



EVERYONE BELONGS AT THE Y!

YMCA OF GREENWICH MEMBER HANDBOOK



WELCOME TO THE Y!

As a member of the Y, you become part of something far greater than a fitness facility — you join a powerful movement dedicated to strengthening the foundations of community. The YMCA is where children find confidence in the water, where seniors find connection and purpose, and where families grow stronger together. Every visit, every class, every conversation here helps build a more inclusive, vibrant, and compassionate community. *At the Y, wellness isn't just physical — it's emotional, social, and deeply rooted in connection. Your presence here helps us create a space where everyone belongs.*

At the Y, we believe in equity and opportunity for all — regardless of age, background, or financial situation. We are here to serve, to uplift, and to inspire. Your membership directly supports programs that teach kids to swim, feed families in need, mentor teens, and provide life-saving services every single day. *Because of members like you, we are able to expand our impact and be a resource for individuals and families who need us most. When you invest in yourself at the Y, you are also investing in your neighbors.*

We've created this handbook as a quick reference for you. Inside, you'll find helpful information about our programs, policies, and the deeper purpose that drives everything we do. We are honored to have you with us, and we're here to ensure your experience is meaningful, enriching, and connected to the greater good. *If there's anything you ever need, our team is here to help guide and support you throughout your Y journey. Welcome to the Y — where belonging begins, and where impact never ends.*

OUR MISSION

We are welcoming: we are open to all. We are a place where you can belong and become. *We are genuine:* we value you and embrace your individuality. *We are hopeful:* we believe in you and your potential to become a catalyst in the world. *We are nurturing:* we support you in your journey to develop your full potential. *We are determined:* above all else, we are on a relentless quest to make our community stronger beginning with you.

OUR CORE VALUES

The YMCA of Greenwich is guided by our four core values:

HONESTY | **CARING** | **RESPECT** | **RESPONSIBILITY**

MEMBERSHIP CATEGORIES

We offer an array of flexible memberships to fit your unique family situation:

Membership Type	Description
Youth	6 months – 14 years
Aquatic Youth	22 years or younger (for competitive teams only)
Young Adult	15 – 25 years
Adult	26 – 64 years
Senior	65 years and older
Senior Couple	Two adults ages 65+
Nanny/Au Pair	Must provide proof of current employment, such as a notarized letter from an employer or pay stub.
Family	Two adults and their dependent children ages 21 and younger who share the same address. Nanny's not included.
One Adult Family	One adult and their dependent children ages 21 years and younger.
Two Adult Family	Two adults and their dependent children ages 21 years and younger.
Renew Active	Free membership to those with select UnitedHealthcare Medicare Advantage plans.

NATIONWIDE MEMBERSHIP

Traveling? Commuting? Take advantage of the Y wherever you live, work or travel. With Nationwide Membership, you have the flexibility to use participating Y facilities across the United States at no extra charge. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel.

Nationwide Membership is valid for active, full facility YMCA of Greenwich Members. Nationwide members must use their home Y (the Greenwich Y) at least 50% of the time. Members will be required to show a valid Y membership card and photo ID. Members may need to sign a universal liability waiver and privacy policy.

Please be sure to check with the Y where you are visiting for their current membership practices, procedures and schedules. Nationwide members visiting others Ys for a period of greater than 28 days must transfer membership affiliation for continued use.

MEMBERSHIP POLICIES

As a member of the Y, you are part of an organization committed to helping everyone in our community have the opportunities they need to learn, grow and thrive. Our membership policies are designed to ensure we can continue to provide a safe, positive and nurturing environment where individuals and families feel welcome and at home.

MEMBER CODE OF CONDUCT

All members must act in accordance with the values of the Y to maintain an atmosphere that is free of offensive and unlawful conduct.

We have no tolerance for:

- Fighting
- Use of abusive language
- Smoking in Y facilities and/or properties
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Inappropriate, immodest or sexually revealing attire (as interpreted by our staff)
- Disrespect for property rights of the Y or others
- Conduct or actions of a sexual nature
- Derogatory or unwelcome comments based on individuals' sex, race, ethnicity, age, religion, marital status, citizenship, disability, sexual orientation or any legally protected status.

