



Sparta-White County Family YMCA

Member Handbook



Revised 6.2025

WELCOME TO THE Y!

By joining the Y, you are joining a charitable organization committed to strengthening our community. Since 1992, the Sparta/White County Family YMCA has been inspired by a Christian mission, rooted in a belief that all individuals are made in the image of God and deserve to reach their full potential.

We've compiled this handbook as a quick reference for you. Please review our policies and learn more about the purpose behind our organization. Let us know how we can help you make the most of your YMCA experience!

Thanks for being a part of the Y!

ABOUT US

History of the YMCA

In 1990, Mayor Bob Breeding and Vice-Mayor Margaret Pearson lead the way in transforming the original building of West Sparta Elementary School, built in 1948, into the City of Sparta Recreational Center. On March 24th, 1992, local City of Sparta government chartered the YMCA which made the Sparta-White County Family YMCA officially validated to function under the name of the YMCA.

Mission, Values & Cause

Overview

There is the YUSA, the governing organization of all Ys, but each YMCA is independently operated and develops its own brand. Each Y is autonomous and has the agency to create its own mission, mission, values, practices and procedures.

Mission Statement

To glorify God by empowering our community to reach its fullest potential in mind, body, & spirit.

Vision Statement

To lead as a positive catalyst for our community by providing quality services that promote lifelong growth for all.

Our Values

- Faith
- Respect
- Servanthood
- Responsibility

Our Commitment Is to Social Good

The Sparta-White County Family YMCA is an independent 501(c)(3) tax-exempt organization under the IRS code, which means that donations to the Y are tax deductible. It is the goal of the Y to provide programs and services regardless of an individual's or family's financial ability to pay for participation. Every day, the Y brings together people of all ages and from all walks of life with a shared commitment to ensuring that everyone has the opportunity to live life to its fullest.

MEMBERSHIP

Simply put, the Y is for everyone. All people in our service area are invited to join and enjoy our life-enhancing programs and services, regardless of age, faith, race, background, ability or socioeconomic circumstance. With a YMCA membership, you have full access to our facility, as well as priority registration and member-only rates for specific programs, events and services.

Please note that each person seeking to use our amenities and the benefits of the facility must be an active member. For example, a dependent looking to utilize the Kidzone must be a named member on an active membership.

MEMBERSHIP CATEGORIES

We offer an array of flexible membership categories to ensure you find a fit for your unique household.

Choose the membership category that's right for you from the list below:

YOUTH – One youth under age 18

YOUNG ADULT – One adult age 18-29

ADULT – One adult age 18-59

COUPLE – Two adults age 18-59 or an adult plus one dependent living in the same household

FAMILY – Two adults and three dependents in the same household

FAMILY PLUS 1 – Two adults and 4 dependents in the same household

FAMILY PLUS 2 – Two adults and 5 dependents in the same household

SENIOR – One adult 60+

SENIOR COUPLE – Two adults ages 60+ who live in the same household

ACCESS TO OTHER YMCAS

Sometimes it's more convenient to visit a Y in a different location when traveling. Our YMCA participates in the YUSA Nationwide Membership Program. Full facility YMCA members have the flexibility to use participating Y facilities at no extra charge. Visitors to other Ys must present a valid YMCA membership card and photo ID upon their first visit and complete a visiting member waiver or standard membership application form with liability waiver.

YMCA full facility members must use their home branch at least 51% of the time. Program discounts do not apply. Participating YMCAs reserve the right to restrict facility or program access. Other restrictions may apply. It is safe to call the YMCA you plan to visit ahead of time and ask about their reciprocity policies and confirm that they participate in the Nationwide Program.

MEMBERSHIP POLICIES

As a member of the Y, you're part of an organization committed to helping everyone in our community have the opportunities they need to learn, grow and thrive. Our membership policies are designed to ensure we can continue to provide a psychologically safe, positive and nurturing environment where individuals and families feel welcome and at home.

