



# Membership 2011

## Cooper Y Facility Hours

Monday-Friday	5:00 am - 10:00 pm
Saturday	7:00 am - 7:00 pm
Sunday	8:00 am - 8:00 pm

## Join the Y!

We know firsthand how difficult it can be to find balance in life. That's why we're here with you every day, making sure that you, your family and your community have the resources and support needed to learn, grow and thrive. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but in your community too.

### Member Rates

Joining Fee for all categories: \$25

### Non-Member Day Fees

Adults (Ages 19-59): \$12/day Youth & Senior: \$5/day

\*Photo ID is required to purchase a day fee.

Youth (Age 18 & Under)	Young Adult (Age 19-25)	Adult (Age 26-59)	Senior Adult (Age 60+)	Young Adult Family/ Household	Single Parent Family/ Household	Family/ Household	Senior Family/ Household
\$21/month	\$39/month	\$49/month	\$45/month	\$65/month	\$65/month	\$75/month	\$65/month

### Membership Payment Options

1. Monthly bank draft from a checking or savings account (automatic payment must come out of the account once before the membership can be cancelled).
2. Monthly deduction from a VISA or MasterCard (automatic payment must come out of the account once before the membership can be cancelled).
3. Payroll Deduction (for select companies).
4. Annual (5% discount, except youth memberships).

### Membership Payments

Members must notify the Y of any change of bank, credit card or employment that would affect payment procedures. This includes but is not limited to card expirations and new cards or bank accounts.

### Personal Pricing

The Y believes that a healthier lifestyle should be available to every family, every person and every budget. That's why we offer an income-based fee scale called Personal Pricing. Personal Pricing is provided for membership and programming based on an applicant's ability to pay and the Y's ability to fund. Your Personal Pricing rate is determined by your income level and family size. Personal Pricing provides affordable monthly membership rates for:

- families of three or more with annual incomes under \$50,000
- families of two or more with annual incomes under \$45,000
- individual adults with an annual income under \$40,000

### Cancellations

Written notice must be received before the last day of the month for drafts, and the 15th of the month for payroll deduction, for sufficient time to cancel your membership. You will be charged for your membership each month until a written notice is received. Not using your membership does not constitute a cancellation.

We reserve the right to suspend or expel anyone from Y facilities or programs for conduct unbecoming a member, participant or guest, including but not limited to violation of rules, violation of any law or ordinance and disruptive or inappropriate behavior.

# Benefits of Membership

Your membership includes:

- Access to all 4 Y locations – Cooper, Downtown, Fallbrook and Northeast
- FREE Child Watch for family and household memberships
- FREE group exercise classes
- FREE personalized health assessments
- FREE cardio orientations
- FREE strength training orientations
- FREE online workout tracking
- FREE use of day lockers and mini safes
- 3 FREE guest passes per guest
- Reduced rates on Youth Sports camps and leagues
- Reduced rates on youth classes
- Monthly newsletter
- Reduced rate validated parking at the Downtown Y for the Que street and Market Place parking garages
- AWAY Program – access to participating Y's across the country at no fee or a minimal fee
- Volunteer opportunities
- Donor opportunities – Through our annual Strong Kids Campaign, your contribution helps us provide program support and financial assistance to families who need it most.



## Activities/Programs Available With Membership

Please note that listed activities are available at all membership facilities unless otherwise specified.

CP = Cooper Y    CK = Camp Kitaki    DT = Downtown Y    FB = Fallbrook Y    NE = Northeast Y    YS = Youth Sports

- Adult Leagues (NE, YS)
  - After School Clubs
  - Aquatics – Youth/Adult
  - Birthday Parties
  - Childcare – School Aged (CP, FB, NE)
  - Child Watch
  - Climbing Wall (CP)
  - CPR/AED/1st Aid
  - Fitness Training
  - Fun Days (CP, FB, NE)
  - Group Exercise – Land, Water, Cycling
  - Gymnastics (CP, FB, NE)
  - Home School Gym (CP, FB, NE)
  - Kid's Quest
  - Lifeguard Certification (NE)
  - Martial Arts (CP, DT, NE)
  - Middle School Programs
  - Nutrition Programming
  - Offseason Camp Outs (CK)
  - Outdoor Pool (CP)
  - Parent's Time Out
  - Personal Training
  - Pool/Gym Rental
  - Preschool (CP, NE)
  - Senior Programs (CP, FB, NE)
  - Snorkeling
  - Strong Kids Campaign
  - Summer Day Camps (CP, FB, NE)
  - Summer Resident Camp (CK)
  - Swim Club (CP, FB)
  - Swim Team (CP, NE)
  - Teen Programs
  - Volunteer Opportunities
  - Youth Dance (CP, FB, NE)
  - Youth Fitness
  - Youth Gym Classes (CP, NE)
  - Youth Sports Camps and Leagues (YS)
  - And More!
- The outdoor swimming pool is available to those members with a family, adult or senior Lincoln YMCA membership. Guests, daily fee patrons and youth members will be able to access the indoor pool, but will have to upgrade to a family membership in order to use the outdoor pool. The outdoor pool, will be open from Memorial Day weekend to Labor Day weekend.

