



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

Building Bridges: Strengthening Community Through Fellowship

**HOPKINSVILLE|CHRISTIAN COUNTY FAMILY YMCA
Member Handbook September 1, 2026**

WELCOME TO THE Y!

As a member of the Y, you become part of much more than a place to exercise. You become part of a powerful association of men, women and children committed to making our community a place where everyone has the opportunity to learn, grow, and thrive.

For nearly 30 years, the Hopkinsville|Christian County Family YMCA has been guided by its Christian mission and values to strengthen the foundations of our community and nurture the potential of the men, women and children who call our area home. As a leading nonprofit dedicated to meeting community needs, we engage people across 3 counties, giving our neighbors the chance to learn, grow and thrive.

We've compiled this handbook as a quick reference for you. Please refer to this information to learn about the policies, programs and the purpose behind our organization. We want to do whatever we can to help you make the most of your YMCA membership.

Thank you for being part of the Y!

WHO WE ARE

Our Mission: The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our Values:

Caring
Honesty
Respect
Responsibility

WHAT WE STAND FOR

The Y is the nation's leading nonprofit committed to strengthening community through the following areas of focus:

YOUTH DEVELOPMENT

Nurturing the Potential of Every Child and Teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. Through the Y, thousands of youth cultivate the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

HEALTHY LIVING

Improving the Nation's Health and Well-being

The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of youth, adults and families in Hopkinsville and surrounding counties receive the support, guidance and resources needed to achieve greater health and well-being.

SOCIAL RESPONSIBILITY

Giving Back and Providing Support to Our Neighbors

The Hopkinsville YMCA has been listening and responding to our communities' most crucial social needs for nearly 30 years. Thanks to community partners and volunteers who devote their time, talent and financial support, the Y is able to provide access to life-changing programs and give thousands in our community the chance to learn, grow and thrive.

MEMBERSHIP

Simply put, the Y is for everyone. All people in our region 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 Pro membership, you have full access to our center, as well as priority registration and member-only rates for programs and services.

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. A dependent is defined as someone claimed on your income tax.

- **FAMILY** – Two adults and their dependents living in the same household
- **MARRIED COUPLE** – Two married adults living in the same household
- **SINGLE PARENT** – One adult and their dependents living in the same household
- **ADULT SINGLE** – One adult age 18 to sixty-one years of age
- **SENIOR SINGLE** – One adult sixty-two years of age and above
- **COLLEGE** – One adult student in college up to age 23 with proof of college enrollment
- **TEEN** – One child ages twelve to seventeen

MEMBERSHIP POLICIES

As a member of the Y, you're part of an organization committed to helping everyone in our community have an opportunity they need to learn, grow, and thrive. Our membership policies are designed to ensure we can continue to provide

a safe, positive and nurturing environment where individuals and families feel welcome and at home.

No "stacking" of discounts. Only one discount per membership category.

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 language
- Disrespect for property rights of the Y or others
- 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 a Y center or during participation in any YMCA-affiliated event regardless of location.

YMCA staff members 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 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.

SEX OFFENDER POLICY

To help enhance the safety of the members, guests and staff in our facilities, the YMCA monitors the sexual offender registry. Persons on the registry will not be eligible for membership, guest access or program participation with the YMCA.

MEMBERSHIP CARDS AND PHOTO ID

- Safety is a cornerstone of our center operations, and membership cards (and photo IDs) are essential tools to maintaining safety at all Y locations.
- All members age 16 and older receive membership cards. Members under age 16 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 the Y. If you happen to arrive without your card, you may show 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 other means, such as 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 or transfer your membership to someone else; these actions are grounds for termination.
- Download membership app.
- Each member receives one free membership card. If you must obtain a

replacement card, for any reason, there will be an additional charge.

LOCKER ROOMS

We provide locker rooms for adults by gender, as well as for families with children age 6 and under who may be escorted by either parent. Children age 7 and older should be accompanied by a parent of the same person. When using any of our locker rooms, 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

When it comes to bringing personal belongings into the Y locker rooms, remember it's up to you to watch them and lock them. You are solely responsible for all personal belongings you bring, and you must provide your own secure lock for protection of your items. Lockers are only to be used during normal operating hours. Unauthorized locks left overnight may be removed and contents donated to charity at the discretion of the YMCA staff.

ATTIRE

The Y is a family-oriented organization, and your attire must always be appropriate throughout all areas of our facilities. Swimsuits are required in the pools—no cutoffs or street clothes are permitted. Proper workout attire (no midriff tops, sports bras cannot be worn alone) and gym shoes should be worn in our wellness centers, aerobic studios, basketball courts, tracks, and other program areas. Coverage is required even in the locker rooms, so keep a towel, wrap or other clothes on at all times.

SECURITY

We do everything we can to ensure your security and safety while on any Y premises. That's why we place so much emphasis on the use of membership IDs for check-ins. However, we cannot be

responsible for any theft or damage to your personal property, either in our building 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 are 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

YMCA members are prohibited from carrying onto YMCA property guns, tasers, large knives or other objects YMCA staff determine to be dangerous to the safety of our members.

LOST AND FOUND

If you lose something while at the Y, promptly check at the Lost and Found at the Welcome Center to see if the item has been retrieved. We hold items found within the facility in Lost and Found for just one week, and unclaimed items are donated to charity. Remember, the YMCA is not responsible for lost or stolen items.

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 Welcome Center. It's essential that we have your current address, phone number, and emergency contact information in case of an emergency.

YMCA NATIONWIDE PROGRAM

As a Hopkinsville YMCA member, you can access most Y locations throughout the U.S. thanks to the YMCA Nationwide program. Please be sure to check with the YMCA where you are visiting for their current membership practices and procedures.

