

RANDOLPH-ASHEBORO YMCA

2019-2020

There is no other nonprofit quite like the Y. 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 will be, dedicated to building healthy, confident, connected, and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

Patrick O'Hara - Executive Director

Our Mission

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

Our Focus

- *Youth Development
- * Healthy Living
- *Social Responsibility

Facility Hours

Monday-Thursday: 5:00am to 10:00pm
Friday: 5:00am-9:00pm
Saturday: 8:00am-7:00pm
Sunday: 1:00pm-6:00pm

Pool Operating Hours

Monday-Thursday: 6:00am to 9:00pm
Friday: 6:00am-7:00pm
Saturday: 8:15am-6:00pm
Sunday: 1:15pm-5:00pm

Holiday Closures

* Easter Sunday *July 4th *Thanksgiving *Christmas

Inclement Weather Policy

If the YMCA opens late or closes early due to inclement weather, the following will go into effect:

- YMCA will open only at 8:00 am, 10:00 am, or 1:00 pm
- If opening at 8:00 am or 10:00 am – Classes , activities, nursery & Camp Chill Out will be available as scheduled.
- If opening at 1:00 pm – No classes, activities, or Camp Chill Out will be available. Nursery will open as scheduled that afternoon.
- After School will only be offered if schools are in session.
- If YMCA closes early due to weather, no night time classes or activities after 5:00 pm will be available.

Any delays or closings are sent to Fox 8, News 2, WZOO, and WKXR (local radio station). The YMCA will also post any delays or closings on social media, send emails to subscribers in our software system, post onto our website and send text alerts as well. To be sure you are up-to-date on the latest news, sign up for text alerts, follow us on social media, and check with Front Desk to be sure we have your email address. To sign up for text alerts, text @raymca to 81010.

Professional Staff

Patrick O'Hara	Executive Director pohara@asheboroymca.com
Shirley McDowell	Executive Assistant smcdowell@asheboroymca.com
Kathryn Simpson	Admin. Assistant/Front Desk Supervisor ksimpson@asheboroymca.com
Angela Lanier	Business Manager alanier@asheboroymca.com
Robin Hatch	Wellness Director rhatch@asheborouymca.com
Shawn Columbia	Aquatics Director/Competitive Swim Director scolumbia@asheboroymca.com
Joe Taureck	Youth & Adult Sports Director jtaureck@asheboroyma.com
Branson O'Hara	Community Development Director bohara@asheboroymca.com
Nick McNeill	Marketing and Membership Director nmcneill@asheboroymca.com
Morris Ebanks	Maintenance Supervisor mebanks@asheboroymca.com
Harlie Clawson	Nursery Supervisor hclawson@asheboroymca.com
Virginia Moore	Senior Program Coordinator vmoore@asheboroymca.com

Security Cameras

Surveillance Cameras are installed inside and outside the YMCA. Cameras are for the safety and protection of our members and non-members. The YMCA and Asheboro Police Department recommends you lock your vehicle, remove all purses and valuables from your vehicle, and lock-up any belongings in a locker. The YMCA is not responsible for lost or stolen items.

COOPERATIVE OUTREACH GARDEN

Our garden is made up of volunteers who share the love of gardening and are committed to serving the needs of the community and the YMCA. Hard working volunteers, along with local businesses, donate time, money, and supplies to make the garden a success. During the 2018 growing season, the garden produced over 6,500 lbs. of fresh produce to be given back into the community. The produce is given to local charities such as Christians United Outreach Center (CUOC), Our Daily Bread Soup Kitchen and the Family Crisis Center. If you are interested in helping the garden in any capacity, contact Virginia Moore for more information.

INVEST IN PEOPLE SCHOLARSHIP FUND

This year thousands of children and adults will come to the Randolph-Asheboro YMCA for friendship, exercise, fun, education, camp, sports, and parties. Many others will not be able to afford the cost of the programs and services they need. We want to make sure that everyone who needs a YMCA program has the chance to participate. People who qualify are not turned away because of the inability to pay, but these programs do cost money. The funds raised in our annual "Invest in People Campaign" are used to provide scholarships for children, adults, seniors, single parents, and others with special need who lack financial resources. Campaign funds fill the gap to pay the cost of providing these programs.

DONATE

- For more information on how you can be a hero to those less fortunate, contact Kathryn Simpson to make a tax-deductible contribution or check the website and donate online.

GET INVOLVED!

Volunteer: You can get involved and give back to the community by becoming a YMCA volunteer. The YMCA is dependent on our dedicated volunteers. From serving on committees, to coaching, to assisting with programs such as Special Olympics, our volunteers touch the lives of many people throughout Asheboro and Randolph County communities.

If you'd like to volunteer contact Branson O'Hara for more information at 336-625-1976 ext . 2012 or email bohara@asheboroymca.com to be added to our volunteer email list.

CHRISTIAN LIBRARY

There is something for everyone in our Christian library. Men, women, youth and children enjoy fiction, biographies, Christian issues or Bible history. Members may check out a book by signing the card in the book and giving it to the front desk staff. Books can be checked out for up to four weeks.

*The Randolph-Asheboro YMCA also has a Christian Emphasis Committee to help emphasize the "C" in YMCA. Contact Kathryn Simpson if you want to find out more or volunteer.

½ MILE OUTDOOR COMMUNITY WALKING PATH WITH FITNESS STATIONS

The Randolph Hospital Community Health Foundation ½ Mile Community Walking Path is open for all YMCA members and the community. *Please follow rules on path.

CORPORATE CUP

- September 13-14, 2019

This is a fitness challenge to local organizations, businesses, and corporations to promote community-wide interest and involvement in fitness and wellness, as well as corporate team building. Teams from participating organizations compete in various events on all ability levels so all employees, male and female, young and old, fit and unfit can participate. The goals are fun, fitness, and company pride. The winner takes home the Corporate Cup! For more information on this event, please contact Joe Taureck.

YMCA Membership

Membership to the YMCA is easy and offers you the best value in enjoying the many facets of our organization. Moreover, it makes you part of the YMCA. YMCA members, represented by our volunteer Board of Directors, guide the future of our YMCA and have a voice in our organization. Since the YMCA is a membership organization, it offers programs first to our members, and then to the public on a space-available basis. In addition, we strive to offer many free or reduced services and activities to our members.

NEW MEMBER JOINING FEE

The new member joining fee is a one-time fee that is due at the time of joining and is used to maintain the equipment and make necessary repairs to the building. If you are employed by one of our Corporate Member, please provide proof of employment (ID badge or check-stub) in order to waive this fee. Non-corporate past members who rejoin after a 60 day lapse in membership will be considered a new member and pay the new member joining fee.

Joining fees will be waived for college students upon proof of 12 semester hours of attendance. Proof must be provided at the time of joining.

MONTHLY DRAFT OR CREDIT CARD

Bank Draft is a convenient monthly membership fee automatically deducted from a savings or checking account. Your initial payment when joining includes the one-time New Member Joining Fee along with the prorated first month of membership. To participate in the bank draft, you must provide a voided check or a debit card at the time of joining. If you do not have checks or wish to be drafted from a savings account, your bank should be able to provide you a letter that includes the name on the account, account number, routing number, and whether it is a savings or checking account.

Cancellation of your membership requires a 30-day written notice to the Front Desk of the YMCA. Phone communications of cancellation will NOT be accepted or validated.

(The YMCA reserves the right to deny access or membership to any person who is a registered sex offender.)