As a private organization, the Y reserves the right to cancel the membership of any member who does not follow the Member Code of Conduct at any time.

Y staff members may define what is considered inappropriate behavior in determination of a member's suspension or termination. Y members or guests who observe conduct not befitting of the Member Code of Conduct should promptly report concerns to Y staff. We will then make every effort to investigate and resolve issues promptly, confidentially, and effectively.

The Y conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. The Y also reserves the right to deny access or membership to any person who is presently or habitually under the influence of illegal drugs or chemicals, narcotics, or intoxicating beverages.

MEMBERSHIP POLICIES

MEMBERSHIP CARDS AND PHOTO IDS / CHECK-IN

- All members will receive membership cards.
- All members and guests will be required to sign the YMCA of Greenwich Release & Waiver of Liability and Indemnity.
- All members must formally check in at our Member Services desk(s) upon entry with membership cards. Membership bar codes are uniquely assigned and cannot be shared.
- Membership cards &/or photo IDs are essential tools to maintaining safety at our location.
- Your membership card is very important. Please keep track of it, add it to the YMCA of Greenwich mobile app and present it at the Member Services Desk(s) every time you enter the facility. If you happen to arrive without your card, you may show another form of photo ID, such as your driver's license.
- If your card does not scan, we will verify your membership by other means, such as an additional form of identification. If we find your membership is not current, you may not enter the Y.
- Never loan your card or transfer your membership to someone else; these actions are grounds for termination.
- The YMCA reserves the right to take pictures/video of its participants for brochures, publications and marketing purposes. If you would prefer not to be photographed for these purposes, please let us know in writing by emailing marketing@gwymca.org.

MEMBERSHIP POLICIES

PARKING RULES

- The YMCA parking lots are accessed via Mason Street and/or 50 East Putnam Avenue. Both lots are for the use of the members & guests only while using our facility. Vehicles must be parked in designated parking spaces only.
- The Y will always keep you updated via email and on our website regarding any events at the facility that may impact parking.
- Parking permits are available at the Member Service Desk.
- Members parking permits must be predominately displayed on member vehicles (on the passenger side windshield).
- Nationwide Members &/or Guests using the facility MUST display a temporary parking pass. Please check-in at the Member Services Desk in the Lobby to receive one.
- Overnight parking is not allowed on the YMCA premises.

ACTION FOR PARKING VIOLATIONS & ENFORCEMENT PROTOCOL

Parking violations can occur if a vehicle is parked illegally or if a vehicle does not have a parking permit on their windshield (see enforcement protocol below). Please be aware that on the 3rd offense a \$250 fine will be imposed.

- 1st Offense – Parking Violation Letter placed on vehicle.
- 2nd Offense – 2nd Violation Letter will be issued and placed on vehicle.
- 3rd Offense – A Barnacle Windshield Parking Boot will be placed on the vehicle's windshield. In order to remove the Barnacle the motorist will need to call the phone number or visit the website displayed on the Barnacle and pay a \$250.00 fine and a \$300 deposit at which time the motorist will receive a release code. The \$300 deposit will be refunded when the barnacle is returned to the YMCA membership desk.

MEMBERSHIP POLICIES

LOCKER ROOMS

The YMCA of Greenwich is committed to diversity, equity and inclusion, and strives to ensure that everyone feels both welcome and safe when visiting the Y. Our locker rooms provide a communal space for all members and staff to change, shower, use the bathroom and temporarily store items while at the Y. The Y offers you five locker room options:

- Adult men only (18 yrs+) located on level "MF"
- Adult women only (18 yrs+) access code required) located on level "LB"
- General women's/girl's (all ages) located on 1st floor
- General men's/boy's (all ages) located on 1st floor
- Private Changing Room (co-ed, all ages) located on level B

Children are not allowed in the adult locker rooms, with exception on overflow days: Saturday & Sunday, 8:00am-1:30pm. During this time, female parents/caregivers with girls under 8 years may use the Adult Women's locker room. Male parents/caregivers with boys under 8 years may use the Adult Men's locker room.