MEMBER CODE OF CONDUCT

All members must act in accordance with the values of the YMCA to maintain an atmosphere that's free of offensive and unlawful conduct.

We show no tolerance for:

- Fighting
- Use of abusive/vulgar language
- Disrespect for property and equipment of the Y
- Conduct or actions of a sexual nature
- Derogatory or unwelcome comments based on individuals' sex, race, ethnicity, age, religion, marital status, citizenship, disability, sexual orientation or any legally

protected status

As a private organization, the Y reserves the right to cancel the membership of any member who does not follow the Member Code of Conduct at any time — while on-site at the Y facility or during participation in any YMCA-affiliated event regardless of location.

YMCA staff may define what is considered inappropriate behavior in determination of a member's suspension or termination. Y members or guests who observe conduct not fitting to the Member Code of Conduct should promptly report concerns to Y staff so that we can make every effort to investigate and resolve issues promptly, confidentially and effectively.

PROTECTING OUR STAFF

YMCA leadership seeks to offer protection and psychological safety to our staff. In order for Y staff to provide you with exceptional second-mile service, they must feel as though they work in a safe environment.

For this reason, your membership is subject to termination for any of the following:

- Abusive/excessively rude language or behavior toward staff
- Derogatory or disrespectful comments regarding staff
- Failure to follow staff request or issued guidelines

If members/guests do not comply with staff request or refuse to leave upon request, Y staff reserve the right to call the Police or local authority.

If you feel you have been treated unfairly or discriminated against by YMCA staff, you can put in a compliment to the Y leadership/office staff. Leadership/office staff may gather information, review camera footage, and question witnesses. Please note the YMCA leadership trust its staff and empowers them to make tough decisions in the moment. What the Y staff says, goes. Only in extenuating circumstances in which YMCA leadership determines that staff acted inappropriately, will any decisions be overturned.

SEX OFFENDER POLICY

To help enhance the safety of the members, all new members are screened against the Sex Offender Registry.

Due to the nature of our voluminous youth programs and the extensive services we offer to children, anyone with a finding on the Sex Offender Registry will not be permitted access to the YMCA.

MEMBERSHIP CARDS & PHOTO IDS

Safety is a cornerstone of our center operations, and membership cards (and photo IDs) are essential tools to maintaining safety at the Y. All members age 12 and older receive membership cards. Members under age 12 must be accompanied by a parent or legal guardian who possesses a membership card. We require that all members, adults and children, have a current photo on file in our system. Having pictures of adults and children in our software system ensures those entering into the YMCA, are who they say they are and that our children are with the adults identified on their membership unit.

Your membership card is very important. Please keep track of it and present it at the Welcome Center every time you enter a Y location. If your card is misplaced, you will be charged a \$5 replacement fee. If you arrive without your card, you may show another form of photo ID, such as your driver's license, to secure entry. If your card does not scan, we will verify your membership by manual entry or use of an additional form of identification while you wait. If we find your membership is not current, you may not enter the Y. Never loan your card to someone else to allow them access as a non-member; these actions are grounds for termination.

MEMBERSHIP FEES & PAYMENTS

Your prompt, consistent payment of membership fees helps us continue to offer our community-focused programs and make facility enhancements. The best way to ensure your payments are always on time is to set up a monthly bank, debit or credit card draft through the bank or card issuer of your choice. With an automatic draft, we deduct your monthly membership fees directly from your bank or credit account—with no hassle to you.

Here are a few things to remember when you set up an automatic draft:

- To set up automatic payments, the Y will ask you to provide a voided check, debit card or credit card.
- All accounts must have a saved payment method on file.
- Your account will be drafted on the 1st or 15th of each month.
- This agreement is not a contract and is a month to month agreement; however, This authorization will remain in full force until I notify the YMCA otherwise.

RETURNED PAYMENT POLICY

Outstanding balances resulting from uncollected returned payments must be cleared up within 7 days for the participant can be granted access to the YMCA facility or programs.

