



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**ATTLEBORO YMCA**

# WELCOME

## TO THE ATTLEBORO YMCA



**2012 MEMBERSHIP GUIDE**

# WELCOME TO THE Y!

The Attleboro YMCA has been serving the Attleboro, Norton, and surrounding communities since it was first founded in 1867. Over the years, we've helped our members, neighbors, and friends develop healthy spirit, mind, and body. Today, we remain committed to our cause through programs and services that promote youth development, healthy living, and social responsibility.

By being part of the Attleboro YMCA, you won't only feel good about building a healthier you, but you can feel good about being part of an organization that delivers lasting personal and social change. Welcome. We're so glad you're here!

## OUR MISSION

The Attleboro YMCA is a charitable organization dedicated to the physical, mental, and spiritual development of all. It fosters personal growth through quality programs and services provided in a positive environment by committed staff and volunteers.

## OUR CAUSE

The Attleboro YMCA is a cause-driven organization. We're for youth development, healthy living, and social responsibility.

- **Youth Development.** Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, the Y is for Youth Development. Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow.
- **Healthy Living.** Improving the nation's health and well-being is a priority for the Y. As a result, youth, adults, and families are receiving the support, guidance, and resources they need to achieve greater health and well-being for their spirit, mind, and body.
- **Social Responsibility.** At the Y, strengthening community is our cause. Whether developing skills or emotional well-being, welcoming and connecting diverse populations, or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

## MEMBERSHIP FOR ALL

Staying true to our mission and our cause, the Attleboro Y now offers the Membership for All program, an income-based sliding scale for membership rates. Membership for All welcomes all individuals and families to become active members of the Y, no matter what their financial circumstances may be. The Attleboro Y is able to offer Membership for All because of donations made through the Best Friends Annual Fundraising Campaign. For more information or to find out what your membership rate is, stop by the Welcome Center or go to [www.AttleboroYMCA.org/join-the-Y](http://www.AttleboroYMCA.org/join-the-Y).

# MEMBERSHIP INFORMATION

As an Attleboro YMCA member, you're part of a community that is committed to healthy living, youth development, and social responsibility. With access to the Y's three unique locations, your membership provides you with a wide variety of health and wellness opportunities, community-based programs, and special member benefits.

## GENERAL MEMBER BENEFITS:

- **Priority program registration.** Program registration for Attleboro Y members begin four weeks before the start of the session. Program participants may register two weeks prior to the session.
- **Program discounts.** Y members receive discounts on all of our programs.
- **Wellness Center Orientation.** Learn from experienced staff how to use the Wellness Center equipment effectively and safely.
- **My Y is Every Y in New England.** Your Attleboro Y membership entitles you to free access to 144 Y facilities throughout New England. (Please contact the Y you intend to visit, as restrictions may apply.)
- **Free Child Watch services** for Youth, Family, and Single-Parent Family Members.
- **Free parking.** Your YMCA membership includes a free parking pass for the city parking lot adjacent to the Downtown Branch.
- **Free access to the Norton Outdoor Center.** Your membership includes free access to the Y's 80-acre outdoor recreational facility.

## HEALTH & WELLNESS BENEFITS:

- Free group exercise programs
- Free Wellness Center orientation
- Unlimited Les Mills classes

## AQUATICS BENEFITS:

- Free lap swim, fitness swim, and water jogging
- Free family recreational swim
- Free Aqua Motion, Senior Waves, Arthritis Exercise, and Aqua-Zumba

## YOUTH & FAMILY BENEFITS:

- Discounted youth programs and camp fees
- School's Out Afterschool program
- Sneakers Preschool & Child Care
- Y Way Nursery School
- Family nights and events

## MEMBERSHIP CARDS:

For your security and the protection of the entire Y membership and staff, we require that you scan your membership card whenever you access a YMCA facility. Your membership card may not be used by anyone other than yourself. Replacement cards are available for \$5.

## GUEST PASSES:

YMCA members are issued two free guest passes per membership per year for their friends and family to use.

## DAY PASSES:

Non-members must purchase a day pass to use the YMCA facilities.

# OUR FACILITIES

## DOWNTOWN BRANCH

63 North Main Street, Attleboro 508-222-7422



Monday-Friday 5:00 a.m.-10:00 p.m.  
Saturday 7:00 a.m.-10:00 p.m.\*  
Sunday 7:00 a.m.-8:00 p.m.

