



# YMCA OF THE CEDAR RAPIDS METRO AREA

## MEMBERSHIP HANDBOOK



**HELLO!**

**IT'S NICE TO MEET YOU!**

**Helen G. Nassif YMCA  
207 7th Ave SE  
Cedar Rapids, IA 52401**

**Marion YMCA  
3740 Irish Drive  
Marion, IA 52302**



**2025**

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# WELCOME!

At the Y, strengthening community is our cause. Everyday we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. Since 1868, the YMCA of the Cedar Rapids Metro Areas has contributed to the lives of hundreds of thousands of boys and girls, and men and women of all ages, races, religions and economic backgrounds.

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility. The Y is, and always has been, dedicated to building healthy, confident, connected and secure children, adults, families and communities. Everyday our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for a common good.

Thank you for choosing the Cedar Rapids Metro YMCA for your programs and fitness. It is our privilege to serve you!



## MEMBER INFORMATION

As a member of the YMCA of the Cedar Rapids Metropolitan Area, you have full access to both of our facilities which includes the Helen G. Nassif YMCA in downtown Cedar Rapids and the Marion YMCA. All YMCA members enjoy great savings on programs, classes and HGN Preschool as well as early registration for YMCA Camp Wapsie summer camps. We take pride in all our facilities.

### Membership includes:

- Use of Cedar Rapids and Marion branch locations
- Early registration for summer YMCA Camp Wapsie
- Reduced program/class fees
  - Youth Sports leagues
  - Swim lessons
  - Tae Kwon Do training
  - Parent's Night Out (Marion YMCA)
- Child Watch (babysitting) while you use our facility (Marion YMCA only)
- Locker use (don't forget your lock!)
- Nationwide YMCA privileges (some restrictions)
- Open gym
- Open swim at the Marion YMCA
- Pickleball drop in opportunities
- Water walking/Lap swimming
- Exercise classes, in and out of the pool
- Whirlpool
- Sauna (Helen G. Nassif YMCA only)
- Steam Room (Helen G. Nassif YMCA only)
- Racquetball/Handball
- Fitness Center
- Indoor walking & running tracks
- Being a part of a community

**Please Note: Age restrictions enforced.**

All memberships are sold on an annual or monthly basis. In the event payment is not received by the renewal date, membership will be terminated. Renewing after termination requires payment of the Joiner's Fee (for monthly memberships) in addition to the membership cost.

**Monthly bank draft membership payments will continue in effect until the member cancels the membership at the YMCA in person or with a signed termination form. This form must be received at the YMCA no later than the 26th of the month prior to the requested date of cancellation. Memberships are not transferable to another person.**

## Membership App for your Smart Device

Download our FREE YMCA360 app to get information when you want it, where you want it, even on the go. This app also allows for streaming classes from Y's throughout the country taught by YMCA instructors. The app also provides:

- Group exercise schedules
- Calendar reminders
- Facility closing notifications
- Check-in using your mobile phone



Google



Apple

Be sure to turn Notifications "on" in order to receive class cancellations and other closing news.

### Membership Types

The Cedar Rapids Metro YMCA offers a number of membership types to fit all community member needs. Please reach out to either location for details.

TYPE	AGE
Youth	0-18
2 Youth	0-18
3 Youth	0-18
Young Adult	19-25
Adult	26-64
Couple Household	
1 Adult Household	
2 Adult Household	
3 Adult Household	
Active Older Adult	65+

Some health care plans provide membership benefits. Please check with your insurance including MEDICAID.

### Upgrading Memberships

Individual YMCA memberships may be upgraded to Couple or Family memberships. Please contact the Welcome Center front desk at any branch for more information.

### Corporate Memberships

The YMCA of the Cedar Rapids Metropolitan Area invites your company or organization to take advantage of the YMCA Corporate Membership Program. Corporate savings are available for any company that has at least 5 employees join the YMCA of the Cedar Rapids Metropolitan Area under the corporate group. Participating companies must designate a volunteer who is a YMCA member to serve as a contact to the YMCA. Discount is relative to the number of employees who sign up for membership. For more information contact Elizabeth Olson at 319-377-7361 or [olson@crmetroymca.org](mailto:olson@crmetroymca.org).

