

MEMBER INFORMATION

Cherokee County Family YMCA



390 Welchel Road
Gaffney, SC 29341
Phone: (864) 487-7556
Fax: (864) 488-3326



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Important Numbers & Staff Directory

YMCA TELEPHONE—(864) 487-7556

YMCA FAX— — — — —(864) 488-3326

CEO

Mike Goforth

Membership Director

Kathy Jackson

Wellness / Group Fitness Director

Bonnie Walker

Program Director

Summer Parker

Front Desk Staff

Bobby Love

Lee Webster

Rebecca James

Gloria Doster

Lee Ann Baker

Elizabeth Cox

Colby Hill



Welcome to the Cherokee County Family YMCA

You have just opened the doors to a life of opportunity to improve the well being of yourself and or your family. We take pride in the fact that our facility has so much to offer the people of this community. We trust all your visits will be truly enjoyed and a world of health and recreation achieved.

The Cherokee County Family YMCA is a Christian based organization. We strive to incorporate this ideal in every class, program, etc. provided. Every member is encouraged to adopt the YMCA Mission:

To put Christian principles into practice through programs that develop a healthy mind, body, and spirit for all.

HOURS OF OPERATION

FACILITY

SUNDAY-----1 PM ~ 5:30 PM

MONDAY ~ THURSDAY----5 AM ~ 9:00 PM

FRIDAY-----5 AM ~ 7:30 PM

SATURDAY-----8 AM ~ 7:30 PM

NURSERY (SUPERVISED)

MONDAY ~ THURSDAY ----8:00 AM ~ 11:30 AM

4:00 PM ~ 8:00 PM

FRIDAY-----8:00 AM ~ 11:30 AM

4:00 PM ~ 7:00 PM

SATURDAY----- 8:45 AM ~ 11:00 AM

GAME ROOM (SUPERVISED)

*MONDAY ~ FRIDAY ——8:00 AM ~ 11:30 AM

*AM hours summer only

MONDAY ~ THURSDAY ----4:00 PM ~ 8:00 PM

FRIDAY----- 4:00 PM ~ 7:00 PM

YMCA Membership Includes:

- **Access to both the Cherokee County Family YMCA and the indoor pool located at Limestone College.**
- **Access to all SC YMCAs. Check their website or call for specific details and limitations.**
- **Free Group Exercise classes for adults**
- **Free Group Exercise classes for children**
- **Free Water Fitness classes**
- **Gymnasium**
- **Water Park**
- **Whirlpool, Steam Room, Sauna**
- **Strength Training Equipment**
- **Free Weights**
- **Cardio Equipment**
- **Multi-Purpose Room with spin bikes**
- **Locker Rooms**
- **Nursery**
- **Game Room**
- **Kid *ZONE***
- **Discounted Rates** on YMCA programs such as: After School Program, Swim Lessons, Summer Camp, Youth Sports, and more!

The Cherokee County Family
YMCA does not accept Debit or
Credit Cards.

Age Requirements

Facility:

1. No one under the age of 13 may enter facility without adult supervision.

Game Room:

1. 10 and under must be accompanied by an adult.
2. 11 and up may enter without adult supervision.

Child Care: Nursery When Supervised

1. 3 months to 5 years of age.
2. Parents are not allowed to leave facility while child is in nursery.

Gymnasium:

1. 10 and under must be accompanied by an adult
2. Ages 11 and up can enter without adult supervision

Water Park:

1. Ages 12 and under must have direct adult supervision
2. Ages 13 and up can enter without adult supervision

Wellness Room:

1. No one under the age of 13 is allowed.
2. 13 and 14 years of age may enter when accompanied by an adult.
3. 15 years of age and up may enter without supervision.

Group Fitness Classes:

1. Adult: 13 years of age and up
2. Children: 6 years of age and up

Steam Room, Whirlpool, Sauna

1. Must be 17 or older to use this area

TYPES OF MEMBERSHIPS AND REQUIREMENTS

Family Non-Senior Includes:

- **Married** couple **or** filing joint taxes
- Children 18 or younger living in the home under the custody of one of the parents, and full-time student
- Children 19 to 24 years, with full college schedule, (12 credit hours).

Senior Family:

- Married couple only, with one being at least 60 years of age.
Must carry non-senior family in order to cover children with same stipulations as stated in non-senior membership above.

Single—Non-Senior:

- Membership for one person, only, under the age of 60 that does not qualify for other type of membership. (high school, college, etc.)