Should your membership draft not be honored by the bank or credit card company for any reason, the member is responsible for that payment plus any service charge applied by the YMCA. This is in addition to any service fee the bank may charge.

CANCELLING YOUR MEMBERSHIP

We offer a simple process for you to cancel your membership. You can cancel in the online member portal, by calling or emailing the Y, or by visiting the Welcome Center in person. The Y staff will ask questions about membership information on file to verify you have authority over the account in question. No cancellation fees are applied.

Cancellations or changes must be made **48 hours** before your scheduled draft date. If you fail to inform us of changes before the 48 hour time frame, no refunds will be issued.

Because your Y membership is intended to be an ongoing commitment, we only offer membership holds or suspensions due to medical issues, family emergencies, or travel. To request a hold or suspension for one of these approved reasons, contact us at least 48 hours prior to your next draft date. A membership can only remain on hold without dues for 3 months at a time and a total of 6 months of the year. If you schedule a hold and do not inform us otherwise, your membership dues will resume after the scheduled hold with no refunds. It is your responsibility to contact us and extend the hold.

OTHER CHANGES TO YOUR MEMBERSHIP

You can submit updates to your membership plan at any time with ease. You can request/make changes via the online member portal, emailing, calling, or visiting us in person. Before making any changes to your account, the Y staff will ask questions about membership information on file to verify you have authority over the account in question.

Memberships to the Sparta/White County Family YMCA are not transferable to other Ys. If you plan to join another YMCA, you must cancel your membership here and join the new location. Contact the Y in your new area to find out their policies, joining fees and dues, as details will vary.

MEMBERSHIP REFUND POLICY

Please monitor your monthly bank or credit card statement for discrepancies. You must report errors within 90 days of occurrence to enable us to correct our mistake and refund the appropriate amount to you (after 90 days, we will only be able to correct our error with no refund.)

If you choose to cancel your membership, we will gladly stop the automatic withdrawal from your bank account on request with a 48 hour notice. Refunds are only available for months in which the facility was not used. All refund requests must be made within 90 days of the billing date, regardless of the reason — including non-usage or billing errors.

PROGRAM REFUND POLICY

If participating in a YMCA program, refunds will only be issued prior to the start of a program session, or the date indicated by the program's policy. After the program has started, the parent or participant cannot receive a discount. If the parent or participant is dissatisfied with the program, they can report any issues to the appropriate Y staff.

OPEN DOORS PROGRAM

Membership to the Sparta/White County Family YMCA is available to everyone, regardless of ability to pay. Through the Open Doors Membership Assistance Program, we offer financial assistance to subsidize the monthly membership fees for friends and neighbors who have demonstrated a financial need. Members who receive assistance are guaranteed the same quality experience as full-pay members.

An application to participate in the program is available online at spartawhitecountyyymca.org/open-doors and at the Welcome Center. In addition to providing a completed membership application and a completed Open Doors application, interested members will also need to provide verification of income for all incomes in the household. Everyone, including existing members, is welcome to apply. If your income changes during the course of your membership, you are welcome to contact us to learn more about this program.

DISCOUNT GROUPS

The Sparta/White County Family YMCA offers a variety of discounts for various groups and demographics. Ask our staff about various opportunities to find out if you apply.

YMCA discount groups can be terminated at any time without warning to the members inside the group. Please note at any time you may be asked to pay full membership fees.

MEMBERSHIP RATE INCREASES

The YMCA may increase rates for members or terminate a specific membership type with a minimum 30 day notice.

SATISFACTION GUARANTEE

If you are not completely satisfied with your membership within the first 30 days, we will refund both your joining fee and monthly dues in full.

REJOINING THE YMCA

You are welcome to rejoin the Y any time after canceling your membership. If more than 30 days has elapsed since your cancellation, we will assess an additional joining fee. No matter when you choose to rejoin, you will be responsible for paying current membership dues and any outstanding fees owed, if any.