## Military Discounts

The Armed Services YMCA, the Department of Defense and the YMCA are partners in providing memberships FREE to eligible military families.

### Who is eligible?

- Title 10 personnel only, including:
- Family members of Title 10 deployed National Guard or Reservists
- Relocated family members of deployed Active Duty personnel
- Independent Duty personnel when the command is approved by their Military Service Headquarters

### Who is NOT eligible?

- Title 32 personnel and families
- Most regular Active Duty personnel assigned to a military installation
- New military recruits
- Military retirees and veterans
- Parents of service personnel (unless they have proof of child custody)
- Coast Guard personnel (as they are Homeland Security, not DoD)

We allow Active Duty personnel visiting the Cedar Rapids area for less than 30 days FREE access to YMCA facilities. For more information contact Elizabeth Olson at 319-377-7361 or [olson@crmetroymca.org](mailto:olson@crmetroymca.org).

## Denying Membership

The YMCA of the Cedar Rapids Metropolitan Area reserves the right to deny membership if a prospective member's behavior or language is judged to be in conflict with the welfare of either YMCA staff or patrons, or in conflict with the YMCA's mission. The Branch Executive at each branch will render the final decision.

## Membership Suspension

The YMCA of the Cedar Rapids Metropolitan Area has the right to either suspend or revoke a membership if a member's behavior or language is judged to be in conflict with the welfare of YMCA staff or patrons or in conflict with the YMCA's mission. The Executive Director at each branch will render the final decision on a revoked or suspended membership.

## Financial Assistance Policy

Because the YMCA is a community-based nonprofit and believes that its programs and services should be available to everyone, we offer an Income-Based Membership Pricing structure. This program includes a sliding-fee scale designed to fit the financial situation of each individual household in our community. We believe people should have access to the programs and services at the YMCA that nurture the spirit, mind and body – regardless of personal financial circumstances.

### **What is Income-Based Pricing?**

Exactly what it suggests – it is a way to work with families and individuals to assure all can afford YMCA membership, with pricing based on gross annual income of a household.

### **How do I qualify/sign up?**

The graduated income-based rate scale is designed for gross annual household incomes up to \$60,000 (or an individual earning \$50,000 or less). The scale is divided into income ranges and membership categories. For details on the pricing scale and income categories, talk to YMCA staff at your local YMCA branch Welcome Center. Here are the types of memberships available:

- Adult (age 26-64)
- Active Older Adult (age 65 and older)
- Couple Household (two adults in a household)
- One-Adult Household (one adult & dependents)
- Two-Adult Household (two adults & dependents)
- Three-Adult Household (three adults and dependents)
- Those with gross annual household income greater than \$60,000 (or an individual earning \$50,000 or more) are expected to pay the regular established YMCA fees.
- Households with gross annual incomes over \$60,000 and significant extraordinary expenses may qualify for assistance and should discuss their particular situations with a YMCA Branch Executive.

Contact Elizabeth Olson ([olson@crmetroymca.org](mailto:olson@crmetroymca.org)) at the Marion YMCA or Lynn Saddoris ([saddoris@crmetroymca.org](mailto:saddoris@crmetroymca.org)) at the Helen G. Nassif YMCA for qualifying documentation to apply for assistance.

## Protecting Individuals And Families At The Y

The YMCA 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.



## Nationwide Membership

Nationwide Membership enables you to visit any participating YMCA in the United States through membership at your “home” YMCA (which is the local association – YMCA of the Cedar Rapids Metro Area – that enrolled you as a member and collects your membership dues). The YMCA offers this because we want to help our members reach health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities.

We understand that sometimes it is more convenient for members to take advantage of a Y near places they work outside of their community or when they are traveling. With Nationwide Membership, members have the flexibility to use participating Y facilities throughout the United States at no extra charge.