The Private Changing Room is available for people with special needs, parents with children of the opposite sex (moms with sons, dads with daughters) and caregivers providing assistance to those who need it. The private changing room is co-ed, so please get dressed/undressed in the private changing room stalls.

Lockers are available for Greenwich YMCA Members to rent. Options include daily use or overnight for the year (see front desk for rates). Lockers in private changing room are not eligible for rent. Daily lockers are available for day-use only when you are in the building and using the facilities. We strongly advise members to invest in a lock and always secure belongings. Complimentary security pouches are available at the front desk for storage of smaller valuables. Any locker that is used overnight and is not registered with the front desk will be clipped and contents will be held for a 30 day period. The YMCA of Greenwich is not responsible for lost or stolen personal belongings.

When using any Y locker room, everyone must wear a towel or clothing at all times except when showering. All members are asked to demonstrate modesty and show sensitivity toward the need for privacy of those around them. Please observe the Y's core values of caring, honesty, respect, and responsibility.

MEMBERSHIP POLICIES

SAUNA & STEAM ROOMS

To keep our steam and sauna areas clean, functioning, and safe, please abide by the following policies:

- Swimsuits are required at all times.
- It is recommended that sauna usage is limited to 10-15 minutes.
- Do not pour water on thermostats or attempt to adjust the temperature in the steam room.
- All users must re-shower before entering the pool.
- Do not apply body oils before entering or while using these areas.
- Members should not use the sauna if they are feeling sick or dizzy.
- The YMCA of Greenwich follows YMCA National Guidelines that restrict children under 18 years of age from steam room and sauna use.

SECURITY

We do everything we can to ensure your security and safety while on the Y premises. That's why we place so much attention on the use of membership IDs for check-ins. However, we cannot be responsible for any theft or damage to your personal property, either in our buildings or in our parking lots. Please remember, you are responsible for securing any items you bring on site.

LOST & FOUND

If you lose something on site, promptly inform our front desk staff – they will check our Lost and Found area to see if the item has been retrieved. We hold items found within the facility in Lost and Found for just one week, unclaimed items are donated to charity.

HEALTH ISSUES

We recommend that you get a medical exam prior to beginning any exercise program. This is a wise first step to engaging in any wellness-related activity. Some programs may require a written and signed physician's approval prior to participation.

Also, be sure to keep your contact information up to date. It's essential that we have your current address, phone number, email, and emergency contact information in case of an emergency.

MEMBERSHIP POLICIES

COMMUNITY PASSES

Do you have a nanny or babysitter who provides care for your children? Does an older member of your family require the help of a caregiver? The Y offers community passes for non-members who frequent the Y. Holders of a community pass can check in at the front desk and will be given access to the facility. Individuals must first complete and sign a community pass application. Once the community pass has been issued, the pass holder may visit the Y at any time in a supervisory capacity. Caregivers must be with the dependents they are supervising at all times. For children age 6 or younger, caregivers must be at least 18 in order to supervise. Please note that the community pass does not constitute membership and does not entitle the benefits of membership.

Community passes are also required if you are not a member but require frequent facility access because your child(ren) are members or are in a program at the Greenwich Y.

Parents/Guardians, to get started, please stop by the Mason St. Front Desk for processing.

WHAT TO EXPECT WHEN APPLYING FOR A COMMUNITY PASS:

1. We require the visitor's Driver's License or other government-issued ID to scan in our sex offender database (Raptor). Your information is completely safe and private in this database.
2. Completion of our Community Pass Application.
3. Membership Associates at the desk will process and issue you a Community Pass that will be valid through the calendar year.

Thank you for supporting our collective endeavors to improve safety for our families and facilities.