Senior Single:

- Membership for one person at least 60 years of age.

College:

- 24 YEARS OF AGE OR UNDER. Must carry full college schedule of at least 12 credit hours per semester. Schedule with class times and dates along with pictured college I.D. must be presented at time of membership sign-up. New schedule must be provided at beginning of each semester. Will need to upgrade to single membership upon reaching the age of 25.

High School Student:

- Must be at least 13 years old, full-time school student, with a current pictured school ID.

Military: See Front Desk

***Financial Aid** available upon request.

NOTE: SEX OFFENDERS WILL NOT BE
ALLOWED IN THE YMCA.

Membership cards will be issued upon approval of membership.

- a. Every member will be issued a card with his or her own unique barcode. Members must scan each time they visit the YMCA.
- b. These cards are non transferable. No one other than the person to which this card was issued should try to obtain access to this facility. Allowing others to gain access to the YCMA with your card may be considered fraud and could result in the loss of membership.
- c. Members are responsible for their card. Should one be misplaced, lost, etc. a new one should be purchased for \$5.00 at the front desk. (Worn, damaged, etc. cards will be replaced free of charge). Members not bringing their cards may sign in at the front desk, temporarily. (forgotten, on other key ring, etc) You may be asked to provide a pictured ID.

Membership bank drafts:

- a. Drafts could take as long as one month for set-up with the bank.
- b. Cancellation request: **must be a written request**
This can be done by completing a cancellation form from the front desk, written signed note, fax, or email. A **30-day notice** is required to cancel bank drafts.

Guest:

- a. Members, ages 13 & up are allowed to bring guest who must also be 13 & up. Ages 12 & under must be accompanied by an adult (18 or older).
- b. Guest fees: \$10 for ages 6 & up
\$5 for ages 5 & under. This guest fee is good for the one day only.
- c. Members **are responsible** for the guest they bring and are required to stay on the same premises with their guest.
- c. There is a limit of no more than 3 guests per member per visit.
- d. Guest must read and sign the waiver located at the front desk before entering.

Lockers: are available for free during your visit. The front desk will issue you a lock. Short lockers only may also be rented for \$6 / month. This would allow you to keep the same locker, as long as, dues are paid. **Personal locks are not allowed.** There is a \$10.00 replacement fee for lost/non -returned locks. Ask front desk for information regarding the rules and regulations.

Disciplinary Action: When YMCA rules and policies are not followed, member/guest privileges may be suspended. YMCA staff will make every effort to listen to all sides of an issue and to be fair, when determining consequences. Depending upon the severity of the infraction, members/guests may lose their YMCA privileges, either for a specified period of time or permanently. Actions such as physical violence may result in an automatic permanent loss of membership. The YMCA may contact the appropriate officials to deal with issues, such as violence, trespassing, theft, suspected theft and unruly patrons.

Building Guidelines

- Appropriate clothing & language is expected at all times by members and their guest. Profanity and/or vulgar language is not tolerated and you will be asked to leave.
- No weapons of any kind, illegal practices, improper conduct, language, dress, etc. The YMCA reserves the right to revoke any membership due to any of the above.
- Food and Beverages: Please do not take food or drinks into the gymnasium, aerobics studio, except for water in plastic container. Food and beverages are not allowed in the game room. Glass containers of any sort are not allowed in the facility.
- The YMCA does not accept responsibility for lost, stolen, or damaged personal property. Lockers and locks are provided free of charge. You are urged not to leave purses or any other valuables in your vehicle in the parking lot.
- Lost and found: If you believe, you have left an item at the YMCA, please check with the Front Desk Staff Member. Items left for an extended period of time will be given to a charitable organization.

THE USE OF TOBACCO, ALCOHOL,
ILLEGAL DRUGS IS PROHIBITED ON YMCA
PREMISES

Voluntary or Involuntary Damage to Property

The Cherokee County Family YMCA offers numerous programs and activities designed to strengthen families and our communities. We also have the most up to date equipment to support a healthy, physical lifestyle for all of our members. The proper use and care of our facility and equipment is the responsibility of every officer and member of the Cherokee County Family YMCA. The following statement and guidelines are designed to ensure that our facility and equipment will remain in safe and excellent condition for current and future members of the Cherokee County Family YMCA.

The destruction of facility and / or equipment of the Cherokee County Family YMCA is unacceptable and will be addressed in the following manner.