What You Need to Know:

- Nationwide Membership is valid for active, full facility YMCA members whose home Y participates without restriction or blackout periods
- Nationwide member visitors must use their home Y at least 50% of the time
- Program-only participants (including Silver Sneakers, Silver and Fit or other like programs) are not eligible for nationwide membership
- Special memberships established by any Y for group homes, other agencies, etc., are not eligible
- When visiting a Y, nationwide members will be required to show a valid YMCA membership card and photo ID as well as provide basic membership data such as name and email address
- Members will need to sign a universal liability waiver and privacy policy
- Ys will allow nationwide members access to services typically offered to full-facility members. Check with the Y for schedule and availability. Nationwide members visiting other Ys for a period greater than 28 days must join the new YMCA to continue membership.
- All Ys reserve the right to restrict or revoke these privileges
- Registered sex offenders are prohibited from participating

Please call ahead to a YMCA you may be visiting to ensure of their participation in Nationwide Membership.

## Waivers

As a member, program participant or guest, every individual using our Y will be required to sign the YMCA’s waiver. Children younger than 18 years old must have a parent or guardian sign the waiver for them. Each individual in a family who is 18 years or older must sign the waiver for themselves.

## GENERAL INFORMATION

Everywhere you look at the YMCA, you are reminded of the **four core values of Caring, Honesty, Respect, and Responsibility**. As you visit, please take time to remember to adhere to these important life values.

We kept these core values in mind as we developed this booklet. Please know that at the heart of each rule is the desire for our members, guests, program participants, and staff to be safe, and to be respectful of one another.

## Facility Hours

Please check our website for our hours of operation. [www.crmetroymca.org](http://www.crmetroymca.org)

## Program/Class Registration

Payment in full is required at the time of registration. A \$5 late registration fee may be applied if registering after the stated Youth Sports registration dates. The late registration fee for for Tae Kwon Do is \$10. Adult team leagues late fee is \$25.

## Program/Class Cancellation

The YMCA reserves the right to cancel classes if minimum enrollment is not met. Cancellation decisions will be made on the day prior to the start of the program. Registrants will be contacted.

## Program Credit Policy

Should the YMCA need to cancel a class, a full YMCA system credit will be issued to the participant. Should the participant cancel prior to the first class, a credit will be provided, less a \$5 service charge. No credit will be given after the first classes. All credits are good for one year from date of issue

## Personal Training

If you have reached a plateau or are looking for specific fitness training, or just want a one-on-one boost to get in shape, the YMCA offers nationally certified personal trainers to work with you. Cancellation must be given 24 hours prior or a "no show" fee may apply.

**Cost:** See Personal Training Brochures at Front Desk of any branch or check the "Health and Well-Being" section of our website to see various options.

## Wellness/Equipment Orientation

Learn the proper use of weight machines in the Fitness Center. Sign up at the front desk of either the Helen G. Nassif YMCA or the Marion YMCA.



## Massage Therapy

The Marion YMCA offers massage therapy. For more information, or to schedule an appointment, please call 319-377-7361 or email Vanessa at [bunger@crmetroymca.org](mailto:bunger@crmetroymca.org).

**Please Note:** You must give 24-hours notice to cancel a massage therapy appointment. Otherwise, you will be charged the full fee. Rates can be found at [crmetroymca.org/massage](http://crmetroymca.org/massage).

## Building and Room Rentals

All YMCA branches are available for building and facility rentals when space is available. A deposit is required to hold a date. A group usage agreement and regulation sheet may be picked up at any YMCA branch. The deposit will be returned within a week after the event if no damage has occurred. Contact either YMCA for more information.

## Birthday Parties

Rooms are available to rent for birthday parties at the Marion YMCA. Rooms may be used for playing games, enjoying refreshments or opening gifts. Partygoers may then play in the pool and gym!

For more information, or to reserve a date, contact Kaitlin Long 319-377-7361 or [long@crmetroymca.org](mailto:long@crmetroymca.org) to schedule your party.

## Inclement Weather

The YMCA has developed the following inclement weather policies out of concern for the safety of our members, program participants, guests and staff. For weather-related closings/cancellations, check our website at [www.crmetroymca.org](http://www.crmetroymca.org).

