



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Altavista Area YMCA Athletic Center

Welcome to the Y! You are part of a wonderful organization that makes a real impact on people's lives. Below you will find a few rules and policies to help you make the most of the facility

Always bring your membership card and check-in at the front desk

Early Risers (4:30am-8:00am) must have an access code to enter the upstairs entrance. Ask the front desk to issue one. You will swipe your Y card first and then enter your code, this will unlock the interior doors.

No soliciting the other members or staff

Basic members must purchase a punch card for all land/water group fitness classes

Front desk opens at 8:00am, Monday-Saturday for business purposes

Please do not hang over the track to watch the gym. Do not walk in groups of three or more.

Youth under 11 are not allowed on the track unless walking side by side with an adult and the track is not busy

Youth must be 11 to have a full facility membership. The free weight room, located in the wellness center, is for youth 14 years of age or older.

**Youth under 16 are not allowed in the Athletic Center before 1:00pm or after 6:00pm without adult supervision (Monday through Friday). This includes youth with full facility memberships.**

The basketball courts will close 15 minutes before the Athletic Center closes.

Locks are not allowed to be used by youth under the age of 11 unless they have full facility membership

Locks are for daily use only. Please return lock to the front desk. Small lockers are available for rent for \$3.00/month. A YMCA lock will be provided.

Large lockers are not available for rent or for overnight use

Youth 10 years of age or younger must either be in Play & Stay (reservations required) or with an adult

The Y has a guest policy in place. Please refer to the handout

Call the front desk 24 hours in advance to reserve the racquetball court for a one hour slot (not mandatory but recommended)

The Y is not responsible for lost or stolen items

Any abuse to the facilities or an inability to follow the rules will result in membership being revoked. Membership fees are nonrefundable.

### YMCA ATHLETIC CENTER HOURS

Monday – Friday: 5:00am – 9:00pm (5:00am – 8:00am, use upstairs entrance)

Saturday: 8:00am – 5:00pm

Sunday: 1:00pm – 5:00pm