\*Summer hours (June 24-September 8)  
Saturday 7:00-4:00 p.m.

### DOWNTOWN BRANCH AMENITIES:

Wellness Center

- Cardio and Strength Equipment
- Free Weights

3 Gymnasiums

Two 4-lane indoor pools, 25 yards

Group Exercise Studio

Group Cycling Studio

Racquetball and Squash courts

Indoor Track

Locker Rooms

- Adult Women's with sauna and steam
- Adult Men's with steam
- Unisex/Family shower and changing rooms
- Women/Girls and Men/Boys locker rooms

WiFi in the lobby and Wellness Center

Free Parking pass for members

### THE DOWNTOWN BRANCH IS HOME TO:

- Sneakers Full-Day Child Care
- Y Way Nursery School
- School's Out Swim Team
- Tsunami Swim Team
- Jaguars Track & Field Team
- Basketball Leagues
- Racquetball League
- Attleboro Y's Residences

## NORTON OUTDOOR CENTER

290 West Main Street, Norton 508-222-7292 (in season)

Now included  
in your Attleboro Y  
membership!



Summer season: June 18-September 3  
Monday-Friday 7:00-8:30 a.m. (lap swim)  
4:00-8:00 p.m.  
Weekends 10:00 a.m.-8:00 p.m.

FREE TO MEMBERS

Non-member rates:

Family Summer Pass - \$200

Individual Summer Pass - \$100

Day Passes are also available for purchase

# OUR FACILITIES

## PLEASANT STREET BRANCH

537 Pleasant Street, Attleboro 508-226-7700



Monday-Friday 5:00 a.m.-10:00 p.m.

Saturday 7:00 a.m.-8:00 p.m.\*

Sunday 7:00 a.m.-4:00 p.m.\*

\*Summer hours (June 24-September 8)

Saturday, Sunday 7:00-4:00 p.m.

### PLEASANT STREET BRANCH AMENITIES:

Wellness Center

- Cardio and Strength Equipment
- Free Weights

Gymnasium

6-lane indoor pool, 25 meters

Group Exercise Studio

Group Cycling Loft

Indoor Track

Gymnastics Academy

Dance Studio

Outdoor Athletic Fields

Outdoor Pavilion

Locker Rooms

- Women/Girls and Men/Boys locker rooms with steam and sauna
- Unisex/Family shower and changing rooms

WiFi throughout the facility

### THE PLEASANT STREET BRANCH IS HOME TO:

- High Impact Gymnastics Academy
- Attleboro YMCA School of Dance
- Eclectic Karate
- Camp Pleasant
- Attleboro Y Running Club

### NORTON OUTDOOR CENTER AMENITIES:

80 acres of woodlands, trails, and fields

8-lane outdoor pool, 25 yards

Pavilion bath house with showers

Rotary Lodge and Activity Center

Athletic Fields

Basketball Courts

Ropes course

Marked hiking trails

Amphitheater with fire pit

### THE NORTON OUTDOOR CENTER IS HOME TO:

- Camp Finberg
- Outdoor sports leagues, including field hockey, flag football, and summer basketball leagues

# FACILITY ACCESS

## YMCA CODE OF CONDUCT

The Attleboro YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in our programs.

### Members and guests shall abide by the following rules:

- Appropriate attire must be worn at all times.
- Be aware of others around you and behave in a respectful manner:
  - Refrain from angry or vulgar language, including swearing, name calling or shouting.
  - Do not engage in physical contact with another person in any angry or threatening way.
  - Refrain from any demonstration of sexual activity or sexual contact with another person.
  - Do not harass or intimidate others with words, gestures, body language or any menacing behavior.
  - Conduct yourself in an appropriate, non-threatening, and inoffensive way when at the Y.
- Respect the Y's property and the property of others. The Y will not tolerate theft or destructive behavior.
- The Y strictly prohibits the carrying or concealing of weapons or devices or objects that may be used as weapons.
- The Y also prohibits the use or possession of illegal chemicals or alcohol on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- The use of audio, camera, and video recording devices is prohibited in all Attleboro YMCA facilities without the consent of a Y staff member and the subject.
- Allowing or assisting unauthorized persons access to the facility is prohibited.
- The Attleboro YMCA is a smoke-free facility. Tobacco is prohibited in or around the property.