MEMBERSHIP CATEGORIES

Membership categories are established to meet your specific needs. Members can pay membership fees by annual payment or by monthly draft. A new joining fee is due when signing up. Please contact the YMCA for more information about membership, rates, and specials. Also, feel free to visit at any time we are open for a tour of the facility with one of our friendly staff members.

YOUTH	YOUNG ADULT	ADULT	COUPLE	SENIOR ADULT	SENIOR COUPLE
Ages 18 & Under	(19-29)	(30-59)	(2 ADULTS-SAME HOUSE)	(60+)	(ONE HAS TO BE 60+)

SINGLE PARENT	HOUSEHOLD
One Adult + *dep. Child(ren)	** 2 Adults (SAME HOUSE) + * dep. Child(ren)

*Dependent children include children 0-18. Children 19-22 must show proof of 12-semester hour attendance to remain on Single Parent/Household Memberships. A copy of semester registration must be turned in for our files. Children over 22 may not remain on a family plan, but may join as a Young Adult with no Joining Fee.

**Adults joining together on the same membership must show proof of same residency.

SILVERSNEAKERS, SILVER&FIT, RENEW ACTIVE

A membership option offered through many insurance supplements. Check with your supplemental insurance

SCHOLARSHIP

Financial assistance is available through our 'Invest in People' scholarship fund. Scholarships are available based on availability of funds for those who qualify. To apply, pick up an application at the front desk and return with proof of income.

CORPORATE MEMBERSHIP

The Randolph-Asheboro YMCA offers local businesses and organizations an opportunity to help their employees become healthier in spirit, mind, and body with Corporate Memberships. At no cost to the employer, employees can join the YMCA with significant savings; the joining fee for all Corporate Members will be waived. Depending on the size of the company, there is an option to save 5-10% on membership. If you are employed by one of our Corporate Members, please provide proof of employment (ID badge or check stub) in order to waive this fee. Corporate discounts do not apply to Youth Memberships.

YMCA AMENITIES

Facilities Include:

- **Fitness & Wellness Center**
 - Fitness Equipment & Machines
 - Group Exercise Studio w/ Virtual Class Options
 - Mind & Body Studio w/ Yoga Wall
 - Indoor Cycle Studio w/ Virtual Class Options
 - BeastMode - Functional Training Center
- **Community Room**
- **Aquatics Center**
 - Jr. Olympic Size Indoor Heated Swimming Pool
 - Whirlpool
 - Sauna
 - Steam room
 - Splash Pad (Zero-depth Water Activity Park)
- **Three-Court Air Conditioned Basketball Gymnasium**
- **Racquetball Courts**
- **Senior/Teen Center**
- **Nursery/Playground**
- **Locker Rooms**
 - *Adult Only (Ages 18+)
 - *Family
 - *Special Needs Restrooms (Includes Showers)
- **Chapel**
- **Christian Library**
- **Outdoor Playground**
- **Picnic Shelter**
- **½ Mile Outdoor Community Walking Path w/ Fitness Stations**

GUESTS

Non-Members can utilize the YMCA facilities on a daily basis by paying a daily guest fee. Ages 16 and up will need to leave a photo ID at the front desk for the duration of their visit. Members can bring in guests at a reduced rate.

A MEMBERSHIP WITH BENEFITS

A YMCA Membership gives you so much more than just a place to work out! Membership gives you the opportunity to save time and money!

- Reduced Member Pricing on various Programs & Events
- Member Only Priority Registration
- No Contracts!
- Nationwide Membership across the U.S.
- Fitness Equipment
- FREE Fitness Orientation w/ Personalized Instruction
- (6) FREE Weekly Wellness Connections
- FREE Access to over 130 Group Exercise Classes every week on land and water
- FREE Access to highly motivating and effective workouts with Virtual Les Mills classes and Virtual Cycle Classes
- Fitness Challenges & Wellness Seminars
- Lap Swim, Open Swim, & Family Swim Times
- FREE Child Care while you work out

- FREE Lockers for Daily Use
- FREE Access to our Christian Library
- FREE Wi-Fi for Members Only
- Member-Only Events

NATIONWIDE MEMBERSHIP

You are always welcome in every community with Nationwide Membership. We are proud to offer our members access to YMCA facilities across the United States that participate in Nationwide Membership. This way, our members can use the Y as often as they like, making it easier to achieve their health and wellness goals wherever they live, work or travel. Valid for active, full facility YMCA members (SilverSneakers, Silver&Fit, and RenewActive are not eligible). Nationwide Member visitors must use their home Y at least 50% of the time. Visit our website for more information and to locate participating YMCA's.

LOCKER RENTALS

Half-lockers are available at front desk for members to use on a daily basis. Please bring your own lock to keep items secure while you use the facilities. We also have a limited supply of locks available for daily use as well. When you leave, you must take your belongings and lock with you. For your convenience, we do offer locker rentals. Rent per year is \$84 for full lockers or \$48 for half-lockers. *Fees are pro-rated to the end of the year at the time of rental and are billed in January for the next full year.*

Special Events

WELLNESS SEMINARS

Wellness Seminars are scheduled at various times throughout the year. Information about these programs will be available at the appropriate times at the front desk information center and our website.

PUTTING THE Y IN COMMUNITY

- **November 9, 2019; 8:00am-4:00pm**

Bring the whole family for a free day of activities and help us give back to the community! The Y is open to the community to enjoy fitness classes, swimming, Senior/Teen Center activities, and more! Other happenings this day include: Holiday Craft Fair, Flu Shots and Health Screenings, and Canned Food Drive. Interested in joining the Y? Bring 5 or more non-perishable food items November 9-11 and the new member joining fee will be waived! A savings of \$50-\$100!

HOLIDAY CRAFT FAIR

- **Saturday, November 9, 2019: 8:00am – 3:00 pm**

Gear up for holiday shopping with our 7th annual Holiday Craft Fair! The Basketball Gymnasium is filled with local vendors and crafters of all sorts. Reserve your space for only \$20 per table and surrounding area and you keep all the profits! Rental proceeds go towards our "Invest In People" Scholarship Program.

COOKIES & STORY TIME with SANTA

- **Sunday, December 1, 2019 2:00pm – 3:00pm**

Bring the entire family to visit with Jolly Ole St. Nick, enjoy some yummy cookies and listen to the reading of a few Christmas stories!

JV BASKETBALL TOURNAMENT

- **December 26, 27, and 28, 2019**

Since its inception in 1999, The Bank of the Ozarks JV Basketball Holiday Classic has been a major success for all. It has grown to become the largest JV Basketball Tournament in the country. We celebrated our 18th year of conducting that tournament this past December and are currently gearing up for the 20th year of the event.

YOUR HEART IS AT THE 'Y' DINNER & DANCE

- **Friday, February 28, 2020** Theme: Roaring 20's/The Great Gatsby

Help support your YMCA and dance for a cause at the Annual Dinner & Dance!

Join us for an elegant evening to benefit youth development, healthy living, and social responsibility! The semi-formal event is held at Pinewood Country Club and the evening consists of dinner, dancing, live auction with big ticket items, cash bar, DJ, and more! This event is put on by volunteers of the 'Friends of the Y' Committee.

FATHER/DAUGHTER PROM

- **Saturday, May 2, 2020**

Dads, spend the evening with the apple of your eye. Daughters, come dance the night away with your favorite man. This is an annual event held every spring. The gala is an evening with heavy hors d'oeuvres, music, games and door prizes/free gifts. Everyone receives a free photograph to commemorate this special evening.

