious arthritis problems. Emphasis is placed on joint flexibility and range of motion exercises. Exercises are specifically designed by the Arthritis Foundation and the national YMCA.

WATER WALKING/ FINS KICKING:

This is a 45 minute instructor led class with 15 minutes of optional lap swim time. No swimming skills are required as a swim flotation belt is worn during class to keep your head above water. This class is not intended for those who are uncomfortable in deep water or dislike getting water in their face and hair. Water Walking is a high intensity, full body workout focusing on muscle toning with some cardio included. Exercises in class may be modified for those with specific needs.

AQUACISE: A great non-impact or low impact aerobic workout. The exercises are designed to increase muscle tone, flexibility, strength and endurance. Swimming is not required. Use of equipment creates a little more resistance.

OPEN/FAMILY SWIM:

Children under the age of 12 must be accompanied by an adult (or person 15 years or older.)

Under the age of 9 years, an adult must be in the water with the child at all times.

OPEN/FAMILY SWIM:

Tue & Thur	6:00 pm - 7:00 pm
Saturday	1:00 pm - 3:00 pm
Sunday	1:00 pm - 3:00 pm

LAP SWIM SCHEDULE:

Monday - Friday	6:00 am - 8:00 am
	11:30 am - 1:00 pm
	5:00 pm - 6:00 pm
Saturday	11:30 am - 12:30 pm

****HELP US KEEP OUR POOL CLEAN.
PLEASE SHOWER BEFORE ENTERING
THE POOL, HOT TUB OR SAUNA.**

Hot Tub and Sauna

Available only during lap swim and open/family swim. Exercise clothing or sweatshirts are not allowed.

Must be 16 years or older to use the hot tub

Severe Weather Policy

The Pool will close if: 1) cloud-to ground lightning is observed and less than 30 seconds pass from that flash, 2) if cloud lightning is occurring overhead.