CELL PHONE, VIDEO RECORDER, & CAMERA POLICY

Please turn it off! Use of recording devices on mobile and cell phones, cameras, iPads, Tablets, MP3 players, video recorders, etc. is strictly prohibited. Video recorders, cameras, or any other visual recording devices are not allowed within the Y without the expressed consent from YMCA management.

Cell phone use is limited and phone calls are permitted only in hallways.

The Wellness Center, Base Fitness and Locker Rooms are “no cell zones”: Cell phones in these areas are only permitted for streaming entertainment, and only when used with headphones/earbuds. Phone/video calls, live streaming or taking pictures/videos is prohibited.

MEMBERSHIP POLICIES

GUEST POLICY

Applicable to all Guests:

- Each guest must be accompanied by a member and provide a valid photo ID on each visit.
- All guests under the age of 12 must be accompanied and signed in by a current Y member over age 18 on each visit and meet our Youth Supervision requirements.
- Each guest must be properly checked in at our main Member Services Desk (located at our entrance off Mason Street).
- The current Y member will be held responsible for any discipline issues of their guest(s) up to and including suspension or termination of membership.

USING NATIONWIDE MEMBERSHIP AT THE YMCA OF GREENWICH

The YMCA of Greenwich welcomes Nationwide Memberships. Members will be asked to share a valid YMCA membership card, photo ID, and confirm their name and email address. A universal liability waiver and privacy policy will need to be signed. Most services typically offered to Greenwich Y members will also be offered to visiting Y Nationwide Members. Fee-based programs require payment prior to participation by Nationwide Members.

MEMBERSHIP FEES & PAYMENTS

Your prompt, consistent payment of membership fees helps us continue to offer our community-focused programs and services. The best way to ensure your payments are always on time is to set up a monthly bank, debit or credit card draft. With an automatic draft, we deduct your monthly membership fees directly from your bank or credit account—with no hassle to you—as long as you're a member. Annual memberships will automatically renew on the anniversary date.

CREATING A MEMBERSHIP ACCOUNT

- When you become a member of the YMCA, you will be provided with the following account information:
 - The exact amount you will be charged that day
 - The exact amount that you will be charged on a monthly basis
 - Your next billing date & subsequent billing dates
- If you become a member online, this information will be provided in the online enrollment process.
- If you become a member in-person, a YMCA member associate will verbally inform you of this information and provide it to you in writing in order to obtain your consent to these terms.
- To set up a draft through your bank account, visit our main Member Service desk and they'll be happy to help you set it up. Please remember to provide a voided check.

MEMBERSHIP FOR ALL

Membership for All is the Y's income based pricing system that helps ensure that we are there for those in need and affordable for all. An individual's rate for membership is determined by the chosen membership category and household income. Applicants for the program are required to provide verification of income. Everyone, including existing members, is welcome to apply. If your income changes during the course of your membership, you are welcome to contact us to explore this option to maintain your involvement in programs and services of the Y.

MEMBERSHIP FEES & PAYMENTS

CHANGES TO YOUR MEMBERSHIP LEVEL

Change is inevitable, even when it comes to your Y membership. Whether adding or removing a family member, cancelling your membership, or updating your address or bank account information, you can submit updates any time with ease.

CHANGING YOUR MEMBERSHIP ACCOUNT

- At the Y, you are in control of your account information and you are capable of making changes at any time including, but not limited to:
 - Your membership type
 - The individuals on your membership account
 - Your payment methods
 - Placing your membership on hold
 - Cancelling your membership
- There are several ways to make changes to your membership account:
 - In-person – At any time during our normal business hours, you may make changes by visiting our Member Services Desk and speaking with a YMCA member associate.
 - By phone – At any time during our normal business hours, you may make changes by calling the Member Services Desk and speaking with a YMCA member associate.
 - Online – At any time, you may make changes to your account by visiting our online web form: <https://form.jotform.com/242004257338148>
 - You will receive a confirmation email with details on when your membership will be changed/terminated once it is processed.

UPGRADES OR DOWNGRADES

Do you need to add someone to your membership? Simply complete the online web form to let us know of the upgrade. Of course, adding participants to a membership may push you to a different membership category with added fees. If that's the case, please note that you will be responsible for paying additional membership dues at the time you submit your change form.