Tickets: Members - \$60 Couple, \$20 each additional daughter; Public - \$70/Couple, \$30/each additional daughter; Tickets on sale Feb. 16 – April 24, 2020

SAM BOSSONG GOLF TOURNAMENT

- **Friday, May 8, 2020**

The Sam Bossong Golf Tournament is held every year in memory of Sam Bossong, a long-time supporter of the Randolph-Asheboro YMCA. The Asheboro Jr. Women's Club is the official host of this event. The 19th Annual Sam Bossong Golf Tournament will be held on Friday, May 10, 2019, with all the proceeds going to the Randolph-Asheboro YMCA's "Invest in People" Annual Scholarship Campaign, Sam Bossong Playground, SplashPad, and the development of our youth through programs, activities and equipment. Contact Patrick O'Hara for further information.

FREE COMMUNITY DAY

- **Saturday, May 16, 2020: 8:00 – 4:00 pm**

The YMCA opens its doors to the community for a free day of fun and activities. Bring your swimsuit and towel and prepare to get wet on the Splash Pad! Free swimming lessons are also offered this day.

*Must register in advance at the Front Desk for these free swimming lessons. Other happenings this day include: Community Yard Sale, Healthy Kids Day, special fitness classes, swimming, Senior/Teen Center activities, and more! No joining fee May 17-19! A savings of \$50-\$100.

HEALTHY KIDS DAY

- **Saturday, May 16, 2020: 10:00 am – 12:00 pm**

Join us to help build a happier, healthier kid on Healthy Kids Day! This is a free community event open to all kids and families with fun, active play and educational opportunities! As a national YMCA initiative to improve the health and well-being of kids, over 1500 YMCA's across the country take part in Healthy Kids Day.

COMMUNITY YARD SALE

- **Saturday, May 16, 2020: 7:00 – 12:00 pm**

Clean out your closets, garages and attics! The Randolph-Asheboro YMCA will rent 6 foot tables with surrounding space for only \$15 at our community yard sale. This event is held from 7am – noon in the YMCA's side paved lot. (In case of rain, event will be held in the basketball gymnasium.) Bring all your items for sale, keep all your profits, and we'll handle all advertising and set-up. All table rental proceeds will benefit the "Invest in People" Scholarship program.

FREE SUMMER FAMILY MOVIE NIGHTS ON THE SPLASH PAD

- **Friday, May 15, 2020: dusk, approx. 9:00 pm**
- **Friday, June 12, 2020: dusk, approx. 9:00 pm**
- **Friday, June 26, 2020: dusk, approx. 9:00 pm**
- **Friday, July 24, 2020: dusk, approx. 9:00 pm**

These events are FREE and open to the ENTIRE community! Please come and enjoy family activities and Splash Pad FUN before the movie, 7:30-8:15 pm. Also please bring enough seating for your family to sit in and plan to be seated by 8:45 pm (this will help avoid disruptions during the movie). Concessions will be available.

KIDS 'TRI' AT THE 'Y'

- **Saturday, June 6, 2020, 9:00 am**

The triathlon is for youth ages 6-14 and combines swimming, biking and running in an exciting paced format that promotes fun, fitness and self-confidence. Race distances are age appropriate. The swim portion takes place in the YMCA pool. If needed, participants will be provided a flotation device and assistance in the lane. After completing the swim, the triathlete runs to his or her bike, puts on a helmet and shoes to ride the bike course. At the end of the bike course, the triathlete will run or walk the rest of the race on the ½ mile community walking path around the soccer field and is cheered on as they cross the finish line! All participants receive an event T-shirt, a medal, and a goody bag at the awards ceremony on the YMCA Splash Pad for the entire family to enjoy. This is a free event to every child in our community wanting to participate and is sponsored by area businesses in collaboration with the YMCA. It is a rewarding experience for everyone involved. Contact Robin Hatch for further information.

HIGH SCHOOL VOLLEYBALL TOURNAMENT

- **August 8, 2020**

The 11th Annual Randolph-Asheboro Fall Volleyball Classic, open to both JV and Varsity teams, has become successful and a yearly tradition. We hosted our 10th Annual Tournament in August of 2018. All proceeds from the tournament benefit the YMCA Scholarship Fund. These funds allow the YMCA to continue the philosophy of never turning anyone away due to lack of ability to pay.

BACK TO SCHOOL BASH

- **Thursday, August 20, 2020: 6:00-8:00 pm**

Celebrate the last few days of summer and going back to school with a splash! Students K-5 and parents, join us for this free event at the Splash Pad! Parents must remain on site with their child(ren).

The Randolph-Asheboro YMCA offers a wide range of programs to help develop adult fitness. Our Wellness Center facility and staff will keep you on the road to lifelong health and fitness. The most important aspects of the YMCA's fitness program are personalized instruction and program design. We will help you build a fitness program that's right for you! It is recommended to consult your physician before starting any exercise program.

FITNESS CENTER AMENITIES

- 12 station Cybex Eagle Strength System for a total body workout
- Cybex Bravo Functional Trainer with chin bar
- Cybex Complete Double Quad Tower Jungle Gym/Cable Crossover
- Cybex Assisted Dip/Pull-Up Machine
- Free Motion Squat Machine
- Maxicam Seated Row Machine
- Precor Stretch Trainer
- Life Fitness Fly/Deltoid Machine
- Life Fitness Glute Machine

Free Weight Equipment

- 35 pairs fixed dumbbells 5-125 lbs.
- Cybex Power Cage
- Cybex Plate Loaded Incline Press
- Cybex Decline Bench
- Cybex Olympic Bench Press
- Cybex Scott Curl Station
- Cybex Calf Machine
- Life Fitness Squat Rack
- 10 Pairs Fixed Barbells 20-120 lbs
- Rubber Bumper Plates 520 lbs
- Life Fitness Smith Machine
- Life Fitness Linear Leg Press
- Life Fitness Chest Press
- Hammer Strength Iso Lateral Shoulder Press
- Hammer Strength Seated Dip
- Hammer Strength Iso Lateral Leg Curl
- Hammer Strength Iso Lateral Leg Extension

Abdominal Work & Stretch Area including:

- Cybex Leg Raise Chair
- Cybex Back Extension
- Bent Leg Ab Board
- Mats, Fit-Balls, Bosu, and Medicine Balls

Cardiovascular Equipment Including:

- Cybex Arc Trainer, Total Body Arc Trainers
- Cybex Treadmills
- Cybex Recumbent Bikes
- Life Fitness Integrity Treadmills
- Life Fitness Stair Stepper
- Life Fitness PowerMills
- TechnoGym Wave
- Precor Elliptical Cross Trainers
- Precor Total Body Cross Trainers
- Life Fitness Recumbent Bikes
- Concept 2 Indoor Rowing Machines
- Nustep Total Body Low Impact Crosstrainer
- SciFit Total Body Exerciser

FITNESS CENTER ORIENTATION

Ages 10 & Up* (10-14 with Parent)

During this 1 hour session, a Fitness Instructor will demonstrate how to use the 12 station Cybex Circuit with personal settings to ensure proper form when using equipment. Session will begin with a review of health history and cardiovascular warm-up. An appointment can be made at the Front Desk.

*Members ages 10-14 may be instructed on body weight exercises before advancing to the Cybex Circuit to ensure proper form and safety.

WELCOME TO WELLNESS

- New members can earn a free YMCA Wellness T-shirt.
- Workout 12 times in the first 30 days of membership
- Each visit have your Wellness to Wellness card signed by a YMCA Fitness Center Instructor
- When 12 visits are completed give your card to a Fitness Center Instructor and receive your t-shirt. Cards are available in the Fitness Center.

WELLNESS CONNECTIONS

Ages 15 & Up

A series of six 30 minute sessions with a Fitness Instructor, once a week for six weeks, to help create a plan to reach wellness goals. Members set individual wellness and fitness goals, while learning and implementing lifestyle modifications. An initial appointment can be made at the Front Desk.