Voluntary or involuntary damage of property and / or equipment, including misuse, abuse or theft by a member or group of members at the Cherokee County Family YMCA is unacceptable regardless of age, physical ability, race, or status. As a result of misuse, abuse, and or theft, the Cherokee County Family YMCA may hold the responsible party for a single or family Cherokee County Family YMCA membership financially responsible for any and all damages to the facility and or equipment.

All damages will be reviewed and evaluated by the Cherokee County Family YMCA CEO. If deemed necessary the CEO may require financial reimbursement for the replacement and / or repair of facility and / or equipment.

Any member or group of members at the Cherokee County Family YMCA who violates this policy may be in jeopardy of having their membership suspended or cancelled.

THE USE OF ANY COMMUNICATING DEVICE IS PROHIBITED IN THE DRESSING/LOCKER ROOM AREAS. UNDER NO CIRCUMSTANCES ARE PICTURES OF ANY TYPE TO BE TAKEN IN THESE AREAS. THIS INCLUDES THE USE OF CAMERA CELL PHONES.



Accidents and Incidents:

In the event of an accident, injury, or unusual incident, you are asked to contact a YMCA staff member. YMCA staff may request you to help complete an incident report. If necessary, emergency personnel will be contacted. (NOTE: You are participating in activities at your own risk and are responsible for yourself, your children, your belongings, and your guests.)

Parking:

YMCA members may enjoy free parking while they are using the facility. Please be respectful of others by parking only in allocated parking spaces. Vehicles that are parked illegally may be towed at the owners' expense. Do not leave valuables in your vehicle.

Child Care:

Nursery is a free service to members, though guest fees will be required unless the child is under a family membership. Your child can play while you are using the facility for up to 2 hours. **Parents are not allowed to leave the facility while child is in nursery.** The program is equipped with toys and play equipment. This service is available for children 3 months to 5 years of age. The area can only be used during designated times and when staff are present. Also, if child is in diapers or training pants, parents should provide extra diapers or training pants and also make sure children have clean diapers before leaving in nursery. Only baby bottles or leak-proof (sippy) cups permitted in the nursery. Parents are responsible for informing the nursery staff of any allergies or handicaps known about their children, so that we may take any precaution possible to keep children safe. In addition, parents will be paged or called to return to the nursery if their child becomes ill, can't adjust, or cries continually. The nursery cannot be held responsible for the loss or damage of possessions. We do not recommend you bring any school supplies into the nursery with your children.

Sick children are not permitted in the nursery. Listed below is the medical exclusion of service in accordance of the state of South Carolina DHEC Regulation

- Fever greater than 100° in the past 24 hours.
- Evidence of communicable respiratory disease: cold, sore throat, cough, severe runny nose.
- Vomiting or Diarrhea.
- Pinkeye or Conjunctivitis.
- Strep Throat (minimum treatment of 48 hours with appropriate antibiotics).
- Any other serious medical conditions.

* *Please let the nursery attendant know of any allergies your child may have.

Game Room

Age Requirements:

- 10 yrs and under must be accompanied by an adult.
- 11 yrs and up can enter the Game Room without adult supervision.

Rules:

- No food or drinks (including candy & gum) are allowed in the Game Room.
- Shirts and shoes must be worn at all times (bathing suits are not allowed).
- Please **Be Aware of Others** playing, standing, or sitting around you. It's no longer fun when someone gets hurt.
- Personal items such as; footballs, basketballs, or any other sports related objects are not allowed in the Game Room.
- There is to be No running, Throwing of any objects, or Hitting in the Game Room.
- Please **Be Respectful** of other children/teens in the Game Room.
- All equipment, games, furnishings are to be handled with care & respect to endure longevity.
- No equipment or pieces/parts of equipment are to be removed from the Game Room under any circumstances.
- Please **Be Considerate** of others wanting to participate.

Health, Well-being & Fitness Programs

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y includes more than just working out. In addition to our physical fitness classes and facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

Group Fitness Class Descriptions:

- **Ball Pilates:** This innovative workout is specifically tailored to not only strengthen your power house, but to engage all the muscles of the body in order to increase overall strength, balance and coordination.
- **Body INTENSE:** FULL body strengthening workout using dumbbells, body bars, resistance bands and your own body weight. Great for toning and building lean muscle mass.
- **Cardio-Pump:** Specifically designed to burn maximum amount of calories with faster visible results by alternating high and low intensity intervals combined with strength training.
- **Gentle Pilates:** Beginner class on strength and flexibility.
- **Get Started:** Low impact class that increases cardiovascular endurance, muscle strength, and burns fat without generating a lot of stress to the body.