### Warm Weather Storm Policy

Each of our facilities has designated storm shelters (our locker rooms). If warnings and sirens are active for one of our locations we will direct everyone in the building to those shelters.

If you are over the age of 18 you are permitted to leave the building if you choose. Anyone under 18 is required to stay in the shelter areas unless leaving with a parent/guardian.

### Winter Weather Policy

Unless a notification of closing or late start is posted, the buildings will open on time and classes and programs will go forward as scheduled.

Branches may open later or close early due to weather conditions. This is a last priority to ensure the safety of our members and staff. In case of a late opening, scheduled fitness classes will resume when the buildings open.

In the case of buildings being closed due to weather, an update regarding evening activities (for example youth sports) will be made at 3 pm.

Notifications will be posted:

- The YMCA website – [www.crmetroymca.org](http://www.crmetroymca.org)
- Facebook & Instagram – [crmetroymca](https://www.facebook.com/crmetroymca)
- KCRG & KGAN – listed as YMCA of the Cedar Rapids Metro
- YMCA 360 – notification sent to mobile numbers



## Membership Cards/Access System

After you join the YMCA, you receive a key fob membership card. We will take your photo for our computer system records to ensure that no one else may use your card to gain access to the YMCA. Our computer system is only available to YMCA staff. You must present your card at the Welcome Center Desk EACH TIME you enter any YMCA branch. You may also check in using the YMCA360 App (see instructions below). If you forget your card or do not have the App, you must show a photo ID to enter any YMCA branch. This policy is in place for your safety and security. (PLEASE NOTE: Lost cards may be replaced for \$5).

## Parking

At the Helen G. Nassif YMCA free parking is available in the parking lot adjacent to the YMCA (at the corner of Seventh Avenue and Third Street) and across the street from the entrance (on Seventh Avenue). A two-hour limit while using the facilities is enforced. On-street metered parking also is available on Seventh Avenue and Second and Third streets. The Marion YMCAs has a parking lot in front of the facility. Please be respectful of others by parking only in allocated parking spaces. Illegally parked vehicles will be towed at the owners' expense.

## Bicycle Parking

At the Helen G. Nassif YMCA, the colorful letters that spell out the "YMCA" just across from the entrance may look like a sculpture, but they actually provide a place to lock up bicycles. Bike racks are also available by the front doors of the Helen G Nassif YMCA. Bike racks also are available at the Marion YMCA right outside the front door. If you ride a bike to the YMCA, you must lock it up. Bikes may not be left by doorways, on sidewalks or anywhere else in and around the buildings. Bike owners are responsible for locking up their bikes. The YMCA is not responsible for stolen or damaged bicycles.

## Cell Phones

Do not use cell phones with cameras in the locker rooms. In addition please only use cell phone in the lobby areas and be respectful of others in the area that may not need to hear your conversation.

## Food and Beverages

Please help us maintain a safe and clean atmosphere by adhering to the following: Please do not take food or drink past the front lobby. Water, only, is permitted beyond the front lobby. Glass containers are not allowed in the facilities. Treats for players must be distributed in the front lobby.



## Accidents and Incidents

In the event of an accident, injury or unusual incident, you are asked to please contact a YMCA staff member.

YMCA staff may request that you help fill out 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 and your guests.)

## Lost and Found

The YMCA is not responsible for lost, stolen or damaged personal property. If you believe you have left an item at the YMCA, please check at the Welcome Center Front Desk. Most items turned in at the Welcome Center are kept for approximately two weeks. The items are then given to a charitable organization. The YMCA will immediately discard any personal items such as underwear, combs and hairbrushes that are found lying around.

## Valuables

The YMCA advises against bringing valuables and large sums of money into the building. Personal items should be stored in a locked locker. Please be advised that the YMCA does not accept responsibility for lost, stolen or damaged personal property.

