

YWCA Tulsa Membership Guidelines

The YWCA is committed to providing a safe and welcoming environment to all members and guests. The following document is a list of guidelines for our fitness facilities.

Hours of operation:

YWCA Patti Johnson Wilson Center

Monday - Thursday: 5:30am - 9:00pm
Friday: 5:30am - 8:00pm
Saturday: 8:00am - 5:00pm
Sunday: 12:00pm - 5:00pm

YWCA East Community Center

Monday - Thursday: 6:30am - 8:00pm
Friday: 6:30am - 7:00pm
Saturday: 9:00am - 1:00pm
Sunday: CLOSED

please note that the pools at both locations close 30 minutes earlier than the facility hours of operation for daily maintenance.

GUEST POLICIES

- Each guest may receive a one-day complimentary pass annually.
- The guest must be at least 16 years of age to use the facility alone.
- Additional visits may be allowed with the purchase of day passes or a 10 visit punch card after the initial visit.
 - Single visit guest passes are \$10 at the Patti Johnson Wilson Center and \$5 at the East Community Center.

MEMBERSHIP AND PROGRAM BILLING

- Returned or declined payments will result in a \$10 fee.
- Facility access is not permitted with a past due balance on account.
- A \$5 late fee will be added to invoices not paid by the 15th of the month.
- It is the member's responsibility to update their billing method as needed.
- Membership fees are non-refundable.
- Monthly membership fees renew automatically each month. To terminate your membership visit either front desk to complete a Status Change form by the 25th of the month to cancel for next month.

MEMBERSHIP DISCOUNTS

- Proof of eligibility is required for discounts.
- We reserve the right to cancel or remove discounts at any time.
- Members may only qualify for one discount at a time.
 - Full Time Student Discount
 - Undergraduate 12+ hours
 - Graduate 9+ hours
 - Senior Discount
 - 65 years of age or older
 - Single Parent Family Discount
 - One adult and any children in the household under the age of 18
- Discounts not available at all locations.

ATTIRE

- Proper athletic attire is required.
- Shirts and shoes must be worn at all times.
- Closed-toed shoes must be worn at all times with the exception of yoga/Pilates classes.
- Proper swim attire is required. This includes synthetics, non-cotton materials. Jeans and cut-offs are prohibited in the pools.

AGE LIMITATIONS

- The age limit for using the cardio and weight room is 12 years of age. All minors between the ages of 12-15 must be accompanied with an adult/guardian in same room.
- An individual must be at least 15 years of age to participate in any of the group fitness classes, including the water group fitness classes, unless otherwise specified for a youth class or instructor.
- Children only up to the age of 6 may accompany their parent into the opposite sex locker room. There are alternative locations to change if a parent so chooses for any of their children.

PERSONAL BELONGINGS

- All lost and found items will be kept by the front desk for 30 days. Please check with the front desk for any lost items.
- The YWCA is not responsible for any damaged, lost or stolen property. This includes vehicles and their contents.
- Locks for lockers are available for daily use at the front desk upon request. Locker rental is available for long term storage for \$10/month.

FACILITY ETTIQUITE GUIDELINES

- Any type of harassment or discrimination towards members or staff will not be tolerated.
- Please limit cell phone use to the lobby or hallways. No other video or audio recording equipment is allowed in the YWCA facility.
- Please return towels to the towel bin.
- Please wipe down equipment after use with provided gym wipes.
- Please be considerate of others. Do not rest on equipment in between sets; allow others to work in with you on the machines.
- Please return equipment to its proper place within the facility.
- Please inform staff of any problems with equipment.
- Please inform staff of any injury to yourself or guests.
- Vulgar language, swearing, name calling, or shouting will not be tolerated.
- Careless or destructive treatment of property is not allowed.
- YWCA prohibits the use or possession of any weapon on YWCA property.
- No smoking, use of any tobacco products, or drugs on YWCA property.
- No alcoholic beverages to be brought in the facility by members.
- No one under the influence of illegal drugs or alcohol while using the facility.
- Please remove your personal belongings from the lockers after use unless otherwise renting the locker.
- Members and guests shall not conduct business or solicit other members and guests.

POOL AREA GUIDELINES

- No running or rough play in and around the pool.
- No diving.
- Follow all of the lifeguard's instructions.
- Excess body lotions should be removed prior to entering the water.
- Swimming alone is prohibited.
- Children are not allowed on the ramp of the pool.
- Children should only use toys, noodles, and life jackets designated for children's use.
- Infants and toddlers are required to use a swim diaper.
- The pool, splash pool, and spa will close a half an hour earlier than the facility for maintenance.
- Splash pool is for children 5 years old and younger with guardian's supervision.
- Persons who are pregnant, taking medication or have any history of cardiovascular disease should consult a physician before entering the hot water of the spa.
- Must be 16 years of age or older to use the spa.