Members may request to upgrade or downgrade their monthly membership category at any time. Downgrade requests must be submitted in writing at least 5 days before the scheduled draft date. Requests made on or after the designated draft date will not be refunded or prorated for that month.

MEMBERSHIP FEES & PAYMENTS

CANCELLATION POLICY

You can cancel your monthly membership at any time. The cancellation process is simple and can be completed using the same method you used to enroll or by simply clicking here:

<https://form.jotform.com/242004257338148>.

Monthly memberships will remain active until the end of the current bill cycle and will not renew thereafter. If a monthly membership is cancelled on or after the designated draft date, there will be no refund or prorated credit for that month. No additional fees will apply to monthly cancellations. Annual memberships are non-refundable and are active for one year from the date of payment. Please note that if you are enrolled in a program when you cancel your membership, there will be a balance due that reflects non-member pricing.

RATE ADJUSTMENT POLICY

- The Y may periodically adjust membership fees. If a fee increase is scheduled, the YMCA will provide at least 30 days' written notice (by mail or email) before the new rate goes into effect. This notice will include the specific amount of the increase and the date when it begins. If you do not agree with the new rate, you can cancel your membership before the effective date.
- Declined &/or late payments will receive a \$20.00 service charge.

MEMBERSHIP FREEZE

- Your membership may be placed on hold for 4 months in a calendar year for a fee of \$15. for every month the membership is on freeze.
- All holds require 10 days advance written/email notice before your next draft date to process the months for which you wish the hold to be in effect. Upon expiration of the hold period, your membership and membership fees will be reinstated automatically.

CHILDREN IN THE Y

At the Y, we're committed to giving children and teens the opportunity to learn, grow and thrive. Kids come to the Y to learn, play, dream and achieve in a safe, fun and welcoming environment. Kids' experiences at the Y are made even better when parents and guardians are aware of the policies regarding the supervision of children at our facilities and programs. These important policies are designed to ensure the Y is a secure, caring place for all children. Please note that the YMCA reserves the right to cancel any program that fails to meet minimum enrollment requirements.

YOUTH PROGRAMS AGE GUIDELINES

- Ages 6 and under: Must be accompanied by a parent or guardian at all times while at the YMCA.
- Ages 7-10: Must be supervised by a parent or guardian (age 16+) who is in the same area of the facility during general use of the facility.
 - Youth enrolled in YMCA programming can attend programming without a parent, but must be dropped off and picked up from the programming location. Parents **MUST** remain in the facility.
- Ages 11-12: Must be supervised by a parent or guardian (age 16+) who is in the facility, but does not have to remain in the same area.
 - Youth enrolled in YMCA programming can attend programming without a parent, but must be dropped off and picked up from the programming location.
- Ages 13-15: Permitted to be at the Y for up to 3 hours without adult supervision.
- Ages 16+: Free to use the facility

TUMBLE ROOM GUIDELINES

- Parent supervision is required at all times while in the Tumble Room, regardless of age.
- Parents are not permitted to use equipment located in cabinets, closets, or storage containers.
- Please encourage children to clean up the equipment before leaving the tumble room.
- Hours: Tumble Room hours are subject to change. Please refer to our website for current Tumble Room hours visiting: greenwichymca.org/schedules.