Members and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain in a courteous and respectful manner. If a member or guest feels uncomfortable in speaking with the person directly, they should report the behavior to a staff person or the Building Supervisor on duty. YMCA staff members are eager to be of assistance.

## **YOUTH ACCESS: THEY PUT THE Y IN YMCA!**

In our efforts to improve the community's health and well-being, the Attleboro Y encourages members and guests of all ages to utilize our facilities. Whether you're 3 or 93, we applaud your commitment to a healthy lifestyle! For the safety of our younger members, we ask all of our members to adhere to the Attleboro Y's Youth Access Policy.

### **General facility access:**

**0-8 years old:** Children must be participating in a YMCA program or directly supervised by an adult at all times.

**9-11 years old:** Children must be participating in a YMCA program or must have a parent or guardian in the facility at all times. Please check with the Welcome Center about which areas are open to this age group without direct parent supervision.

**12-14 years old:** Youth members of 12 or 14 years of age are entitled to unsupervised access to the facility until 9:00 p.m. After 9:00, these youth members must be with an adult.

As with all of our members, Youth Members may be denied access to certain areas or specific member benefits if they display inappropriate behavior.

See page 8 for Wellness Center youth access.



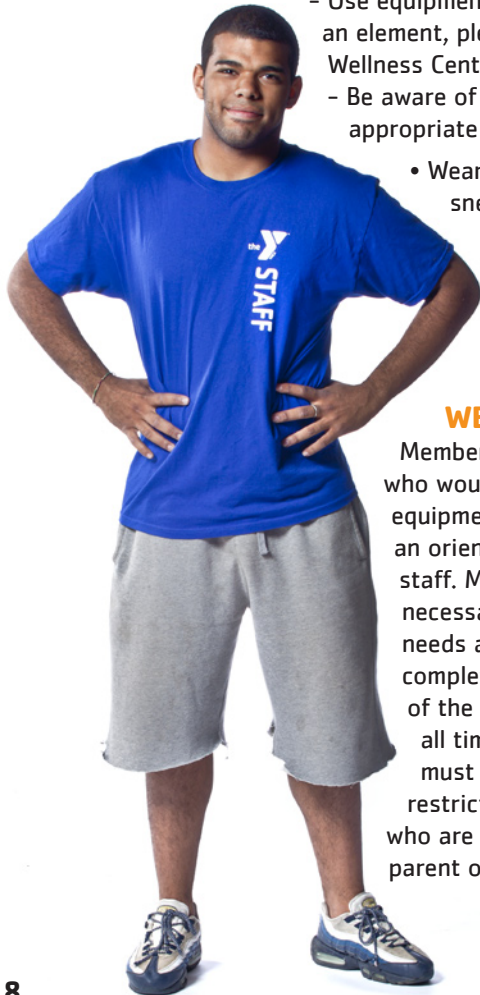
# WELLNESS CENTER

## WELLNESS CENTER ORIENTATION

We encourage all new members to schedule a free Wellness Center Orientation. Our experienced Wellness Center staff will be happy to give you a tour of the fitness floor and teach you how to use the equipment effectively and safely. Stop by the Welcome Center to make an appointment or call the Welcome Center at 508-222-7422 (Downtown Branch) or 508-226-7700 (Pleasant Street Branch).

## WELLNESS CENTER GUIDELINES

- Please respect the equipment and others in the Wellness Center by exhibiting proper gym etiquette:
  - Always clean the equipment after use.
  - Return all weights and equipment to their proper location.
  - Use equipment properly. If you are unsure how to use an element, please ask the floor staff or request a Wellness Center Orientation.
  - Be aware of those around you and always use appropriate language and behavior.
- Wear appropriate workout attire and sneakers. Jeans, jean shorts, work boots and sandals are not allowed.
- Stay hydrated and drink your water. However, all other food and drink are not allowed in the Wellness Center.