Sessions Include:

- Discuss health history, like and dislikes and wellness goals
- Create a wellness plan based upon member goals
- Weekly work-out plan
- 20 minutes of supervised training each session
- Included with membership – no extra charge to member

WELLNESS COACHING

A Wellness Coach partners with clients to help gain knowledge, skills, and tools to become active participants in their care so they may achieve their self-identified health/wellness goals. For questions or to schedule a coaching session, contact the coach of your choice directly. Sessions will be scheduled during mutually agreeable times. Brochures with contact information and session rates are available at the Front Desk of the YMCA.

YFIT NUTRITION PROGRAM

In this 7-week licensed program you will learn how to eat and properly fuel your body to reduce your body fat as well as the exercises you need to perform on a weekly basis in order to improve your quality of life, body composition and to reach your health and fitness goals.

Program Includes:

- Specific Meal Plans & Exercise Programs
- Weekly Weigh-ins & Body Fat Analysis
- Education Topics include:
 - The 3 W's of Nutrition – Why, When, What
 - Cardio vs. Weight Training
 - Body Weight vs. Body Fat
 - Making Sense of Food Labels
 - Program Cost: \$50/Members; \$100/Public

Class is limited to 20 participants and is scheduled at various times throughout the year.

PERSONAL TRAINING

Certified Personal Trainers will assist you in achieving and maintaining your fitness goals through education, direction, and motivation. Sessions include individual instruction with personalized workouts.

One-hour sessions are \$25/Members. Contact the trainer of your choice directly to schedule an appointment.

Brochures with contact information are available at the Front desk of the YMCA.

MEMBER SCREENINGS

- Free injury and prevention screenings are performed by Mary Beth Jenkins, Physical Therapist and owner of ProPT.
- Free Balance screenings are performed by Jason Albright, Doctor of Physical Therapy.

Dates and Sign-Ups are located in the Fitness Center.

FITNESS CENTER RULES & GUIDELINES

- Center reserved for members 15 years and older.
- Members 10-14 years old may use the Cardio equipment, the abdominal work and stretch area and the Cybex Circuit upon the recommendation and training session with a Fitness Instructor and while remaining with a parent/guardian. Members under 15 are not allowed in the free weight unless approved by a Fitness instructor and supervised by a parent or guardian.
- Strollers, infant seats, and children under the age of 10 are not allowed in the Fitness Center.
- Proper exercise clothing – shirts, gym shorts or gym pants, and athletic shoes must be worn at all times. No boots, muddy shoes, or flip flops allowed when working out.
- When performing multiple sets on a piece of equipment in the Cybex Circuit, please allow members who are completing the circuit to work in between sets.
- Cell phones/texting is not allowed in free weight area or while using the Cybex Circuit equipment.
- Please be mindful of others waiting and limit time on cardio machines to 30 minutes during peak times.
- Collars must be used when lifting free weights.
- Return all equipment including weights, dumbbells and plates, fit balls, mats, tubes, body bars, and medicine balls to the proper area after use.
- Please do not sit on the rails.
- We strongly recommend cleaning exercise equipment before use. Please spray cleaning solution on paper towel and not the machine to prevent damage to the equipment.
- Do not spray console or screen with cleaning solution.
- Please clean all sweat after use of equipment.
- The exit door is for emergency use only.

Fitness & Wellness

GROUP FITNESS

The Randolph-Asheboro YMCA offers “boutique-like studios” for the ultimate fitness experience whether you are a novice or a long-time exerciser. Offering both live classes and the convenience of VIRTUAL programming provides members with highly motivating and effective workouts anytime and at any level of fitness. See our Group Exercise Schedule for a complete list of classes and experience the motivational power of Group Fitness! If you are unable to make a scheduled class you can enjoy a VIRTUAL workout at your convenience.

Group Exercise Studio

Wells Fargo Group Exercise Studio

The Group Exercise Studio is a large multi-functional room offering a variety of live classes for all levels of fitness. It is also equipped with a big screen along with state of the art projection for Les Mills Virtual programming, the world’s most popular workouts! This blended schedule of group exercise classes provides the opportunity for more members to fall in love with fitness, connect with people, and reach wellness goals. The encouragement, motivation and great music will help you achieve more than on your own!

Mind and Body Studio and Yoga Wall + Barre

Keith Crisco Family & Employees of Asheboro Elastics Mind & Body Studio

Our unique studio, featuring the Yoga Wall, offers the right atmosphere and variety of classes that connect mind, body, and spirit. The Yoga Wall is a system of belts that slide and lock into wall plates set at different heights (ankle, waist, and above-head height). This aids in lengthening your spine, opening your joints, strengthening hard-to-build muscles, and improving inversions. Classes include Yoga, Pilates, Ballet Barre, and suspension training for participants of all levels whether a beginner or long time practitioner.

Indoor Cycle Studio featuring Visual Scenery

Jack Pugh Family & Staff of Pugh Funeral Home Cycle Studio

Our indoor cycle studio is equipped with 20 Keiser bikes and fitted with a big screen along with state of the art projection to keep you inspired and immersed throughout the classes. The Visual Scenery cycle classes will take you on a ride through the countryside with motivating music that will keep you coming back for more! Cycle classes are great fun for all levels of fitness because you control the intensity of your workout! Ride with a class or enjoy a workout at your convenience with Virtual Cycle classes! Burn calories – Have fun!

BeastMode Functional Training Center

Billie & Vernon Wilson BeastMode Box

BeastMode Functional Training is a challenging but rewarding strength and conditioning program structured around elements of track and field, strength training, Olympic weightlifting, gymnastics training, and metabolic conditioning in the workout of the day. BeastMode teaches functional movement patterns that you find in real life and can be experienced by anyone of any fitness level, as the movements and exercises are scalable. BeastMode is for athletes seeking to improve performance or a committed individual of any age wanting a healthier life who is willing to work hard! BeastMode is more than a class. It's an experience.

- BeastMode is included as a part of your YMCA membership
- Every participant must complete a series of TWO Intro Classes to attend a regularly scheduled class. Sign up at least 24 hours in advance
- Sign up for SugarWOD Connect App to view the Workout of the Day

“Offering Les Mills virtual and live classes”

- Check the monthly schedule to see days and times of classes
- Senior Functional Fitness and Youth Cross Training offered in BeastMode
- Children are not allowed in the BeastMode room unless participating in a scheduled youth class

Active Older Adults

*Check the monthly calendar to see specific days/times of activities. Activities may vary seasonally.

SENIOR DAYS

Senior Appreciation Days are held at various times throughout the year as a time to socialize and fellowship with other Senior members as well as participating in various seminars, activities, and lunch.

PICKLEBALL

Combination of tennis, badminton, ping-pong, and racquetball. One of the fastest growing sports in America. Fast paced and easy to learn.

CROCHET GROUP

Come and share crochet ideas with fellow friends of fiber, led by Tammy James. New to the hobby? This group can help teach you how. A starter kit can be purchased for \$10 or bring your own supplies.

SENIOR BINGO

"BINGO!" Play Bingo with Virginia Moore, YMCA Senior Programming Director. Win Prizes! Meet new people! Occasional themed party BINGOS.

WE CARE BIBLE STUDY

Join us for a Bible study, devotions and prayer group with volunteer Dr. Walter L. Scheu Sr. This is a very relaxed atmosphere. Bring your praises! The study is held on the second Thursday of each month, and it is open to the community.