CHILDREN IN THE Y

CHILD WATCH POLICY AND PROCEDURES

Monday–Friday: 7:45 AM–12:00 PM; 5:00–7:00 PM

Saturday & Sunday: 8:00 AM–12:00 PM

- Due to safety for all children in our care, parents are not allowed in the Child Watch Room.
- Parents **MUST** remain in the building while using Child Watch Services.
- Children can stay for a maximum of 90 minutes per daily visit.
- Please keep your phone accessible in case Child Watch staff needs to contact you about your child.
- **REGISTRATION**: Any parent using Child Watch services will have to register through our Daxko [NSI] platform. There is no cost to register for Child Watch, but it will require parents to review and sign our Parent Handbook, as well as sign required YMCA waivers and provide information such as emergency contacts.
- **USAGE GUIDELINES**: Child Watch services are free for FAMILY and SINGLE-PARENT FAMILY membership holders. The cost is \$15 per visit for all other membership types and \$25 per visit for non-members.
- **DROP OFF/CHECKING-IN**: Parents **MUST** check in at the front desk and receive a Child Watch entry pass before coming to the Child Watch room.
- Parents must sign children in & out & be prepared to present ID if asked by YMCA or child watch staff.
- **LATE FEE**: Parents will be charged a \$10 late fee when picking up children more than 10 minutes past the identified pick-up time. There will be an additional fee of \$10 charged every 5 minutes after the initial late fee charge. Late fees **MUST** be paid before the next child watch visit or the child will not be admitted into the child watch room.
- **EARLY PICK-UP**: Parents will be asked to pick child up early from child watch if:
 - Child has heavily soiled diaper with no diapers for changing
 - Child has been steadily crying for 15 consecutive minutes
 - Child has one of the following symptoms:
 - Nose that runs continuously
 - Excessive coughing
 - Undiagnosed rash, sores, or other skin conditions
 - Vomiting or Diarrhea
 - Fever

Depending on the symptoms, a doctor's note may be required to be admitted to Child Watch for the next visit (within 72 hours).

HEALTH & FITNESS GUIDELINES

The Y strives every day to provide a welcoming place where anyone—from beginning exercisers to competitive athletes—can come to improve their health and well-being. The following health and wellness policies are designed to help ensure the safety and positive experience of all members who use the Y.

PERSONAL TRAINING GUIDELINES

- Only staff members employed by the Y are allowed to provide personal training within Y facilities and programs. Our staff members are trained and certified by the Y in accordance with the organization's history and philosophy and they are committed to carrying out our mission by providing high quality programs. Instruction or training by anyone other than YMCA staff is strictly prohibited. The Y has this standard in order to provide safe, high-quality personal training at all times.
- We offer a variety of affordable personal training packages for individuals and groups—including private and semi-private sessions in specialty areas like Pilates, boxing, pickleball, yoga, spin, and programs tailored for older adults and those living with Parkinson's or cancer. To learn more, email wellness@gwymca.org.

WELLNESS CENTER / BASE FITNESS AGE REQUIREMENTS

- Members must be 15 years of age or older to use the Wellness Center/Base Fitness unsupervised.
- Youths ages 12-14 may use the Wellness Center/Base Fitness when accompanied by a parent or responsible adult (18+).
- Youths ages 12-14 may use the Wellness Center/Base Fitness unsupervised only after completing a "teen orientation" from one of our staff members. (Please see staff to schedule appointment).

BOXING LOFT AGE REQUIREMENTS

- Members must be 17 years of age or older to use the Boxing Loft unsupervised.
- Youths ages 12-16 may use the Boxing Loft when accompanied by a parent or responsible adult.

HEALTH & FITNESS GUIDELINES

WELLNESS CENTER / BASE FITNESS POLICIES

- Appropriate fitness clothing and closed-toe shoes required. (Only exception: when on the weight lifting platforms and in Base Fitness, socks are permitted).
- No Cell Zone: cell phones are only permitted for streaming entertainment, and only when used with headphones/earbuds. Cell phones cannot be used in the Wellness Center or Base Fitness for phone/video calls, live streaming or taking pictures/videos.
- No food or glass containers.
- Horseplay will not be tolerated.
- The YMCA is not responsible for lost or stolen property. Please store all personal belongings in the provided lockers or locker rooms.
- Please wipe down equipment after every use.
- During peak hours, please limit time on cardiovascular equipment to 30 minutes.
- Equipment may not be reserved; it must be shared. Do not sit on machines when in between sets.
- Allow others to "work in" with you between sets.
- Respect the equipment-refrain from dropping, slamming, and banging weights.
- Use safety clips on weight bars at all times. Ask a YMCA staff member for assistance when performing lifts.
- Return all equipment to its proper place after use. Use all fitness center equipment for its intended purpose only.

