



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

A Better You Makes A Better Us



Welcome to the Y, a nonprofit organization dedicated to strengthening the community. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your participation will bring about meaningful change not just within yourself, but in your community, too.

WHEN YOU JOIN THE Y, YOU JOIN A COMMUNITY ORGANIZATION THAT OFFERS MORE HEALTH, MORE HOPE, MORE OPPORTUNITY:

- **Parents find a safe, nurturing environment for their children to stay active, be engaged and learn positive values.**
- **Families come together to have fun and spend quality time with each other.**
- **Children and teens play, develop self-confidence and know they are accepted.**
- **Adults connect with friends, pursue interests and learn how to live a healthier life.**
- **People from all backgrounds and walks of life come together to volunteer and help our community become stronger.**
- **We all build relationships that further our sense of belonging and purpose.**



The Y. For a better us.™



MEMBERSHIP INFORMATION

MISSION

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

OUR HISTORY

The Paris-Bourbon County YMCA has served our community since 1913. The Y is in the business of nurturing the potential of children and teens (Youth Development), improving health and well-being (Healthy Living) and motivating people to support their neighbors and the larger community (Social Responsibility).

ONLINE REGISTRATION

This is available for all programs at www.parisbourbonymca.org

FACILITY

- 25-yard Indoor Pool, Men's Steam Room, Women's Sauna, Gymnasium
- Fitness Center with cardiovascular and strength equipment
- Group Exercise Studio
- Yoga/Gymnastics Studio
- Indoor Cycling Room
- Multi-purpose room
- Child Watch Room
- Child Development Center
- Free Group Exercise Classes
- Free Weight Equipment Orientations
- 25-meter Outdoor Pool

NICHOLAS COUNTY YMCA EXTENSION
124 East Main Street, Carlisle, KY. 40311
(859) 405-4001

This 1,500-square-foot YMCA location in downtown Carlisle has cardio and strength equipment, dumbbells and a group exercise room. PBCY members may use the Carlisle facility at no additional charge. Please call for Nicholas County Extension only rates.

FINANCIAL ASSISTANCE

The Paris-Bourbon County YMCA is a non-profit community based health and human services organization that is committed to strengthening the foundations of the community. Our programs and services are available to everyone regardless of age, background, ability or income.

Sharing the financial responsibility for a Y membership will give you peace of mind as well as a sense of ownership and pride.

Those who qualify will be asked to pay only a portion of the established rate. Generous Y members and other community leaders contribute the remaining amount through the Y Annual Campaign.

FACILITY HOURS

Monday- Thursday	5:30 a.m. - 10 p.m.
Friday	5:30 a.m.- 8 p.m.
Saturday	7 a.m. - 6 p.m.
Sunday	12 p.m. - 6 p.m.

CHILD WATCH

Monday - Thursday	8 a.m. - 11 a.m. & 4 p.m. - 8 p.m.
Friday	8 a.m. - 11 a.m. & 5 p.m. - 7 p.m.
Saturday	8:30 a.m. - 11 p.m.*

INDOOR POOL HOURS

Monday- Thursday	5:30 a.m. - 9:30 p.m.
Friday	5:30 a.m. - 7:30 p.m.
Saturday	8 a.m. - 5:30 p.m.
Sunday	12 p.m. - 5:30 p.m.

OUTDOOR POOL HOURS

M, W, F, Sat.	12 p.m. - 6 p.m.
T, TH	12 p.m. - 8 p.m.
Sunday	1 p.m. - 5 p.m.

The outdoor pool will open beginning in May. It will remain open daily through August and then will remain open from 4 p.m. - 6 p.m. weekdays and regular hours on weekends through Labor Day.

Admission:

- Members: FREE
- Non-members: \$4 adults, \$3 ages 18 and under, \$15 per family (up to 5) and \$3 for any additional family members.
- Ages 2 and younger are free.