## The YMCA Is A Nonprofit

What makes the Y a charitable organization? The YMCA of the Cedar Rapids Metropolitan Area exists solely to benefit the people in our community. As a volunteer-founded, volunteer-led organization, all revenue remains in the YMCA; no profits are paid to a group of shareholders. For these reasons, our YMCA seeks charitable contribution to continually meet the needs of the people it serves. Membership dues pay for everyday operations but our YMCA conducts annual fundraising campaigns to raise money for the extra charitable programs that help our community grow strong.



# AGE REQUIREMENTS & GUIDELINES

Please note: This is a general guideline. The YMCA reserves the right to make adjustments as needed and to determine what is "responsible" behaviors related to supervisors of young children.

## YMCA AGE POLICIES

### PERSONAL TRAINING

AGES NOT ALLOWED 11 & UNDER  
SUPERVISED AGES ALLOWED 12+  
UNSUPERVISED AGES ALLOWED 13+

### POOL

AGES NOT ALLOWED  
SUPERVISED AGES ALLOWED 12 & UNDER  
*Ages 8-12 may be alone in the pool if they have passed the swim test. Parent must be in the pool area*  
*Ages 8 & under on the pool deck must be supervised*  
UNSUPERVISED AGES ALLOWED 13+  
*Only if they have passed the swim test*

### SPA

AGES NOT ALLOWED 17 & UNDER  
SUPERVISED AGES ALLOWED 18  
UNSUPERVISED AGES ALLOWED 18+

### FITNESS CENTER

AGES NOT ALLOWED 9 & UNDER  
SUPERVISED AGES ALLOWED 10-12  
UNSUPERVISED AGES ALLOWED 13+

### FITNESS & WATER EXERCISE CLASSES

AGES NOT ALLOWED 12 & UNDER  
SUPERVISED AGES ALLOWED  
UNSUPERVISED AGES ALLOWED 13+

### TRACK

AGES NOT ALLOWED\* 5 & UNDER  
*5 and under can be on track if in a stroller or carrier*  
SUPERVISED AGES ALLOWED 6-9  
UNSUPERVISED AGES ALLOWED 10+

### BUILDING/GYM RACQUETBALL COURTS

AGES NOT ALLOWED  
SUPERVISED AGES ALLOWED 9 & UNDER  
UNSUPERVISED AGES ALLOWED 10+

### MASSAGE

AGES NOT ALLOWED 11 & UNDER  
SUPERVISED AGES ALLOWED 12-17  
*Parent must be in room & sign waiver*  
UNSUPERVISED AGES ALLOWED 18+

## WHAT IS AVAILABLE ACCORDING TO AGE

### UNDER 6

Child Watch  
Tae Kwon Do  
Swim Lessons  
Youth Sports  
Open Gym\*

\* Requires guardian be with child in gym or on track

### 6 YEARS

### 7 YEARS

Child Watch  
Tae Kwon Do  
Swim Lessons  
Youth Sports  
Track\*  
Open Gym\*

### 8 YEARS

### 9 YEARS

Child Watch  
Tae Kwon Do  
Swim Lessons  
Youth Sports  
Track\*  
Open Gym\*

### GUARDIAN

is defined as someone 18 years of age or older.

### 10 YEARS

### 11 YEARS 12 YEARS

Tae Kwon Do  
Swim Lessons  
Youth Sports  
Track  
Open Gym  
Fitness Center\*  
Racquetball Courts  
Pool

### 13 YEARS

### 14 YEARS

Tae Kwon Do  
Swim Lessons  
Youth Sports  
Track  
Open Gym  
Fitness Center  
Racquetball Courts  
Pool  
Pickleball



# GENERAL RULES

The YMCA works hard every day to promote and model the important character values of Caring, Honesty, Respect and Responsibility through programs, services, staff and volunteers. The Safety and Security of members is of the utmost importance. Our rules have been thoughtfully developed with these values and ideals as our guide.

## GENERAL BUILDING

- YMCA members must present membership cards at the Welcome Center Front Desk each time you enter the YMCA or register for a YMCA program. You can use the YMCA360 app to scan into our facilities.
- Some areas of the YMCA are restricted by age or require adult supervision. Members must accept responsibility for knowing and following these age restrictions. Please see YMCA Age Restrictions on pg 7.