We are here to help you enjoy your Y experience. Please ask for assistance when needed.

HEALTH & FITNESS GUIDELINES

GROUP EXERCISE POLICIES

As a courtesy to others, please arrive early or on time for all group exercise classes. **Please do not enter a class if it is full or if it is 10 minutes after the scheduled start time.** To ensure your space in the class, you may register using our app. **If you register and are not early or on time, and the class is full, you will forfeit your space.**

- Wear appropriate athletic attire and shoes.
- For the safety of all members, please keep your bag in a designated area or in our locker rooms.
- If leaving class early, please exit the class in a manner that does not disturb the rest of the class.
- All classes are subject to change. Please see our website, app, or posted schedules within the facility for the most current class schedule.
- Some classes may require participants to sign up in advance. Please check the schedule to identify which classes require a reservation.
- Use of cell phones is not permitted in class.
- Children 13 and under are not permitted in classrooms.
- Instruction or training by anyone other than YMCA staff is strictly prohibited.

DIVERSE ABILITY ACCOMMODATIONS

The Y provides opportunities for people with physical and developmental disabilities to participate in programs. We offer support to help individuals of all abilities use our facilities safely and effectively. Contact Member Services to learn more.

AQUATIC GUIDELINES

The Y strives to help all ages learn how to swim, so they can stay safe around water and learn the skills needed to make swimming a lifelong pursuit for healthy living. Whether you're looking for swim classes, want to learn water safety, or just enjoy swimming laps, you'll find what you're looking for at our Y.

POOL POLICIES

The YMCA of Greenwich has 2 pools. Olympic Pool is a 50 meter pool and the Alumni pool is 20 yards. Open/Family/Lap swimming is available. Both pools close 30 minutes prior to building closing.

- **Pool Hours:** Pool hours are subject to change. Please refer to our website for current Tumble Room hours visiting: greenwichymca.org/schedules.
 - Alumni Pool: Weekdays 7:00 AM - 7:30 PM, / Weekends 7:00 AM - 4:00 PM
 - Olympic Pool: Weekdays 5:00AM - 9:00PM / Weekends 7:00AM - 4:30PM
- **Age Guidelines:** Children 10 & under must be accompanied by an adult (18+) at all times at the pool. Adult must be within arm's reach of the child at all times. Children 11-14 must have adult (18+) in the building at all times. 15-18 years of age and over can have access to both pools once swim tested. All adults must be able to pass swim test to use the pool. Sauna use 18+.
- **Proper Attire:** Swimming apparel is required. No cut-off jeans or shorts in the pool. Anyone experiencing incontinence regardless of age must wear swim diaper.
- **Supervision & Spectators:** Parents and or caregivers (18+) must supervise their children or adults in their care at all times. Bleachers are available for observing at the Olympic Pool. The viewing deck is available for spectators at Alumni.
- **Swim Test:** All individuals may be subject to a swim test to swim in either pool without USCG life vest. All children 10 & under must pass swim test to swim without parent/caretaker in the pool. Anyone who does not pass swim test must wear USCG life vest and have adult (18+) within arm's reach at all times.
 - Swim without stopping or assistance on front for 20 yards.
 - Swim on back without stopping or assistance for 20 yards.
 - 30 second tread without stopping or assistance.

AQUATIC GUIDELINES

POOL RULES

- Lifeguard must be present before entering pool.
- Pool equipment may be used properly for Open/Family/Lap swimming.
- Glass containers and food are not permitted on deck.
- Diving Board Use requires coach to supervise.
- Starting blocks are for competitive use only.
- Running, horseplay and/or inappropriate behavior is not acceptable.
- Swim Testing will be conducted in order to swim without USCG life vest.
- Please shower before entering pool.
- Lap swimming etiquette rules are in effect. Circle swimming for 3 or more.
- Children 10 & under must be directly supervised by parent/caregiver.
- Strollers are not permitted on deck.