GAME TIME

Card games, board games, puzzles and other Senior Center games to open play. Bring a game or hobby of your own as well as to enjoy with friends.

CRAFT TIME WITH ANISE BERTRAM!

Let's get crafty! Enjoy making various and seasonal crafts with other seniors

PAINTING CLASSES

Join us for beginner friendly painting classes led by Nina Lathe. Step-by-step instruction and all supplies included. Leave with your own personal painting.

COOPERATIVE OUTREACH GARDEN

We need your help tending the garden! Our garden is made up of volunteers who share a love of gardening and are committed to serving the needs of the community and the YMCA. During the 2018 growing season the garden produced over 6,500 lbs. of fresh produce to be given back into the community. Produce is donated to local charities.

OTHER ACTIVITIES & EVENTS

SENIOR/TEEN CENTER - Open for Seniors Monday-Friday mornings *See current schedule for times

Includes Ping-Pong, Foosball, Billiards, Air Hockey, Wii Game Consoles, 4 Exergame Bikes and Xbox Game Systems, Computer Learning Center, TV/Lounging Area, Free Coffee served in mornings for Seniors.

OTHER SENIOR EVENTS INCLUDE:

- Pot Luck Lunches
- Holiday Luncheon
- Holiday Craft Fair
- Field Trips
- Wellness Seminars and Screenings
- Seasonal Activities/National Food Days

Aquatics Center

We offer open swims for the family, fitness lap swimming, swimming classes, team competition, special populations, and aerobics. We have an aquatics program for everyone!

INDOOR POOL

Our pool at the Randolph Asheboro YMCA is host to a wide variety of aquatic activities. We have an indoor, 25-meter, six-lane pool, heated year round, along with the **George & Hazel Johnston steamroom, sauna, and whirlpool area.**

OPEN SWIMMING

Check our schedule for open swim sessions. It's a great time for the family to play in the pool. Open sessions are scheduled throughout the week and weekends for your enjoyment. *Look for schedule at front desk.*

LAP SWIMMING

Swimming laps is a great way to get fit! Check the schedule for lap swimming times. *Look for schedule at front desk.* 64 lengths = 1 mile or 32 laps = 1 mile.

WATER FITNESS CLASSES

Join us in the water for aerobics. Water aerobics are a great low-intensity way to get fit through exercises that develop cardiovascular fitness and muscle strength. Varied times make it easy to get involved.

Classes available:

Aqua Dance, Power Movers and Shakers, Deep Water HIIT, Aqua Bootcamp. TotalBody Workout, Evening Energizer, Aqua Bands Plus, Water Aerobics, Arthritis Aerobics, Seniors in Motion, and Deep Water Intervals.

SPLASH PAD

The Randolph-Asheboro YMCA has the first interactive water park in Asheboro. This zero depth water park is designed for all ages. Water park activities include spraying, splashing, dumping, and walk through features. This outdoor water addition houses 15 various water features.

Summer campers and after-school children get to enjoy the splash pad on a regular basis. Some of our special events include youth sports night, Back to School Bash, Community Day, Outdoor Family Movie Night and other theme parties. The splash pad makes a great venue for birthday parties that are held at the Y. Birthday Parties and Group Events also available (*see parties & facility rentals section p. 17*)

The shark Tank concession stand offers cool refreshments, including popcorn and other snacks for the family. For assistance while using the Splash Pad, see one of your friendly Water Rangers.

Fin's Splash Pad Features:

Magic Touch Bollards	Aqua Dome
Foaming Geysers	Power Volcano
Bullfrog	Power Spinner
Ground Geysers	Rainbow
Water Tunnel	Bucket Trio
Water Cannons	5-Buckets of Thrills

SWIMMING LESSONS (All ages)

The YMCA is known for swimming instruction. We have sessions throughout the year and classes to meet all ability levels.

- Fall Session dates available: August 2019
- Spring Session dates available: February 2020
- Summer Session dates available May 2020
- Early Bird Registration is available for members.

Cost: \$35/Members; \$55/Public

PARENT & INFANT/TODDLER SWIM LESSONS

(Ages 6 months-3 years)

Designed to introduce the very young to a comfortable, reassuring atmosphere in the water. Parents learn teaching skills while working with their children in the water, under the supervision of an instructor.

PRESCHOOL SWIM LESSONS

(Ages 3 to 5 Years)

Helps youngsters respect and enjoy the water by learning basic swimming skills and water safety.

PROGRESSIVE SWIM LESSONS

(Ages 6 – 12 years)

Beginning programs are for those with little or no previous swimming experience. Skills include beginning strokes, rotary breathing, and water safety.

ADULT SWIM LESSONS

(Ages 13 years & up)

This class is for all skill levels, from the water-shy to those who wish to improve stroke mechanics

PRIVATE SWIMMING LESSONS (All Ages)

When group lessons do not meet your needs, try our one-on-one instruction. Contact Shawn Columbia to schedule an appointment.

Fee: \$20 per 30-minute lesson/Members
\$25 per 30-minute lesson/Public
Or \$110 for (6) 30-minute lessons/Members (save \$10)
\$145 for (6) 30-minute lessons/Public (save \$5)

SWIM TEAM

Under the leadership of Head Coach and Aquatics Director, Shawn Columbia, our competitive swimmers are offered the option of swimming with the US year-round team, Fin Aquatics (FAST). Swim team emphasis is on personal skill improvement, as well as good sportsmanship and team spirit. Dedication, teamwork, discipline and goal setting are objectives of the program. YMCA membership and the ability to swim 25 meters without stopping are required. The YMCA, for past twenty years, has had representation at State and National Championships and had nationally ranked swimmers.

FAST Swim Team Times: Monday-Saturday, various groups and times. Contact Shawn Columbia for information, months of June and July. (The summer league team had an undefeated record in 2011, 2014, 2015 & 2016 and won the League Championship for 2012 and 2014.)

Summer League Recreational Swim Team: Contact Shawn Columbia for information, months of June and July. (The summer league team had an undefeated record in 2011, 2014, 2015 & 2016 and won the League Championship for 2012 and 2014.)

LIFEGUARD CERTIFICATION

This program teaches the basic skills to become a lifeguard. Fee includes textbook and CPR/First Aid certifications and pocket mask.

Minimum Age: 15 Years

Sessions: Spring, dates available in March.

Contact Front Desk for information and dates.

CPR for the PROFESSIONAL RESCUER CERTIFICATION ONLY

Sessions: Spring, dates available in March.

Contact Front Desk for information and dates.

SCUBA

Scuba diving is something to treasure. Dive into a new hobby or brush up on old techniques. Classes are held year round and include three classroom sessions, three swimming pool sessions at the YMCA pool and four open-water dives. You can also plan a SCUBA camp or SCUBA birthday party. All classes and dives are taught and supervised by Dean Prevo, certified master SCUBA diver/trainer. Call Mr. Prevo at 336-456-6630 for more information and class dates.