## SAFETY & SECURITY

- YMCA patrons are expected to show respect to YMCA staff, other YMCA patrons and their property, and for the YMCA building and grounds.
- Spitting is not allowed.
- Profanity and vulgar language are prohibited.
- Inappropriate physical contact is not allowed.
- YMCA patrons must be out of the locker rooms and building promptly at closing time.
- Food and beverages are not allowed past the front lobby. Water only is allowed in all areas of the building.
- Glass objects, including tempered swim goggles are not allowed in the building. Eyeglasses are the exception.
- Tobacco products, alcohol and vaping are not allowed anywhere in the buildings or on the grounds. This is also true for youth sporting events.
- Appropriate shoes and clothing must be worn at all times. Shoes must be worn, except for in the locker rooms and pool area.
- Clothing with inappropriate language/ graphics is not permitted. Tattoos with inappropriate language/graphics must be kept covered.
- YMCA staff must be notified in case of accident, injury, or unusual incident on YMCA property.
- YMCA patrons are responsible for their personal property while using the facility.
- Please lock your belongings in a locker. The YMCA is not responsible for lost, stolen, or damaged personal property.

## GYMNASIUM

- Food and beverages are not allowed. Water only is permitted. No glass.
- Gym bags, coats, clothing and other personal items should be locked in lockers. Clutter is not allowed.
- Proper clothing is required.
- Shoes must be worn at all times and must be non-marking.
- Dunking is permitted only on breakaway rims. Patrons may not hang on rims.
- Kicking of basketballs, volleyballs and other equipment is prohibited.
- Chronic offenders may lose their YMCA member/guest privileges, temporarily or permanently.

## FITNESS CENTER

The Fitness Center has very strict age requirements.

Please see Age Restrictions Policy. (page 7)

- Equipment orientation is strongly recommended for all ages.
- YMCA patrons are encouraged to lock up personal items. Gym bags are not allowed in the Fitness Center.
- Fitness Center patrons are required to wear proper clothing and athletic shoes. No open-toe shoes.
- Appropriate attire must be worn at all times. The YMCA reserves the right to determine "appropriate attire."
- Food and beverages are not allowed. Only water in plastic containers is allowed in the Fitness Center.
- Boom boxes are not permitted.
- Please do not slam or drop weights.
- Use of inappropriate language is prohibited.
- Spotters and/or weight collars must be used at all times.

## TRACK

The track has specific age requirements. Please see the YMCA Age Restrictions Policy. (page 7)

Signs at each facility identify laps=mileage.

- Athletic shoes must be worn.
- Walkers must stay to the inside lane.
- Track users must walk or run in single file.
- Standing or stopping to observe activity on the basketball courts below is not allowed on the track.
- Track users must stay alert to people entering the track.
- Only single strollers are allowed and that is for walking only.
- Patrons needing to use walking devices may do so.
- Walking/running direction changes on track according to week day. Please check signage on track for the days' direction before entering.

## RACQUETBALL & HANDBALL COURTS

The racquetball and handball courts have very specific age requirements. Please see the Age Restrictions Policy. (page 7)

- Marion YMCA takes reservations up to 48 hours in advance. Reservations are for one hour blocks.
- No basketballs, soccer balls, baseballs/softballs allowed in the racquetball courts.
- Safety goggles are strongly recommended for all court users.
- Wooden racquets are not allowed.

## LOCKER ROOM RULES & CONSIDERATIONS

- The **Helen G. Nassif YMCA** has a Women's Locker Room, Men's Locker Room, Women's/Girl's Locker Room and Men's/Boy's Locker Room.
- Patrons must be 18 years old and older to use these Men's or Women's locker rooms.
- A family changing room is available off the pool deck at the Helen G. Nassif YMCA.
- At the Helen G. Nassif YMCA, a code is needed to gain entry to the Women's Locker Room and Men's Locker Room. The code is changed periodically.
- The **Marion YMCA** has a Women's Locker Room, a Men's Locker Room and 3 Family Changing Rooms.
- Our YMCA follows state regulations regarding locker room use.