Season passes: Individual \$100; Family \$175

MEMBERSHIP CARD

Your membership card is essential to checking in at the Y. Proper use of the membership card is expected. Membership cards are for your use only. Any member that allows another to use his or her membership will have their membership revoked. Lost or stolen cards can be replaced for a \$4 fee and photo ID must be verified.



PROGRAM REGISTRATION

You may register for programs at the front desk or online at www.parisbourbonymca.org.

PROGRAM REFUNDS

If the YMCA cancels a class, members will be given a full refund. If you cancel prior to the start of the program, you will receive a refund less the cost of a t-shirt, etc. and/or will receive a full refund for medical/family emergency reasons. No refunds will be given after the program starts. Individuals who miss a class for medical reasons can make up classes when space is available. A \$5 processing fee may be charged for refunds.

ADULT/YOUTH EQUIPMENT ORIENTATION

Make a free appointment with a member of our fitness staff who will show you how to use the weight and cardio equipment in the Fitness Center. All youth 10-13 must be oriented to the youth equipment prior to use.

NATIONWIDE MEMBERSHIP

Simply present your active YMCA membership card and photo ID at any participating YMCA in the nation and enjoy free access. The Nationwide Membership Program is valid for YMCA full-facility/full-privilege members only. Program-only participants may upgrade to a full membership at any time to qualify. Silver Sneakers® members may use other Silver Sneakers® locations only. YMCA full facility/full privilege members must use their home branch at least 50% of the time. Program discounts do not apply. Participating YMCAs reserve the right to restrict facility or program access. Other restrictions may apply.

GUEST POLICY

YMCA members who qualify for Nationwide Membership may use our facility for free (see details above). Out of town guests, 16 years or older, who aren't Y members may use our Y by paying \$5 per visit. A visiting family will be charged \$15. Restrictions may apply.

MEMBERSHIP HOLD PROCEDURES

Your Y membership may be placed on hold for a minimum of 1 month and maximum of 6 months during any calendar year if you are not able to use our facility because of health reasons. Hold forms are available at the front desk. Membership holds require a minimum of 30 days prior to your next bank draft.

TRANSFERRING, CHANGING OR CANCELING YOUR MEMBERSHIP

Your current membership may be transferable to another Y. To transfer, change or cancel your membership, please provide a minimum of 30 days' written notice prior to your next bank draft. If canceling or transferring your membership, please return your membership card.

MEMBERSHIP INFORMATION

FINANCIAL ASSISTANCE

The Y recognizes the need to serve all members of the community regardless of their ability to pay the full cost of a membership or program fee. Financial assistance is available for those who demonstrate financial need based on household income and number of dependents. Assistance is available for membership and programs. Applications may be picked up at the Y. Please return the completed application and requested documentation to the front desk. Application processing takes 10 days after the Y receives the completed application.

BEHAVIOR POLICY

All adults, teens and children should feel comfortable and have positive feelings about being a part of the Y family. Inappropriate behavior or language deemed to be in conflict with the welfare and safety of our members and staff is strictly prohibited. Such behavior may take the form of the use of profanity, abusive language, fighting, unwelcome sexual advances, request for sexual favors and other verbal or physical conduct of a sexual or abusive nature. The Y also reserves the right to deny facility access or membership to any person who is a sexual offender, who has been convicted of any crime involving sexual abuse, convicted of any offense relating to the sale or transportation of illegal drugs and been convicted of any crime against individuals such as children, spousal or parental abuse.

REVOKED/ SUSPENDED MEMBERSHIP

Our Y has the right to suspend or terminate a membership if a member's behavior or language is judged to be in conflict with the welfare of other members or staff or in conflict with the Y's purpose and values.

PERSONAL TRAINING

The YMCA strictly prohibits personal training or group training that is not led by a YMCA approved staff member or volunteer. If you wish to personal train or teach a class at the Y, you will need to be employed by the Paris-Bourbon County YMCA. If you wish to volunteer, you will need to be approved by a Director/CEO. Volunteers may not receive personal donations for teaching/leading non-approved groups or individuals.