## WELLNESS CENTER YOUTH POLICY

Members between the ages of 8 and 13 who would like to use the strength and cardio equipment need to make an appointment for an orientation with the Health & Wellness staff. More than one appointment may be necessary depending on the youth member's needs and understanding. Once training is completed, an access pass will be given. Rules of the Wellness Center must be observed at all times to maintain access. Youth members must observe the posted regulations and restrictions about specific equipment. Children who are 11 or younger must workout alongside a parent or guardian.

# POOL

## SAFETY GUIDELINES

- Help keep your pool clean. Take a soap shower before entering.
- Please respect the health and wellness of other swimmers and refrain from using the pool if you are suffering from a fever, cold, or any communicable diseases.
- Proper swim attire is required. No street clothes are allowed in the pool.
- No running or horseplay is allowed.
- No jumping unless in swimming lessons or swim team. No diving is allowed in YMCA pools.
- Food and drinks are not allowed in the pool area.
- Please check with the lifeguard about which swim toys, accessories, or floatation devices are allowed.
- The YMCA lifeguards are here for your safety and the safety of others. Always follow their rules and guidance.

## YOUTH POLICIES

- All non-swimmers (including those who use bubbles) of any age must have an adult accompany them in the water.
- Swimmers 8 and under must have an adult present in the pool area.
- Swimmers 9 and older who are able to pass the Y's swim test (25 yard swim without floatation device) may swim without an adult.

# LOCKER ROOMS

## LOCKER ROOM GUIDELINES

We ask that courtesy, care, and respect are displayed by all using the locker room facilities. Appropriate discretion and consideration in your appearance and dress ensure a proper environment for all.

### Pleasant Street Branch:

Men's and Women's locker rooms are designed for:

- Adults/Youth: Ages 9+
- Adults with the opposite gender children ages 0-4
- Youth ages 5-8 with same gender adult direct supervision

Family Changing Rooms are available for your use and convenience.

### Downtown Branch:

Men's and Women's Health Centers:

- Adults 19 and older

Men's and Women's Locker Rooms:

- All ages of the same gender

Family Locker Room

- Open to all parents and youth, including parents accompanying opposite gender children

# CHILD PROTECTION

At the Attleboro YMCA, we believe it is our duty and obligation to protect every child who walks through our doors or participates in one of our programs. To ensure your child's safety, we have adopted the following Child Protection Policies.

Child protection is a community initiative that requires teamwork and cooperation from all sides. In order to keep children safe at the Y and in the Y's programs, we need your help. We ask that you review these policies and follow the YMCA's guidelines. If you have any questions about the policies or if you suspect that a YMCA staff member is not adhering to the policies outlined below, please contact CEO Robin McDonald at (508) 409-0763.

## STAFF SCREENING AND HIRING PRACTICES

**Criminal record checks:** The Y conducts criminal and sexual offender background checks (CORI and SORI) on every new hire. The checks are then repeated annually for all existing childcare and camp staff, and biannually for all YMCA staff.

**Reference checks:** Before hiring a new staff member, supervisors must contact three references and use the Y's reference check forms, which specifically address the prospective staff member's experience with children. One reference must be a family member.

**Online searches:** Prior to hiring a new staff member, supervisors are required to conduct a check through Google and common social networking sites to ensure that the individual's content is in keeping with the Y's values. Supervisors must also check the national sexual predator website prior to hiring a new staff member.

## STAFF TRAINING AND EDUCATION PROCEDURES

**YMCA Code of Conduct:** Each new hire must review and sign the Y's Code of Conduct.

**Child Abuse Prevention Training:** Every YMCA staff member attends the Y's employee orientation, which includes Child Protection training. All childcare and camp staff members participate in additional trainings.

## MEMBER SCREENING

The Y conducts a regular check of our membership, program participants, and visitors to ensure there are no Level II or Level III sex offenders using our facilities.

## STEWARDS OF CHILDREN

The Y has trained our staff in Darkness to Light, a national program designed to educate adults about the steps they can take to prevent, recognize, and react responsibly to the reality of child sexual abuse. The Y invites all adults in our community to be trained as "Stewards of Children" to help us protect the children of Attleboro, Norton, and surrounding communities, with a goal of training 5% of the adult population in the area. Contact Tim Killion at (508) 409-0756 for more information or to attend or schedule a training.