GUEST POLICY

APPLICABLE TO ALL GUESTS:

- Each guest must provide a valid photo ID on each visit
- Guest under the age of 12 cannot be unaccompanied without a parent/guardian on the Y facility premises even if the initial waiver has been signed
- All non-members visiting the Y under 18 must have a Youth Waiver signed by a parent or guardian
- Each guest must be properly checked-in through the Welcome Center
- YMCA members cannot bring a guest free of charge
- Non-member guest can be turned away by Y staff at any time for any reason

FACILITY GUIDELINES

HOURS OF OPERATION

Current Hours:

- Monday-Friday: 4:30AM-10PM
- Saturday: 7AM-7PM
- Sunday: 1-5PM

Facility hours may change at any time based on member needs. Check with the Welcome Center or visit spartawhitecountyyymca.org to see our current facility hours.

Hours will be amended on the following federal holidays:

- New Years Day

- Easter Sunday
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving
- Black Friday
- New Years Eve

*All holiday hours are listed online

LOCKER ROOMS

We provide locker rooms for adults by gender. Children under the age of 12 should be accompanied by a parent of the same gender. When using any of our locker room facilities, please wear a towel or clothing at all times. Also, do not use cameras or video recording devices in any Y locker room. These practices will ensure all Y members' standards of privacy are respected and safety is prioritized.

PERSONAL BELONGINGS

The YMCA is not responsible for personal belongings brought into the facility or program areas. You are solely responsible for all personal items. Lockers are available to rent for \$10 per month on a first-come, first-served basis. If there are open lockers, you may provide your own secure lock for protection of your items while visiting the Y. Lockers are only to be used during normal operating hours. Unauthorized locks left overnight may be cut off and contents removed if staff is unable to identify and contact the owner.

The YMCA is not obligated to retain personal items left at the YMCA by mistake. The Y does not have a specific lost and found policy. We will make an effort to hold items that appear valuable.

ATTIRE

In short, your attire must always be appropriate and safe throughout all areas of our facilities.

- Shirt and shoes are required in all areas of the facility and other program spaces.
- Proper workout attire and closed-toed shoes should be worn in the wellness center, group fitness studio, basketball courts, and other wellness areas.
- Swimsuits are required in the pools — no street clothes are permitted.
- Coverage is required in the locker rooms, even after showering, so keep a towel, wrap or other clothes on at all times. Please dress as quickly and discreetly as possible after showering.

- Please be respectful in tracking mud, dirt or other debris through the YMCA.

Please embrace the family environment of the Y and refrain from wearing attire that may upset others. Please use good judgment with your attire. YMCA staff may determine attire that qualifies as inappropriate attire and respectfully ask that you change or make corrections for future visits.

SECURITY

We do everything we can to ensure your security and safety while on any Y premises. The YMCA facilities are monitored by cameras and other security systems. However, we cannot be responsible for any theft or damage to your personal property, either in our buildings or parking lots. Please remember, you are responsible for securing any items you bring on site.

If you do have one of your possessions stolen or damaged, please complete an incident report at the Welcome Center. Be assured that we do track such incidents and take any steps we can to prevent them from happening again. Leave valuables at home, and protect the property you do choose to bring by securing it in a locker in a locker room (you must provide your own lock). YMCA staff is not permitted to hold or watch your valuables for you. Also note that we do not recommend leaving valuables in a locked car.

WEAPONS POLICY

In short, our policy is this: no weapons of any kind, at any time on YMCA property.

SMOKING ON YMCA PROPERTY

Smoking on YMCA property is not permitted. This includes all vapes and various forms of E-cigs and electronic devices.

HEALTH ISSUES

Please get a medical exam prior to beginning any exercise program. This is a wise first step to engaging in any wellness-related activity. Some programs may require a written and signed physician's approval prior to participation. Also, be sure to keep your contact information up to date with the YMCA offices. It's essential that we have your current address, phone number and emergency contact information in case of an emergency.