ATTIRE

Shoes and shirts must be worn in all areas of our Y, except the pool. Street shoes are not permitted on any wood floors or the pool area. Proper swimsuits must and should only be worn when using the pool. All attire must be consistent with our character values.

FOOD & BEVERAGE POLICY

Food and beverages are only permitted in the lobby.

TOBACCO POLICY

Our Y is a tobacco-free campus. This includes e-cigarettes and all tobacco products. This includes the front entrance, outdoor pool area and parking lot.

PROFANITY POLICY

Profanity is strictly prohibited in our Y. Any member, program participant or guest who uses profanity will be asked to leave. Repeated behavior will result in membership termination.



MEMBER POLICY

CELL PHONE POLICY

Any person caught taking inappropriate pictures of another person, without that person's permission or knowledge, will have his or her membership terminated. Please be considerate of all who utilize our facility by avoiding the use of cell phones while in the locker room and all exercise areas.

WEAPON POLICY

No weapons are permitted on Y property.

CHILD SUPERVISION

General

A responsible member at least 16 years of age must directly supervise any member under the age of 12 in all areas of the facility. The instructors and/or parents will monitor program participants during the duration of the class/program.

Swimming

The following guidelines have been established for your health and safety in our swimming pools. All swimmers under the age of 12 must be accompanied in the pool area at all times by a responsible person at least 16 years of age. Any child unable to pass the deep water swim test is not allowed in the deep end of the indoor or outdoor pool (which includes the diving board). Any child who cannot pass the shallow water swim test must have an adult within arms reach (in the water) of them at all times.

Fitness Center

- 14 and older - no restrictions
- 12 - 13 - access to youth fitness equipment, bikes, ellipticals, rowing machines
- 10-11 - must be accompanied by an adult and can have access to same equipment as 12-13 year olds
- Orientation with fitness staff is required. No one under the age of 14 can use the treadmills.

Free Weight Room

- 16 years and older - no restrictions
- 14-15 - can use if accompanied by a parent or legal guardian (no exceptions)

Track

- 12 and older may use track
- 10-11 year olds may use track if accompanied by an adult

RECREATIONAL SWIMMING

Recreational swimming is offered during most pool hours with the exception of certain swim team practices or special events. A monthly calendar is available at the front desk and online.

LAP SWIMMING

There is always at least one lap lane available except during special aquatic activities.

TRACK

Walkers/joggers must be 12 years of age or older to use the track without adult supervision. Please note the signs at both doors that indicate the direction of walking/jogging for the day. The track is not an observation area for other facility activities.

SAUNA & STEAM ROOM USAGE

Members must be at least 19 years of age to use the sauna and steam room. Proper bathing attire **MUST** be worn.

SURVEILLANCE

For your protection, many areas of the Y are under video surveillance.

MUSIC POLICY

Any music deemed inappropriate by Y staff and is not in accordance with our mission is not permitted to be played in the facility. When playing personal music, please use ear buds.

ADA

The Y complies with the intent and spirit of the Americans with Disabilities Act. If you need special assistance or accommodations, please call or notify the front desk.

PARKING

Parking is available for members on the street in front of the facility; parking lots are located behind the facility on either side of the outdoor pool and on the corner of Main and 10th streets, by the Catholic church. Members may also park along the fence by the Family Dollar Store and at Riley's Tire after 5 pm. Two handicap parking spaces are available in front of the building. Please do not park in front of the daycare center in the drop-off space.

LOCKER ROOMS

Adult locker rooms (for ages 19 and older) and family locker rooms (ages 18 and younger) are available. Parents accompanying children 6 and younger use the family locker rooms based on the adult's gender. Children ages 7- 18 must use the appropriate gender locker room. Moms with boys and dads with girls can always use the Special Needs locker area. Lockers are for daily use only. Locks left overnight will be removed. Some lockers are available for members to rent. Payment can be made on an annual basis or by monthly bank draft. Invest in a strong lock and always secure your personal belongings. The Y is not responsible for lost or stolen items. We recommend you leave valuables in your locked car.