POOL RULES & GUIDELINES

- Respect others.
- Shower before entering pool
- No running in pool area. Walk at all times, including when jumping or diving.
- Coast guard approved flotation devices only (No inflatable devices such as water wings)
- Dive only in 9 and 10 feet marked areas.
- Forward jumps/dives only, no flips. Do not jump into the pool until the person ahead of you is out of the way.
- Horseplay is not permitted
- No standing or sitting on shoulders. No throwing one another.
- Profanity is not allowed in the facility/pool.
- No pulling, playing or sitting on lifelines, lane ropes or lifeguard equipment.
- Kickboards and fins may be used for lap swimming or instruction only.
- Starting blocks are for instructional and special events only. Do not use blocks to exit pool.
- Food, drinks, gum, glass containers and pets are not allowed in the pool area.
- Youth must pass a swim test before swimming in deep water or using mask and snorkel.
- Children 11 and under must be with a parent or guardian at least 18 years old. Parent/guardian must be on the pool deck or in the pool.
- Remove band-aids before entering the pool.
- Use ladders and steps properly. No playing or loitering on the stairs.
- Shower after each visit to the sauna or steam room before entering the pool.
- No excessive yelling
- No slapping the water with the noodles.
- During family swim times, youth 17 and under must have a parent or guardian on the pool deck.
- Swimmers who must wear diapers must wear approved tight-fitting water diapers and/or rubber pants.
- Youth ages 12-17 must have a parent/guardian present in the steamroom and sauna. Those under the age of 12 are not allowed in the steamroom & sauna.
- Lifeguards are here to protect your life and will discipline anyone breaking the rules. The guard on duty has the last say in what is allowed. This is for your own safety.

Child Care

Nothing is more important than our children and the YMCA strives to provide numerous activities and programs to meet their needs.

NURSERY

H. Clay & Wavie M. Presnell Foundation Nursery Ages 6 weeks – 6 years

Let the YMCA Nursery Staff provide quality care for your child while you use our YMCA facility. Our nursery provides care during prime exercise times. Using the nursery at the YMCA means you can check on your child at any time and don't have to worry about finding a sitter while you work out. There is a four-hour time limit per day for this service. Nursery rules and guidelines are available from our nursery staff.

*See current schedule for days/times. Times may vary throughout the year.

Fees: Members using facility (on-site) – Free

Members leaving the facility will be charged \$5 per hour for the first child and \$3 per hour for each additional child.

Guests: \$3 per hour per child for non-members. Non-members are NOT allowed to leave the YMCA.

Late Pickup: \$1 per minute per child for each minute after posted closing time.

MOM'S MORNING OUT

Ages 6 months-6 years

Have some YOU time while your child has fun at the YMCA! A light mid-morning snack will be provided by the Y. Parents must bring diapers, wipes, baby food/formula, etc. Children will participate in normal nursery activities. Regular nursery fees do not apply on these mornings, nor are fees prorated. For more information contact Jeanette Rollins.

*See current schedule for days/times

*Reservations must be made by 3pm the day before.

Costs: Members-\$9 day; \$7 each additional child/day

Non-Members-\$15 per day;\$12 each additional child/day

SUMMER CHILD WATCH – will only have if we have a minimum of 5 paid children for the program

Ages 6-11 years

This member only on-site child care provides fun, supervised activities for older children during the summer months in the mornings while you work out. Activities may include Splash Pad Fun, Outside Playground, Racquetball, Movies, Arts & Crafts, Games, and Open Gym Time. Parents must remain on-site.

*See current schedule for days/times.

Costs: Members Only - \$40 per child;\$20 each additional child

*This one-time cost covers the entire summer dates this program is offered.

SENIOR/TEEN CENTER

Fran & Warren Knapp Senior/Teen Center

Ages 6 years and older

The Senior/Teen Center provides fun activities including the Wii, Ping-Pong, Air Hockey, Foosball, 4 ExerGame Bikes and Xbox Game Systems and a computer lab for children to enjoy in a supervised environment while parents are using the facility.

*See current schedule for days/times.

Guidelines

- Free for Members & Paying Guests
- Parents are required to sign their child in upon arrival and out upon leaving, documenting where they can be found in the facility in case of emergency.
- Behavior guidelines must be followed.

AFTER SCHOOL FUN CLUB

Meet your friends "After School" and be a part of the various activities available to youth in grades K-5. Our After School Program includes homework time, snack time, arts and crafts, devotions, sports, swimming, fitness fun, and many other individual and group activities. After School Fun Club is available until 6pm.

Transportation Available at:

- Balfour Elementary
- Lindley Park Elementary
- Guy B. Teachey Elementary
- Charles McCrary Elementary
- Donna Lee Loflin Elementary
- Southmont Elementary

Scheduled Activities

- Friday=Swimming Day K-5th (*please send a swimsuit and towel*)
- Detailed schedules released monthly.
- Schedule is subject to change.

Costs: Members: \$50/Weekly;Public \$70/Weekly
Second Child/Members: \$45/Weekly
Second Child/Public: \$65/Weekly

**There is a one-time \$25 Registration Fee due with the 1st month's fee upon registering your child for the After School Fun Club Program.*

July 1: Early Bird Registration - \$0 Registration Fee + \$5 off 1st month per child

July 15-31: Fee Registration Save \$25 per child

JR CIT ACADEMY

Site Director, [Branson O'Hara](#)

Grades 6-8

Schools Pickup at: NAMS & SAMS (with minimum sign up of 6)

COST: \$25/week for Members; \$40/week for Public

Somewhere between becoming an adult and being a kid, a teen is discovering who they are and who they want to be. At the Y, we know that teens are growing up and will rise to meet expectations set for them, so we set our expectations high. Mentors, staff and other role models value our teens' individuality and guide them toward becoming responsible and engaged adults. Jr. CIT Academy is designed to help youth reach their God-given potential in spirit, mind and body. Students participate in activities that reinforce core values such as caring, honesty, respect, responsibility and faith.

The program includes:

- Health & Wellness
- Academic support
- Fitness and health education
- Confidence and character development
- Anti-bullying/Substance Abuse/Decision-Making
- Teen Workshops on life skills, financial literacy, social awareness
- Team Building
- Leadership Training
- Games
- And Service learning

CLUB YMCA FOR KIDS

Ages Kindergarten – 12 years

A fun youth fitness and educational program offered, with each day a different focus. Activities may include swimming, youth fitness classes, Splash Pad, gardening, Teen Center activities, games, crafts, nutrition education and more.

**See current schedule for days/times.*

Costs: Members Only – Free/on-site Members

**Fee will be charged for Members off-site.*

CAMP CHILL OUT

These are day care sessions scheduled to coincide with regular school closings, and some holidays. Camp Chill Out sessions (7am-6pm) are designed for youth who are regularly enrolled in our After School Programs, and for those who are not. This camp provides children with fun and safe activities which include structured games, field trips, swimming, arts & crafts, movies, and more.

COSTS

Members: \$20/day \$95/full week

Public: \$30/day \$120/full week

*There is a one-time \$15 Registration Fee due with the first daily fee upon registering your child for the Camp Chill-Out Program. This fee is waived if child is enrolled in After School Fun Club.

(Register Free: July 1-31)

SUMMER DAY CAMP

Youth ages 5-12 will be involved in devotions, new friendships, theme-related activities, field trips, arts & crafts, sports, 4-H, swimming, team oriented games and much more! Summer Day Camp is available for drop off/pick up from 7am-6pm.

Groups are divided by age:

- Climbers: 5-6
- Hikers: 7-8
- Mountaineers: 9-10
- Xtremes: 11-12

Campers will participate in their designated group activities as well as camp-wide events.

Early Bird Registration is February.

February 15-March 15, 2020

Save \$5 per child on the first week of camp and pay no registration fees.

Free Registration March 15-May 1, 2020: Save \$30 per child.

Day Camp Costs: Members: \$95/week
Public: \$120/week

Part-Time Day Camp Costs(MWF only)- Member: \$65/week;
Public: \$90/week

**There is a one-time, non-refundable, non-transferable \$30 registration fee for all students who participate in the program.*

COUNSELORS IN TRAINING (CIT)

An exciting leadership opportunity for teens ages 13-15 to interact with younger campers, learn expectations of counselors, assist with day camp and do team building activities. Teens build character, knowledge, their volunteer resume and enhance their opportunity to excel in life with this program.