### Family Changing Rooms

- These spaces are for YMCA patrons who need to assist someone of the opposite sex who is under age 18 and/or who have a disability that prevents them from using the other locker room facilities.
- Lockers are available outside the Family Changing Room at the Marion YMCA. YMCA patrons may use the lockers to lock up their belongings during YMCA use. YMCA staff reserves the right to remove locks left on lockers at the end of each business day.
- The YMCA does not accept responsibility for lost, stolen, or damaged personal property.
- Please use and exit the Family Changing Room as quickly as possible to ensure that other patrons have access to these spaces.
- Please pick up all personal items and towels before leaving this area.



## LOCKERS

- Personal items and locks must be removed from non-rental lockers after each visit.
- Lockers are available for rent at the Helen G. Nassif YMCA. Rental fees may be paid in full or added to an existing YMCA bank draft membership.
- YMCA staff reserves the right to remove locks left on lockers (that are not rented) at the end of each business day.
- Unclaimed items left in lockers will be kept at the Front Desk for approximately two weeks and will then be donated to charity.
- Please store personal items in locked lockers.
- The YMCA does not accept responsibility for lost, stolen, or damaged personal property.
- Paddlelocks are for sale at the front desk of each location.

## SHOWERS

- Please leave showers clean and free of clutter after showering.
- Please pick up all personal items and towels before leaving the locker room area.
- Guests must bring their own towels. The YMCA does not have a towel service.

## STEAM ROOMS & DRY SAUNAS

- Pregnant women, elderly, or persons suffering from heart disease, diabetes and high or low blood pressure should not use the sauna.
- Do not use the sauna under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics and/or tranquilizers.
- Use by children under 18 years of age is prohibited.
- Shower before entering the sauna.
- Commercial swim attire, work out shorts and shirts or towels must be worn while using the sauna.
- Remove all jewelry.
- Long exposure to sauna temperature may result in nausea, dizziness and/or fainting.
- Observe a reasonable time limit. 10 minutes is recommended. Do not exceed 15 minutes.
- Make sure you drink plenty of water to avoid becoming dehydrated. Glass bottles are not permitted.
- Food is not permitted in the sauna.
- Please refrain from pouring water on the rocks and using scents (lotions and/or oils) in the dry sauna.
- Electronic devices (phones, tablets, cameras, etc) are not permitted in the sauna.
- Shaving is not permitted in the sauna.

## POOL RULES

- The Lifeguard on duty has final authority on all rules and safety regulations for the entire pool area.
- Any nonswimmer 10 years old or younger needs to be actively supervised within an arm's reach of a parent or guardian.
- The lifeguard may require a swim test of any individual.
- No running, pushing, shoving or rough play allowed in the pool or on the pool deck.
- No diving is allowed in the shallow end of the pool and in other areas where "NO DIVING" is indicated.
- Persons having a contagious disease or open wounds are prohibited from using the pool.
- No foul or inappropriate language or disrespectful words to lifeguards or staff will be tolerated.
- Do not swim if you are ill with diarrhea or have had diarrhea within the past two weeks.
- Diaper changing on the deck is prohibited.
- No food or beverages are allowed in the pool area; water is allowed in a plastic container.
- No glass items in the pool area.
- No tempered glass goggles.

### FOR THE SAFETY OF ALL SWIMMERS:

- Wear family appropriate and clean swim attire only. No underwear, cut-offs, or dirty/sweaty attire allowed. See **Swim Attire** description below.

- Clothing may be worn over a swimsuit if it is clean and family appropriate. No jeans or jean shorts.
- Clothing must be rinsed off thoroughly in the shower before entering the water.
- Children in diapers must wear reusable plastic pants with elasticized legs and waistband or swim diaper with swimsuit.
- Underwear is not appropriate swim wear. People wearing underwear into the pool area will be asked to leave the pool area.