## Communication

Follow us on our Facebook page or visit our website at [ymcalincoln.org](http://ymcalincoln.org) for the most current listing of programs, events, schedules and sessions/registration dates.

We appreciate our member's feedback on Y programs, staff or facilities. Please feel free to leave your concerns or suggestions in person, over the phone or via email. Contact the front desk with any questions regarding the YMCA or the benefits associated with your membership.



# Policies

## Personal Trainers/Coaches/Physical Therapists

No outside trainers are allowed in any Lincoln, Nebraska YMCA facility due to insurance requirements. The Lincoln YMCAs do employ certified Personal Trainers.

## Locker Room Policy

The Y requests that children age 6 and above use the appropriate youth shower and locker areas. The Downtown, Fallbrook and Cooper facilities have a designated locker area for youth who are not directly supervised by their parents. Contact the front desk with questions.

## Youth Policy

For times when youth will be using the Y, we ask that the outlined YMCA guidelines be followed:

### Ages 14 & Over

- Full facility use

### Ages 9 - 13

- Full use of indoor/outdoor pools during open swim times
- Full use of gyms during open gym times
- Full use of game room when not reserved for YMCA programming
- Full use of climbing wall during open climb hours and after successful completion of Climbing Wall class
- Group Exercise Classes:
  - \* 12 - 13 year old graduates of the Youth Fitness class
- Quick Fit Studio:
  - \* 9 - 11 year olds with parent present in studio
  - \* 12-13 year olds with parent present in studio or graduates of the Youth Fitness class
- Workout Area:
  - \* 12 - 13 year old graduates of the Youth Fitness class
- Youth Fitness Class - See Youth Fitness Class flyer for details:
  - \* 12-13 year olds, 11 year olds if turning 12 during the class session



### Ages 5 - 8

- Child Watch
- Kid's Quest
- Youth can participate in the following with a responsible caregiver 16 years of age or older present:
  - \* Indoor Pool during open swim times
  - \* Outdoor Pool during open swim times (must have an adult or family/household membership)
  - \* Youth Gym during open gym times
  - \* Game Room when not reserved for YMCA programming
  - \* Climbing Wall during open climb hours after successful completion of Climbing Wall class

### Ages 6 weeks - 4

- Child Watch
- Youth can participate in the following with a responsible caregiver 16 years of age or older present:
  - \* Indoor Pool during open swim times - Parent or caregiver must be within arms reach at all times
  - \* Outdoor Pool during open swim times - Parent or caregiver must be within arms reach at all times (must have an adult or family/household membership)
  - \* Youth Gym during open gym times

## Photo/Video Release

The YMCA of Lincoln, Nebraska may on occasion take photographs and /or video of its members or program participants for use in print materials or by electronic methods. Your entry into Y facilities, participation in Y programs or participation in Y events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or videos in its marketing and public relations efforts.

# Program Registration

Registration for most programs can be done at any of the 4 membership facilities or online at our website [ymcalincoln.org](http://ymcalincoln.org). For details on specific programs or registration dates, please obtain a brochure at a YMCA facility or visit our website.

## Online Registration

Register for Y programs online!

Check out our easy steps for online registration:

1. Go to [ymcalincoln.org](http://ymcalincoln.org).
2. Click on the 'Register-Manage Account' button.
3. Click on the 'My Basket' tab.
4. Enter your 'Individual Barcode' and 'Family PIN Number'. (If you do not have your individual barcode & PIN, please contact the Y at 323-6400.
5. Click on the 'Select a Program' button. Please verify facility location for all programs prior to registering.
6. Go to 'Select a Client' drop down list and select the person in your family account to be registered in the program.
7. Click the 'Continue Shopping' box to register for more programs or the 'Go to Checkout' box to pay for the registration.
8. You must pay with either a VISA or Mastercard at the time of registration.
9. Wait for 'Registration Confirmation' and print your receipt.
10. Log out of the system.

Note: Personal Pricing discounts are not available for Online Registration. If you qualify for Personal Pricing, you will need to register in person in order to receive your discount.

## Cooper YMCA Staff

### Tammy Poe

Executive Director  
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402-323-6409

### Janel Callahan

Membership Director  
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402-323-6416

### Melissa Pavlish

Program Director  
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402-323-6412

### J P Lauterbach

Chief Operations Officer  
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402-323-6406

### Ryan Fischer

Facility and Customer Service Coordinator  
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402-323-6404

### Amy Shanahan

Health & Wellness Director  
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402-323-6407

### Kim Pair

Youth, Teen & Family Director  
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402-323-6408

### Steve Walling

Property Director  
[swalling@ymcalincoln.org](mailto:swalling@ymcalincoln.org)  
402-323-6417

### Cooper

6767 S. 14th Street  
Lincoln, NE 68512  
(402) 323-6400

### Downtown

1039 P Street  
Lincoln, NE 68508  
(402) 434-9230

### Fallbrook

700 Penrose Drive  
Lincoln, NE 68521  
(402) 323-6444

### Northeast

2601 N. 70th Street  
Lincoln, NE 68507  
(402) 434-9262

### Youth Sports

570 Fallbrook Blvd., # 210  
Lincoln, NE 68521  
(402) 434-9217

### Camp Kitaki

570 Fallbrook Blvd., #210  
Lincoln, NE 68521  
(402) 434-9225