## PROGRAM SUPERVISION AND OPERATION

- Program staff are identifiable by staff t-shirts or name tags.
- At no time is a child alone with a staff person where they cannot be observed by others. All Y programs abide by the “Rule of Three,” where staff and children are in groups of at least three—one staff with two children, or two staff with one child.
- Use of bathrooms is always conducted in a highly public and well-traveled area.
- The YMCA staff does not engage in diapering children. However, if a younger child requires assistance in the result of an accident, staff will not close doors to the bathroom or stall so they can be observed.
- While physical contact is important in the emotional development in children, staff members are trained in regards to appropriate physical contact. For example, while side hugs are acceptable, frontal hugs are not.

## BABYSITTING AND OUTSIDE CONTACT

- Staff and volunteers must not interact with YMCA program participants under 18 years of age when outside of the YMCA program activities.
- YMCA staff may not babysit, provide care or instruction, or maintain relationships outside the YMCA with any children or families they meet through YMCA programs. This includes but is not limited to:
  - Extra practices, coaching, or tutoring
  - Special events such as movies, sporting events, or any similar non-YMCA excursions
  - Visits to any residence
  - Gift giving
- Staff may not transport children who are YMCA program participants in their own vehicles.
- Online contact: Staff are not allowed to maintain contact with children who are program participants through online forums, personal email, or social networking sites. For example, staff members may not “friend” or accept friend requests from minors who are part of a YMCA program.

## RESPONDING TO AN ALLEGATION OF CHILD ABUSE

- Staff members have been trained in reporting child abuse/neglect and are considered mandated reporters. This means that if a staff member suspects that a child is the victim of abuse, that staff member must inform a supervisor, who if deemed necessary, will place a call to the Department of Child and Family Services.
- If it is believed that a staff member is abusive or neglectful, that person will be removed from working with children. Pending the outcome of an investigation, it will be decided whether to reinstate, suspend, or terminate the staff member.

# ATTLEBORO Y QUICK REFERENCE GUIDE

## HOLIDAY SCHEDULE

The Attleboro YMCA is open 364 days a year. We only close all of our facilities on Christmas Day. However, on certain holidays, we may close one branch or reduce the number of hours we're open.

## 2012 SCHEDULE

|                |                        |                          |
|----------------|------------------------|--------------------------|
| New Years Day  | Downtown Branch        | open 7:00 a.m.-4:00 p.m. |
| Easter         | Pleasant Street Branch | open 7:00 a.m.-4:00 p.m. |
| Memorial Day   | Downtown Branch        | open 5:00 a.m.-8:00 p.m. |
| 4th of July    | Pleasant Street Branch | open 5:00 a.m.-8:00 p.m. |
| Labor Day      | Downtown Branch        | open 5:00 a.m.-8:00 p.m. |
| Thanksgiving   | Both branches          | open 7:00-10:00 a.m.     |
| Christmas Eve  | Both branches          | open 5:00 a.m.-2:00 p.m. |
| Christmas Day  | Both branches          | closed                   |
| New Year's Eve | Both branches          | open 5:00 a.m.-6:00 p.m. |

## INFORMATION AT YOUR FINGERTIPS

The Attleboro Y now offers a free Active Life mobile app for iPhone and Android users. Search exercise schedules, get new program information, see facility updates, and more. Go to [www.attleboroymca.org](http://www.attleboroymca.org) for more information.

## STAY CONNECTED

The Y is making it easier for you to stay current on the latest YMCA news and updates. Make sure the Welcome Center has your email on file to receive the Y's monthly e-newsletters and inclement weather updates via email. Many members are connecting with the Y and each other through the Y's Facebook page at [facebook.com/attleboroymca](http://facebook.com/attleboroymca).

## INCLEMENT WEATHER

We make every effort to keep our building and services open during our regularly scheduled hours. Please call the Welcome Center during questionable weather. In the event of a delayed opening, there will be a recorded message on the YMCA's main numbers by 4:30 a.m., as well as notifications on the Y's website, Facebook page, and mobile app.

## CONTACT INFORMATION

### Attleboro YMCA

Downtown Location:  
508-222-7422

Pleasant Street Branch:  
508-226-7700

Norton Outdoor Center:  
508-222-7292 (seasonal)

[www.attleboroymca.org](http://www.attleboroymca.org)