CAREGIVER PASS / NANNIES & BABYSITTERS

The YMCA offers caregiver passes for families who rely on the support of outside-the-family caregivers. Households and caregivers must first complete and sign our caregiver pass policy. Once the caregiver pass has been issued, the pass holder may visit the Y at any time in the company of the dependent(s) in a supervisory capacity. Caregivers must be with the dependents they are supervising at all times. Please note that the caregiver pass does not constitute a membership and holders are not entitled to the benefits of membership.

Your membership may be upgraded to include a nanny or babysitter who does not live in the same household. Any nanny or babysitter must be an active member of the YMCA in order to supervise your children at the YMCA. As an active member of the Y, your nanny or babysitter will have full access to all the amenities available to members. For children age 6 or younger, nannies must be at least 18 in order to supervise at our facility.

SUPERVISION & AGE REQUIREMENTS IN THE YMCA

At the Y, we're committed to giving children and teens the opportunity to develop, grow, and reach their full potential in a safe environment. Age and supervision policies are designed to ensure the Y is a secure place for all children.

All children under the age of 12 must be directly supervised by their parents or guardians while on YMCA property or at a YMCA program location. The only exceptions to this policy are occasions when children are participating in an organized YMCA program or activity, such as our Child Watch area (Kidzone), swim lessons, etc. Only children age 12 and older are allowed to be at the Y in an unsupervised environment without their parents or guardians present.

*Please note all youth memberships will not be permitted unless the waiver is signed by a parent/guardian.

Ages 0-11

Ages 0-12 years old must be directly supervised by a parent or guardian on the premises at all times.

Ages 10-12

Youth ages 10-12 may use the Wellness Center or Group Fitness classes. In order to utilize these areas youth must complete an assessment by a YMCA Wellness Staff and must be accompanied by a parent or guardian at all times.

Ages 13-14

If you are 13-14 years old, you may use the Wellness Center or Group Fitness classes after completing a Youth Wellness Center assessment by YMCA Wellness Staff. You may use the basketball gym and walking track without completing an assessment.

Ages 15+

If you are 15 or older, you may use all areas of the building unsupervised and without parent or guardian supervision.

CHILD WATCH

Family members have the opportunity to utilize the YMCA's Child Watch service while working out, attending a group fitness class, YMCA event, or simply grabbing a moments to yourself.

Our Child Watch operates under the name "Kidzone."

OVERVIEW OF CHILD WATCH CLASSIFICATION

The YMCA Child Watch is not a licensed child care agency and is not required to be a licensed by the State of Tennessee. This program is operated under the Exemption "Gym Care" (TCA Code 71-3-501) category and is approved as such by the Tennessee Department of Human Services.

PARENTS RESPONSIBILITIES

The care may only take place on-site at a gym or recreation center where adults can exercise while the care is being provided on-site. A parent must be engaged in activities on-site and must be available in case of emergency.

Children can be in care no longer than two (2) hours a day with a maximum care time limit of fourteen (14) hours per week.

Parents must fill out the intake packet upon the first visit.

YMCA RESPONSIBILITIES

The program maintains records that include dates and times of each child's attendance and the telephone numbers of persons to contact in the event of an emergency, and those records are made available during regular business hours to the department.

CHILD WATCH GUIDELINES & RULES

- This service is intended for children six weeks to 12 years old.
- All children signed into our Child Watch must be a named member on an active membership.
- Children may stay in the Kidzone for up to two hours per day and a maximum of 14 hours per week. This is a state-mandated limit and not per our YMCA.
- Parents, legal guardians and adults 18 or older must be listed on a YMCA membership to drop-off or pickup a child in the Child Watch. Only the adult who signs a child into the Kidzone may sign them out or pick them up.
- Parents are allowed to stay with children on the initial visits to ensure the child feels safe and comfortable in the environment. Once the child is comfortable without the parent, we ask that parents exit the Kidzone after checking in the child.

DISCIPLINARY PROCESS

YMCA Staff may determine that a child needs disciplinary correction. The method used by staff will be a "time-out" period. During time-out, a child will sit on the couch or chair for the number of minutes equivalent to their age. For a example, a six year old will be given a six minute time-out period.