Teens interested in this program need to submit a CIT Application April 1-30. Interviews will be scheduled in early May with teens that applied for the CIT program. Once a teen has been interviewed the program directors will contact their references and then notify him or her if they were selected to be a CIT. All teens selected to be in the program will be required to attend a CIT training session.

CIT Costs: Members: \$55/week
Public: \$80/week

Youth Sports

Organized youth sports provide a valuable opportunity to help our children build healthy spirits, minds and bodies. Our programs center around participation, growth and incorporating the values of respect, honesty, caring and responsibility. Winter, Spring, Summer or Fall, your child can find a place on a YMCA team! We encourage parents to volunteer to coach!

- Everyone plays in every game.
- Fair play and good sportsmanship will be emphasized.
- Health, fitness, sports skills and lifetime attitudes will be promoted.
- The family is asked to be involved in some capacity.
- The “bottom line” is to have fun!

YMCA REC SOCCER (3-18 YRS)

The YMCA offers Fall and Spring Soccer for 3-18 year olds. All games are played on Saturdays. Contact the front desk for more information.

Fee: \$50/Members; \$75/Public *A \$10 late fee is applied for late registrations.

Spring Season

Registration: January 6-February 10, 2020

Late Registration: Thru February 17, 2020

Season: March 14-May 9, 2020

Fall Season

Registration: June 22-August 3, 2020

Late Registration: Thru August 10, 2020

Season: September 12-October 31, 2020

WINTER INDOOR CO-ED SOCCER (3-18 YRS)

This fast-paced, off the wall soccer game is played in the YMCA gymnasium. All games are played on Saturdays.

Registration: November 18, 2019-January 6, 2020

Season: January 25-February 22, 2020

Fee: \$30/Members;\$50/Public

*A \$10 late fee is applied for late registrations

YOUTH BASKETBALL LEAGUE (5-11 YRS)

Introduction to team basketball. Games will be played on 8 foot goals for 5-8 yr olds and 10 foot goals for 9-11 yr olds. Games are played on Tuesday and Thursday nights.

Registration: November 8, 2019-January 6, 2020

Season: January 21-February 20, 2020

Fee: \$30/Members; \$50/Public

*A \$10 late fee is applied for late registrations.

MIDNIGHT BASKETBALL (8-18 YRS)

All Players must be enrolled in Randolph County, Asheboro City Schools or Homeschool and be 8-18 years of age to be eligible. Games are Tuesday and Thursday nights.

Registration: April 27-June 8, 2020

Season: July 7-July 30, 2020

Fee: \$15 for members and public

Sponsored by United Way of Randolph County

T-BALL (3-4 YRS)

MODIFIED T-BALL (5-6 YRS)

C-BALL (7-11 YRS OLD)

Instructional T-Ball league with emphasis on sportsmanship and fair play.

All games are played on Monday, Tuesday and Thursday evenings.

Basic coach pitch baseball (C-Ball) with emphasis on sportsmanship and team play.

All games are played on Monday, Tuesday and Thursday evenings.

Registration: April 6-May 11, 2019

Season: June 2-July 23, 2020

Fee: \$35/Members; \$55 Public

*A \$10 late fee is applied for late registrations.

GIRLS YOUTH VOLLEYBALL (3rd-12th grade)

Girls youth volleyball league to learn fundamentals and proper technique.

Registration includes free skills camp. Games are played Tuesday or Thursday evenings.

Fee: \$40/Members;\$55/Public

*A \$10 late fee is applied for late registrations.

Fall Season

Registration: August 1-October 5, 2020

Season: October 21-December 23, 2020

Spring Season

Registration: February 1-March 10, 2020

Season: March 31-May 9, 2020

Adult Sports

Are you an adult who loves the competition of a good game of basketball, soccer or volleyball? From daily “pick-up” basketball games to organized league play, the YMCA packs a full schedule of adult sports.

OPEN RACQUETBALL

William Monroe Hendricks, M.D. Family & Friends Racquetball Courts

Two Racquetball courts are now available for play. The courts may be reserved for 45-minute sessions, no more than two days in advance by YMCA members only. Racquetball leagues, tournaments, and open court times are available for members. The courts will be available during regular YMCA hours. Racquetballs and a limited number of loaner racquets and goggles will be available so members can “try it before you buy it.” For individual lessons, contact Patrick O’Hara.

Children ages 8-13 must be supervised by a playing adult 18 years or older.

Open racquetball is held:

- **Mondays 9:15 am-12:15 pm; 5:30 pm-8:30 pm**
- **Wednesdays 5:30 pm-8:30 pm**
- **Thursdays 6:15 pm -9:50 pm**
- **Saturdays 8:00 am-11:45 am**

OPEN PICKLEBALL

There are no fees, no registration, no referees, just friendly competition and good exercise for adult members.

Members or paid guests only. \$6 guest fee for pickleball players ONLY.

*See current schedule for days/times.

OPEN VOLLEYBALL

Come join in the fun at our evening open volleyball sessions. This is for adult members and guests ages 16 and over.

Members and Paid guests only. \$6 guest fee.

*See current schedule for days/times.

OVER 30 CO-ED INDOOR SOCCER LEAGUE

This league is for adults, 30 and over. Play will be 6 vs. 6, full court. Games played on Friday nights. League is limited to the first eight teams. Fee required at registration. Late registration not permitted. All teams must have one female on field at all times.

Team Registration: December 2, 2019-January 6, 2020

Season: Friday and Saturday nights, February 4-April 12, 2020

Costs: \$400 per team of 10

Coaches Meeting: January 13, 2020 at 6:30 pm

ADULT VOLLEYBALL

This league is for men and women ages 18 and up. Games will be played on Monday nights with a tournament at the end of the season. Players must register as a team.

Cost: \$250 per team of 10

Fall Season

Team Registration: September 1-October 30, 2020

Season: October 11-November 30, 2020

Spring Season

Team Registration: February 15-March 30, 2020

Season: April- May

Birthday Parties

Have your next birthday party at the YMCA! There are several options to choose from. Parties must be scheduled 2 weeks in advance. **To schedule your next party call Jeanette Rollins at (336)625-1976 jrollins@asheboroyymca.com. Contact Shawn Columbia scolumbia@asheboroyymca.com for any Splash Pad reservation. Swim test is required of all 48" and under**

BIRTHDAY PARTY PACKAGES

*Party reservations are made on Saturday and Sunday afternoons only. Payment is due in full two weeks before the event.

*Parties may bring in additional food and beverages.

*Alcoholic beverages, tobacco products, fireworks, grills and weapons are PROHIBITED!

*\$100 deposit due at time reservation is made

*Responsible party 21 years and older

RAZZLE DAZZLE PARTY ROOM

Package 1: This reservation includes the use of the birthday party room for two hours with utensils, plates, napkins, and tablecloths provided for up to 20 people.

Members: \$75

Public: \$115

Package 2: This reservation includes the use of the birthday party room for two hours with utensils, plates, napkins, and tablecloths provided for up to 32 people.

Members: \$95

Public: \$135

Package 3: This reservation includes the use of the birthday party room for two hours with utensils, plates, napkins, and tablecloths provided for up to 45 people.

Members: \$110

Public: \$155

GAME ROOM GALA

Two hour reservation: One hour in the Teen Center with an Attendant and one hour in the party room with utensils, plates, napkins, and tablecloths for 20 people.