Silver Sneakers: Builds strength, flexibility, and stamina for an active healthy lifestyle. Low-Impact, useful for activities in daily living.

Silver Sneakers– Cardio Circuit:

Advanced Silver Sneakers class that uses non-impact standing moves for a safe, fun, and effective exercise to increase upper body strength and cardiovascular conditioning.

- Step: Utilizing step to maximize cardiovascular endurance.
- Step X-treme: Energizing workout that uses simple movements on a height adjustable step.
- The Ride: Is an extremely effective cardiovascular workout, Great for all ability levels. This workout is guaranteed to make you sweat with maximum calorie burn. **Must sign up within the 30 minutes prior to each class!**
- Turbo Kick: Combines martial arts, boxing and kicking techniques, Capoeira and Boot Camp with a hip hop flair.
- Yoga: Total body workout, creating length, strength and balance. Great Mind-Body combination.
- 30/30: 30 minutes of Cardio training, 30 minutes of strength training.
- Urban Rebound: Cardiovascular workout performed on the unique urban rebounder involving aerobic moves, sport specific moves, strength and conditioning exercises and core stabilization techniques.

Zumba: This is a Latin inspired dance class that fuses Latin & international music & movements to create a dynamic workout that is FUN AND EASY TO DO!

Rules

Showers / Sauna / Steam Room / Whirlpool Rules

- Please pick up all personal items and towels before leaving the locker room area.
- Please leave showers clean and free of clutter.
- Patrons must be 17 and older to enter the Sauna, Steam Room or Whirlpool.
- Showers are required before entering the whirlpool.
- Anyone at high health risk is not advised to use the Sauna, Steam Room or Whirlpool, unless authorized by a physician.
- Liquid is not to be put on stones in the sauna. Doing so may damage the equipment.

Bathrooms/Locker Room—Special Needs and 12 and Under

- **These are not to be used as common bathrooms/dressing rooms.**
- **12 and Under**—for children under the age of 13 that are mature enough to take care of themselves.
- **Special Needs**—for children too young and must have adult supervision / help.

Gymnasium

- Shoes must be worn at all times.
- Non-marking shoes must be worn on the gym floors.
- Food and beverages are not allowed with the exception of water in plastic bottles
- NO profane language or slogans on any attire in the facility.
- Gambling, fighting, threatening, or indecent conduct will not be permitted.
- YMCA programming takes priority over open gym times.
- No swim suits allowed.
- Hanging on basketball rims is prohibited
- Good sportsmanship is expected for all activities.

18

BASKETBALLS & VOLLEY BALLS ARE THE ONLY BALLS ALLOWED IN THE GYMNASIUM.

Wellness Room

Members interested in any type of structured program or instruction will be asked to complete a Health Risk Factor questionnaire. This is for their safety and our liability. A medical clearance form may be required to be completed by a physician before the initiation of a program or instruction. It is always recommended to consult your physician before starting an exercise program.

Wellness Room Policies and Procedures:

PLEASE READ Rules and Policies that pertain to all members using the Wellness Room and Free Weight Area. Be polite and courteous to your fellow members and staff.

Free Weight Area

- Please do not sit on the equipment in between sets.
- Please wipe down equipment after each use.
- Please do not drop weights. Dropping weights damages the concrete floor and weights.
- Be courteous and re-rack weights. Not everyone is as strong as you.

Locker Rooms

- The YMCA does not accept responsibility for lost, stolen or damaged personal property.
- Personal items and locks must be removed from lockers after each visit unless you are renting the locker.
- YMCA staff reserves the right to remove locks left on lockers at the end of each business day.

Cardio Equipment

- Please report equipment malfunctions to the YMCA staff immediately.
- Wellness Room patrons may access television sound by tuning into the appropriate frequency listed under the television of choice. Please bring your own headphones.
- Please limit cardio equipment use to 30 minutes if people

Programs With Cost

Personal Training Service:

Personal trainers are available to help design and implement individual exercise routines that are specific to each person's goals and physical activity level. There is an additional charge for personal training service.

Please contact the Fitness and Wellness Director at (864) 487-7556 or see Member Service Desk for more information.

ONLY: Certified Personal Trainers employed by the Cherokee County Family YMCA are permitted to personal train at this facility.