SAFETY GUIDELINES

- Counselors are not permitted to be alone with children.
- All Childwatch staff will be trained in Child Abuse Prevention through Presidium.
- There will be no kissing or front hugs of children by YMCA staff. Children are not permitted to sit in a staff members lap, other than babies who are being rocked/ consoled.
- Children are not allowed to be under a blanket together, kiss or sit in each others laps.
- Efforts will be made to divide children in age-appropriate groups.
- Children are not allowed to leave the Kidzone unless they are with a Childwatch Counselor.
- When a child/group of children are taken to the bathroom, the counselor will go in first to ensure that the bathroom is empty. All boys or all girls will go as a group. Female counselors will take the children to the female restroom with the door

propped open. Y staff will wait outside the stall and only assist the child if absolutely necessary.

- No outside toys are allowed.
- No electronics are allowed. The Kidzone has devices, such as a Nintendo switch and TV. Single-use items, such as the switch, will be used on a first-come, first-served basis with time limits to allow equal distribution. During designated TV time, an effort will be made to play age-appropriate shows/movies that accommodate a wide range of ages.
- The YMCA will provide snacks for the children during their stay. A list of allergies will be kept by Y staff. We will make a concerted effort not to give children any snacks that could cause a reaction or are not permitted by parents.
- More detailed rules and procedures will be given to parents upon their first visit.

WELLNESS CENTER

The Y strives every day to provide a welcoming place where anyone — from beginners to competitive athletes — can come to improve their health and well-being. The following health and wellness policies are designed to help ensure the safety and positive experience of all members who use the Y.

DRESS CODE IN WELLNESS AREAS

Proper workout attire and closed-toed shoes should be worn in the wellness center at all times. As with all areas of the facility, we ask that you please embrace the family environment of the Y and refrain from wearing attire that may upset others. Please use good judgment with your attire.

YMCA staff may determine attire that qualifies as inappropriate attire and respectfully ask that you change or make corrections for future visits.

WELLNESS EQUIPMENT POLICY

We constantly strive to supply our members with a wide variety of well-maintained wellness equipment, and we oversee the safety of equipment used by members. We ask that you refrain from bringing personal fitness equipment for use within the YMCA. Per our member code of conduct, we ask that you treat YMCA equipment respectfully. This includes not abusing equipment and cleaning equipment after use.

Machines are accessed on a first-come, first-served basis. We ask that you refrain from alternating machines (“supersetting”) during busy hours. Please avoid sitting on machines

for long periods of time between sets or using a machine for extended periods of time during busy hours.

PERSONAL TRAINING GUIDELINES

Only staff members employed by the Y are allowed to provide personal training within YMCA facilities and programs. Our staff members are trained and certified by the YMCA and covered through our liability insurance. Personal trainers who are not employed by the YMCA are strictly prohibited from training or conducting business in a YMCA facility. The YMCA has this standard in order to provide safe, high-quality personal training and avoiding liabilities at all times.

WELLNESS CENTER/GROUP FITNESS AGE REQUIREMENTS

The Wellness Center is reserved for members and guests age 14 and older.

- Youth ages 9 and under may not enter the Wellness Center unless they are there to participate in a program or class specifically designed for them.
- Children ages 10-14 can only be granted access to the Wellness Center after completing an assessment by YMCA Wellness Staff. The staff member may not permit the member access to the Wellness Center if they feel it is unsafe. If the member passes the assessment, the trainer may still place restrictions on the member's access.
- Members and guest under the age of 12 cannot be alone in the YMCA, regardless of passing a YMCA fitness assessment. Ages 10 and 11 must be accompanied by a parent/guardian in addition to passing the wellness assessment.
- If you are 15 or older, you may use all areas of the building unsupervised and without parent or guardian supervision.

Specific rules and expectations for our Wellness Center are posted inside the Y. Please honor all policies, as well as conduct and etiquette expectations as posted within the Y.