EMERGENCY EVACUATION

In the event of an evacuation of the pool area, lifeguards will notify all swimmers to exit the pool. Swimmers must adhere to lifeguard instructions and vacate the pool immediately.

OPEN/FAMILY SWIM RULES

During scheduled Open Swim or Family Swim times, children under the age of 16 are allowed in the pool, and for their safety, the following rules take effect:

Ages 6 & Under Must have parent or guardian 18 years of age or older in the water with them and within arm's reach at all times. There may be no more than 2 children per 1 adult swimmer. If a child passes the swim test, then the parent/guardian may be on the pool deck and not in the water.

Ages 7-16 If a child cannot pass the swim test, they must stay in shallow water areas. If child passes swim test, they are allowed in designated deep area. Parent or guardian over 18 years old must remain in the facility at all times.

SWIM TEST

Our swim test is to ensure the safety of our swimmers by judging their ability to swim and self-rescue. Each swimmer must take the swim test to swim without a lifejacket. Swim tests are administered by certified lifeguard. Any child under 7 who does not complete a swim test must either wear a lifejacket or be within arm's reach of a parent at all times. The swim test criteria includes jumping into the water feet first, resurface, and swim across the width of the pool without touching the bottom, a wall, a lane divider, or holding onto anything. Swimmers must maintain a horizontal position in the water and maintain forward momentum. A swimmer's ability to pass the swim test is at the lifeguard's discretion.

PERSONAL HYGIENE

Open wounds are prohibited in the pool area, and bandages are prohibited in the pool area. Please shower with warm water and soap before entering any of the pools.

BREATH HOLDING

For the safety of our swimmers and to prevent shallow water blackout, any form of breath holding practice is not allowed in the pool. Any swimmer who violates this rule will be warned. Further violations may result in dismissal from the pool area.

FOOD, DRINK AND SMOKING/TOBACCO PRODUCTS

Food, drinks, gum, tobacco products, vapor inhalation products, alcohol and glass containers are all prohibited in the pool area.

FACILITY CLOSINGS

Pool area may be closed and cleared of people on short notice for inclement weather including lightning, emergency cleanings due to contamination, or mechanical failure of operating systems. If pool is closed due to unforeseen circumstances, it will be reopened in the shortest timeframe possible, and members will be kept updated of opening schedule. During pool closures, members may continue to use other areas of the facility.

GROUP/PRIVATE SWIM LESSON GUIDLINES

- Group swim lesson sessions are given throughout the year
- To enroll your child in swim lessons, sign-ups begin online at midnight on the Monday prior to the corresponding session. Availability is given on a first come first serve basis. There is a maximum of six children in each session.
- If you are unsure what level your child should be enrolled in, please refer to our website for a description of levels.
- Watching is encouraged but can be distracting to swimmers. Parents are encouraged to enjoy our lobby and/or the pool patio during lessons. There is a bench in the pool area that also may be used if your child is new to lessons.
- On the last day, guardians are invited to come into the pool area to watch during the last fifteen minutes of the lesson.
- Guardians must stay in the building during the swim lessons.
- On rare occasions, the pool might be forced to close, for example thunder storms or water incidents. In this instance, and a swim lesson is cancelled YWCA Tulsa will notify guardians by phone immediately and a 10% discount will be offered per cancelled lesson. The discount(s) can be applied to future swim lessons or swim team costs.
- Refunds or discounts will not be given if a child misses a lesson.
- On the last day of the session, an evaluation will be given to each swimmer and the instructor will discuss with you future options for your swimmer.
- Private lessons are also available for youths and adults.
- Private lessons are scheduled with an instructor during open swim times on the schedule for more convenience for you.
- If you are interested in private swim lessons, please ask the front desk for more information.

DROP-IN CHILDCARE

- East Community Center Hours:
 - Monday-Friday 9am to 12pm
 - Saturday 10am to 12pm
- Patti Johnson Wilson Center Hours:

- Monday-Thursday 7:30am to 1pm; 3pm to 7pm
- Friday 7:30am to 1pm
- Saturday 8am to 2pm
- Sunday 12 pm to 5pm
- For ages 6 weeks to 8 years of age.
- Children with contagious illnesses or symptoms, including fever will not be allowed in the drop-in room and must be symptom free for 24 hours before returning.
- Maximum use of 2 hours per visit.
- Parents must provide diaper supplies and snacks.

PERSONAL TRAINING

- Personal trainers are available for individual or small group sessions.
- All trainers are certified personal trainers.
- Personal training may only be conducted by YWCA personal trainers.
- Sign-up and payments for personal training sessions can be made at the front desk.
- Cancellations must be made with the trainer at least 24 hours before a scheduled session or the session will still be charged.
- No refunds
- All personal training purchases expire 12 months from purchase

All guidelines and policies are subject to change without prior notice at the discretion of the YWCA Tulsa.