Youth Sports:

YMCA sports provide youth with a fun and safe opportunity for fitness. We offer sports throughout the year at varying levels of competition. Please see our Program Guide for a current listing of our sports programs.

Boot Camp:

Need to get Motivated? Join our Boot Camp challenge. Intense sports specific class that incorporates functional training techniques like jumping jacks, plyometrics, push-ups, squats, lunges, extreme cardio, and advanced abdominal training.

Programs With Cost (continued)

Afterschool Care:

The YMCA Afterschool program has plenty of activities for your child. Our program focuses on providing children with an educational, nurturing, positive, safe, and diverse atmosphere. Homework assistance, devotion, organized games, arts and crafts and more are all aspects of our weekly programming.

Aquatics:

The YMCA is America's favorite swimming instructor! We have certified lifeguards and instructors who help build self confidence and trust. We offer private swim lessons, and have a swim team. See the Program Guide for a current listing of aquatics programs.

Summer Camp:

The Cherokee County Family YMCA offers a summer camp program for children during the summer months. Summer Camp with the YMCA is a GREAT alternative to day care! Summer campers have opportunities to grow socially, emotionally, and physically along with other children.

Holidays & Early Closings:

The YMCA may be closed or have shortened hours on the following days:

- New Year's Eve
- New Year's Day
- Easter
- Memorial Day
- 4th of July
- Labor Day
- Thanksgiving
- Christmas Eve
- Christmas Day

Inclement Winter Weather Policy:

The Cherokee County Family YMCA reserves the right to close or operate on shorter hours in the event of inclement weather. Safety for our employees and members is top priority.

Inclement Weather (Pool and Water Park):

Be advised, the pool must close for 30 minutes following the last signs of lightning. Please understand this policy is out of concern for the safety and security of our members.

Indoor pool hours at Limestone College

Water Aerobics:

Monday, Wednesday, Friday — 9:00 am ~ 10:00 am

General Swim:

Monday—5:30 am ~ 7:00 am
11:00 am ~ 1:00 pm
7:30 pm ~ 9:00 pm

Tuesday—5:30 am ~ 7:00 am
11:00 am ~ 1:00 pm
7:30 pm ~ 9:00 pm

Wednesday—5:30 am ~ 7:00 am
11:00 am ~ 1:00 pm
7:30 pm ~ 9:00 pm

Thursday—5:30 am ~ 7:00 am
11:00 am ~ 1:00 pm
7:30 pm ~ 9:00 pm

Friday—5:30 am ~ 7:00 am
11:00 am ~ 1:00 pm

Saturday—1:00 pm ~ 5:00 pm

Sunday—2:00 pm ~ 5:00 pm

Water Park

Age Restrictions:

- 12 and under must have direct adult supervision.
- 13 and up can enter without adult supervision.

Rules:

- No outside food or drinks are allowed.
- No coolers.
- No parties (birthday, church, etc) will be allowed during Open Swim time.
- The lifeguards have final authority on all rules and safety regulations.
- A shower is required before entering the pool.
- A lifeguard must be on duty for the pool to be used.
- Running, pushing, shoving, and rough-housing are not allowed.
- Anyone having an open wound or contagious disease is prohibited from using the pool. All children and adults are required to wear a bathing suit. Age-appropriate children are required to have a waterproof swim diaper on underneath a bathing suit.

Slide Rules:

- Sliders must be 4 feet tall and be able to swim to use the big slide. Sliders under 4 feet tall or non-swimmers are required to pass a swim test before using the slide.
- No metal buttons on bathing suits. Will cause damage to slides and/or injury to a child. This applies to the big slide and small slide.
- When exiting the big slide please swim forward to the exit ladders.
- Please keep the slide exit clear.
- Only one slider is allowed to slide down at a time.
- Sliders are not allowed to go down either slide head first.
- Sliders must be under 250 lbs.

Notice

For protection and safety, the lobby is subject to audio and video recording at any time. All other non-private areas including the parking lot are subject to video recording at any time.

BUY A BRICK PROGRAM

Buy a permanent spot at the Cherokee County Family YMCA. You can purchase bricks to be placed alongside the front walkway. Stop by and look at the ones already placed. These bricks can be purchased in memory / honor of a loved one, advertise your business or just let everyone know you are proud to be a part of the YMCA.

See the Front Desk Staff for details.



COST:

4" X 8" = \$100

8" X 8" = \$250

The Y's Mission:

“To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.”



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**