Y POOL

The Y Pool is an outdoor, seasonal pool. Dates of the Y Pool may vary from season to season. Generally, the Y pool will open near the end of the White County School Year. Closure of the Y Pool for the season may be based on a variety of issues, including usage, attendance and weather.

GENERAL Y POOL RULES & GUIDELINES

- The YMCA Pool maintains a permit with the Tennessee State Health Department to operate as a public pool.
- Anyone accessing the pool deck must be listed on an active YMCA membership or pay the daily pass for entry. This applies to those who are not entering the pool and are only sitting on the deck to supervise.
- The Y Pool will close for forty-five minutes in the case of thunder or lightning. All swimmers will be asked to evacuate the pool immediately.
- No outside food is allowed on the pool deck. Any outside beverage must be in a small, closed-lid container.
- Floating devices are allowed. However, large floats or devices that could impair the lifeguards vision are not permitted. Lifeguards have the authority to deny access with certain inflatables.
- Outside chairs are permitted but we ask that they be left in the grassy area.
- No running is permitted on the pool deck. No one can put another individual on their shoulders in the pool, including parents with their children.
- Holding your breath under water is not permitted.
- Lifeguards will stop any roughhousing or unruly behavior.
- The Lifeguard's decision is final.

DRESS CODE AT THE Y POOL

Proper swim attire should be worn in the pool, such as swimsuits and swimming trunks. No street clothes are permitted. Swim attire must be clean, modest, and designated for pool use. No undergarments, thongs, or overly revealing garments are allowed, and swimsuits must not be transparent.

As with all areas of the facility, we ask that you please embrace the family environment of the Y and refrain from wearing attire that may upset others. Please use good judgment with your attire.

YMCA staff may determine attire that qualifies as inappropriate attire and respectfully ask that you change or make corrections for future visits.

SWIM TEST & WATER SAFETY

At the Y, water safety is a key part of our mission to encourage health and active fun in the water. Our policies ensure our pools stay safe for everyone. All swimmers under age 18 must pass a swim test before they can be in the deep end of the pool. Parents/guardians of swimmers under age 10 must remain on-site at the pool. All swimmers age 10 and older who have passed the test may use the pool on their own.

Swimmers who do not pass the swim test must remain within arm's reach of an adult. Youth who have not passed the swim test may not go down slides or enter the deep end, regardless of the presence of a parent or the use of a personal flotation device. Swim test are generally on the Y Pool schedule early in the season. Later in the season, swim test must be scheduled with appropriate Y Pool Staff.

The swim test consists of the following:

- Jump into the pool, submerge fully, return to the surface and immediately begin swimming without pushing off the wall.
- Swim in a horizontal position on top of the water using a forward crawl or breast stroke. The swimmer's arms must achieve full extension on every stroke and he/she must maintain one or both of the strokes for the full 25 yard swim. Pausing is only allowed when the swimmer is rotating or turning to breathe.
- Tread water for 30 seconds continuously.
- Exit the pool without assistance using either the wall or pool ladder.

LIFEGUARDS & WATER SAFETY

We partner with Ellis & Associates, an industry leader in water safety. All Sparta/White County Family YMCA lifeguards are trained to prevent aquatic emergencies and conduct emergency and rescue care whenever necessary. During your visit to the Y Pool, you may observe ongoing training exercises, including live water safety and rescue drills. Such training allows the Y's lifeguards to stay prepared as the guardians of your family's safety and well-being.

The Y Pool is monitored by cameras. Our facility is equipped with a Lifeguard Entry Alert System. The system automatically alerts your facility should a lifeguard have to enter the water.

Y POOL AGE REQUIREMENTS

Parents/guardians of swimmers under age 12 must remain on-site at the Y Pool, even if a swim test has been passed. The Y Pool follows the guidelines of the entire YMCA facility, no children under 12 can be dropped off or attend the YMCA without the supervision of a parent/guardian.

If you have any questions about these policies, please contact the Y.