Members: \$110

Public: \$150

POOL PARTY PALOOZA

**The pool is not privately reserved for parties, but the party room is.*

Package 1: With this reservation, lifeguards are provided for the pool for one hour. Also included is the use of the birthday party room for one hour with utensils, plates, napkins, and tablecloths provided for up to 20 people.

Members: \$120

Public: \$160

(Additional hours of swimming may be added for \$25 per hour)

Package 2: With this reservation, lifeguards are provided for the pool for one hour. This reservation includes the use of the birthday party room for one hour with utensils, plates, napkins, and tablecloths provided for up to 40 people.

Members: \$150

Public: \$190

(Additional hours of swimming may be added for \$25 per hour)

PAD BIRTHDAY PARTY PACKAGES

Splash Pad Party & Group Event reservations are booked during the summer (Mid-May-August) Monday-Friday 6:15-8:15 pm, Saturday 5:15-7:15 pm and Sunday 5:15-7:15 pm

*Parties may bring in cake, food and beverages.

*Alcoholic beverages, tobacco products, fireworks, grills, piñata, water balloons, and weapons are PROHIBITED!

*Responsible party 21 years and older

SPLASH PAD BIRTHDAY PARTY

This reservation includes the use of the Splash Pad for two hours with two Splash Pad water rangers.

Members: \$135

Public: \$200

Notice: Payment for parties and lock-ins are due 2 weeks in advance. If payment is not received at least 2 weeks in advance, the event will be cancelled. There is a \$50 cancellation fee for any party or group event.

Facility Rental/Group Events

SPLASH PAD GROUP EVENT

This reservation is reserved for churches, civic organizations, clubs, schools, and other non-profits. Includes the use of the Splash Pad for 2 hours and includes two Splash Pad Water Rangers for up to 100 people.

Cost: \$100

SPLASH PAD FIELD TRIP

With this reservation daycare groups can visit the splash pad during regular operating hours.

Cost: \$4 per child

SHELTER RENTAL

The Shelter/Picnic area with restrooms may be reserved on availability during facility hours. *Groups may bring in cake, food and beverages. (*Alcoholic beverages, tobacco products, fireworks and weapons are prohibited. This is the only area where grills are permitted.*) Two hour time blocks.

*Responsible party 21 years and older

Cost: Free/Members; \$25/Public - \$25 for additional hour for both member/public

BAPTISMS

This reservation includes the use of the YMCA Pool and Locker Rooms for one hour. A lifeguard will be provided for half an hour for the actual baptismal service. Baptisms are scheduled on Sundays from 5-6 pm **Cost** is \$50

LOCK-INS

With this reservation, two lifeguards are provided for two hours. The gymnasium and lobby areas are available for the use the entire night. The Senior/Teen Center and classroom are available until midnight with a building supervisor.

Lock-in reservations are scheduled on Friday nights; check-in is at 7 pm until check-out at 7:30 am Saturday morning.

*Responsible party 21 years and older

Rental Fee: \$400; Deposit (Security): \$100

COMMUNITY ROOM

Ann & Bill Hoover Community Room

A comfortable **corporate** meeting space with seating for 55 people. When the Community Room is available, we would like to work with other community organizations to provide a space for meetings, classes, trainings, holiday events, conferences, community events, and club holdings, this space is available for business or corporate settings only.

Cost: \$15 per hour for first 3 hours; \$10 per hour each additional hour.

*Please complete a Community Room Rental Request Form at least three weeks before rental date. Form can be found online or available at the front desk.

*Responsible party 21 years and older

Room includes:

- 60 inch flat screen smart television with connections for laptops & DVD players
- Wifi
- Kitchenette with ice machine
- Other amenities available upon request.

Contact Kathryn Simpson at (336)625-1976 for more information on renting the Community Room.

CODE OF CONDUCT

In order to ensure a wholesome, safe, family environment, it is vital that members, program participants and guests behave in a manner that reflects our value of caring, respect, honesty and responsibility. Suspension or termination of membership or program privileges may result from any violation of our Code of Conduct. Members should report any infractions to a YMCA Director or front desk staff.

1. Alcoholic beverages, tobacco products, vaping products, concealed or visible weapons and illegal drugs are not permitted on YMCA property.
2. Profanity or threatening language is not permitted in the facility or on YMCA property. Abuse of YMCA facilities or equipment will not be tolerated.
3. Clothing must be appropriate to the activity. Shirts must be worn throughout the facility: except in the pool, sauna, steam room whirlpool and locker rooms. Shirts are optional for males in the gymnasium as long as underwear is not exposed. Swimming attire is limited to the pool area. No revealing clothing allowed.
4. The Fitness Center is for members ages 15 and over. Youth ages 10-14 may only enter this area with a parent/guardian after having a parental waiver signed, and completing the required equipment training.
5. No fighting or horseplay is allowed in the facility.
6. Members and guests, 11 years old and under, not enrolled in a scheduled, supervised program or activity or accompanied by a parent or guardian (*18 years old and older*), may not remain in the YMCA facility.
7. Members or guests, 12-14 years old, not enrolled in a scheduled, supervised program or activity or accompanied by a parent or guardian (*18 years old and older*), may not remain in the YMCA for more than three hours a day.
8. Non-members, 16 and over, must leave a picture ID and sign a guest waiver upon their . This is for the safety of our members and non-members.
9. Soap showers are required prior to entering the pool, whirlpool, steam room and sauna.
10. The YMCA will not tolerate any form of harassment of or by any employee, vendor, member, program participant or guest, based on religion, color, national origin, sex, age, or disability.
11. No skateboards, skates, or non-motorized scooters are allowed on YMCA property.
12. A \$35 fee will be charged for any returned monthly membership drafts or returned checks. Please provide us a 30-day period for any change in bank draft information.
13. Locks are not provided for lockers; however, there are limited locks available at front desk for daily use. Locks left on unrented lockers will be cut off. Full lockers may be rented; half lockers are for daily use only. The YMCA is not responsible for locks or contents of the lockers. Do not leave items in an unlocked locker. No refunds on locker rentals.
14. Cell phone usage is not allowed in the pool or locker rooms.
15. **The YMCA is not responsible for lost or stolen items.**
16. Theft or behavior that results in the destruction or loss of property is not permitted on YMCA property.

REGISTRATION/REFUND POLICY

1. Program registration must be done in person at the front desk, or on-line. The only exception is youth sports where mail-in registration and payment is permitted, due to the volume of participation.
2. Registration must be completed by each program deadline date. If a late registration is taken, a late fee will be applied. Early registration is strongly encouraged to ensure space.
3. Full program fees must be paid at the time of registration. Forms or mail-in registrations will not be accepted without payment.
4. The YMCA reserves the right to cancel any class or program, due to insufficient registration. If the YMCA cancels a class, a full refund or class credit will be made.
5. Classes or programs cancelled due to inclement weather will be rescheduled when possible. Call the YMCA for makeup dates. Youth sports participants should call coaches, or the YMCA hotline at (336)332-0082.
6. The YMCA reserves the right to make price/program changes without notice. The YMCA will make every opportunity to inform the public of changes whenever possible.
7. If refunds are warranted on classes or programs, program participants will receive a 75% refund. 25% will be kept for administrative costs.
8. Once a class or program begins, no refunds will be granted.
9. Membership dues are not refundable or transferable.
10. Membership on the monthly draft plan requires a 30 day written notice for cancellations to stop the draft. Membership cancellations must be done in person, in writing, at the front desk.
11. If refunds are warranted, please allow 2 weeks for turnaround and fees will be withheld for processing.
12. Photo, film footage, and/or tape recording of myself or my family may be used for publicity purposes for the following, but not limited to: Social Media, Promotional Materials, Program Guide, etc.