- Shower, using warm water and soap, before entering the pool or after use of toilet facilities.
- Spitting, spouting water from mouth or blowing the nose in the pool is prohibited. This includes no spitting or blowing water through water noodles.
- No extended breath-holding or hyperventilation activities are allowed. This includes swimming the length of the pool underwater.
- Only U.S. Coast Guard approved lifejackets and wearable foam flotation devices are allowed.
- No inflatable items of any kind are allowed in the pool. This includes water wings and rings.
- Do not bring food, drink, gum or tobacco into the pool area.
- No tempered glass swim goggles are to be used in the pool.



# FACILITY FEATURES

HELEN G. NASSIF YMCA

MARION YMCA

- Basketball/volleyball courts (3).
- Pickleball courts (6)
- Racquetball/handball courts (4)
- Indoor walking/running track
- Weights and cardio space
- Multipurpose room
- Group Fitness classes
- Lap pool
- Whirlpool
- Sauna & steam room in Men's & Women's Locker Rooms
- Preschool
- Youth sports programming
- Personal training
- Adult sports leagues
- Summer day camp
- Participates in health insurance membership programs
- QueenAx functional fitness equipment
- Home of MACR Sharks Swim Team



- Basketball/volleyball courts (3).
- Pickleball courts (6)
- Racquetball/handball courts (2)
- Onsite regulation outdoor fields (2)
- Indoor walking/running track
- Weights and cardio space
- Cardio fitness room
- Cycling room
- Group Fitness Classes
- Multipurpose room
- Wet classroom for trainings near pool
- Lap pool
- Recreation pool and splash pad
- Whirlpool
- Childwatch (available when parents are in facility)
- Massage therapy
- Youth sports programming
- Personal training
- Adult sports leagues
- Summer day camp
- Birthday parties
- Participates in health insurance membership programs
- QueenAx functional fitness equipment





# FREQUENTLY ASKED QUESTIONS



## 1. How do I get assistance in the Health and Wellness/Fitness Center?

Ask for help from staff or sign up for a FREE wellness orientation at Helen G. Nassif YMCA or Marion YMCA Welcome Centers.

## 2. As a member do I need to register for free group exercise classes? YES!

All group exercise classes require registration. A schedule is available on our website. Download the YMCA360 App from the Apple App or Google Play stores to view up-to-date schedules from your mobile device and register for classes.

## 3. I work/live near another branch. Can I workout there?

ABSOLUTELY! When you join one branch of the YMCA of the Cedar Rapids Metropolitan Area, you join them all. In fact, as long as your membership status is current, you may use any YMCA in the USA that participates in nationwide membership. Addresses for Cedar Rapids Metro Area branches:

Helen G Nassif YMCA · 207 7th Ave. SE · Cedar Rapids, IA 52401 · 319.366.6421

Marion YMCA · 3740 Irish Drive · Marion, IA 52302 · 319.377.7361

## 4. Can I bring friends to the YMCA if they are not members here?

We currently do not offer guest passes at our facilities.

## 5. How old do you have to be to work out in the Fitness Center?

Children 10-12 years old may use the Fitness Center while supervised by a guardian. Unsupervised children ages 13+ may use the Fitness Center. See detailed age requirements on page 7.

## 6. When is the pool/gym open?

Schedules for the pool and gym can be found online at [www.crmetroymca.org](http://www.crmetroymca.org) under the Schedules tab. It can also be seen on the YMCA360 app. Hard copies can also be found at any branch's front desk.

## 7. What are the hours of the building?

Check the Y360 app or [www.crmetroymca.org](http://www.crmetroymca.org) and click on each location to see specific hours.

## 8. Do you have financial assistance for program or memberships?

The YMCA of the Cedar Rapids Metropolitan Area is a nonprofit organization dedicated to serving those in the community regardless of ability to pay. Financial assistance is available for those that qualify thanks to generous contributions to the YMCA Annual Support Campaign; the annual sustaining fund drive for the YMCA. To apply, ask a Welcome Center staff person for information regarding our Income-Based Membership Pricing Program. All allotments are based on a sliding fee scale and are available for programs as well as membership.