- The Reciprocal membership program is valid for YMCA members only. Program-only participants may upgrade to a full membership at any time to qualify. Third Party Insurance (Silver Sneakers, Renew Active, Silver&Fit, and similar programs) members enrolled through third-party insurance programs, are not eligible to participate in the YMCA Nationwide program. However, these members may visit other YMCAs as guests, where each individual YMCA's guest policy will govern access to facilities and programs.
- 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 members must use their home branch at least 50% of the time. Program discounts do not apply. Participating YMCAs reserve the right to restrict facility or program access.
- Other restrictions may apply.

CENTER HOURS

The facility is open Monday-Sunday.

Facility Hours change seasonally and will vary during holidays. Seasonal Hours will be posted on the YMCA website, social media and Holiday Hours will be posted at the YMCA a week prior to the holiday.

GUEST POLICY

GUEST POLICY ARE SUBJECT TO CHANGE

APPLICABLE TO ALL GUESTS:

- Each guest must provide a valid photo ID on each visit.
- All guests under the age of 16 must be accompanied and signed in by a current YMCA member over age 18 on each visit.
- Each guest must be properly checked-in through Member Services at the Welcome Center.
- The current YMCA member will be held responsible for any discipline issues of their guest(s) up to and including suspension or termination of membership.

LOCAL GUESTS (GUEST IN SERVICE AREA OF CHRISTIAN, TRIGG, & TODD)

The YMCA is a member organization and seeks to encourage memberships through guest privileges. Local guest may visit up to 2 times per calendar year. The local guest fee is \$10 per visit. Guest must present a government issued photo ID.

OUT OF SERVICE AREA GUESTS

Out of Service Area guests may visit up to 10 times per calendar year. The guest fee is \$10 per visit. Guest must present a government issued photo ID.

FEES AND PAYMENTS

Your prompt, consistent payment of membership fees helps us continue to offer our community-focused programs and services. 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—as long as you're a member.

To set up your automatic draft, simply visit the Welcome Center at your local Y and they'll be

happy to help you set it up. Here are a few things to remember when you do:

- To set up a draft through your bank account, please remember to provide a voided check.
- If you must cancel your membership or change your account information, we will gladly make those changes for you upon receiving written notice. Just visit your Welcome Center to complete and sign a Change or Cancellation Form.
- 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.)**
- If you prefer to be billed, we offer annual, biannual or quarterly invoice options in addition to payment by monthly draft. You will receive an invoice at least 30 days prior to the payment due date. If we do not receive your complete payment by the payment due date, we will assume that you are cancelling your membership within 2 weeks.

RETURNED PAYMENT POLICY

All returned payments (checks, electronic funds transfers and most credit card payments) will result in a \$25 charge. Outstanding balances resulting from uncollected returned payments must be cleared up before the participant can enroll or attend any YMCA program.

For returned checks or electronic fund transfers (EFT) that have been returned for Non-Sufficient Funds (NSF):

- The bank account associated with the return will be drafted for the amount of the check or EFT and the returned payment fee.
- This redraft can occur up to two times if the initial attempt is unsuccessful.

- If your check or EFT has been declined for reasons other than NSF, you can pay at the Welcome Center. However, if your payment is in active collections, DO NOT give a replacement payment to the YMCA or make a payment online to cover a returned check or EFT.
- After a return, the YMCA staff will make two attempts to contact you regarding payment. If payment has not been made prior to your next draft date, the membership will be terminated.

PROGRAM REFUND POLICY

If participating in a YMCA program, refunds will only be issued prior to the registration deadline of a program session. After the deadline there will be no refunds given. All pre-registration deadline refunds require approval of the Senior Program Director or Childcare Director.

MEMBERSHIP ASSISTANCE PROGRAM

Membership to the Hopkinsville | Christian County Family YMCA is available to everyone, regardless of ability to pay. Through the Open Doors Charitable 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 www.hopkinsvilleymca.org 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 in the form of a 1040 federal tax Form for all incomes in the household. Applicants are required to reapply for assistance annually. 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.

CHANGES TO YOUR MEMBERSHIP

Change is inevitable, even when it comes to your YMCA membership. We offer a simple form for you to complete any time you need to alter something related to your membership. Whether adding or removing a family member or updating your address or bank account information, you can submit updates any time with ease.

UPGRADES- Do you need to add someone to your membership? Simply complete the change form to let us know of the upgrade. Of course, adding participants to a membership may push you to a different membership category with added fees. If that's the case, please note that you will be responsible for paying additional membership dues at the time you submit your change form. If you pay by invoice, we ask that you also pay the difference in your dues for the balance of your invoice period.

DOWNGRADES- If you need to remove members from your membership, simply complete a change form and return the membership cards of those no longer participating. We'll adjust your membership category and dues. Please allow 30 days to adjust the bank draft amount. Refunds will be made for remaining dues paid on annual invoice payments. Also, temporary membership cards will be issued for dropped members for the balance of their membership period.

MOVING- Memberships to the Hopkinsville YMCA are not transferrable to other Y's outside the area. If you're moving out of our area but would like to maintain Y membership elsewhere, you must cancel your membership here and join again in your new city. At your request, we will be happy to provide a letter stating the cancellation of your membership here in Kentucky and the amount of joining fees you paid. Contact the Y in your new

area to find out their policies, joining fees and dues, as details will vary.

HOLDS- Because your Y membership is intended to be an ongoing commitment, we only offer holds or suspensions due to medical issues or world travel. Management approval will be required. Should you need to suspend your membership, you must submit a cancellation form at least 30 days in advance of your end date. Exceptions to this guideline may be extended due to medical circumstances at the discretion of the Membership Director.

CANCELLATIONS- Your YMCA membership is set up with recurring charges that will be drafted on either the 1st or 15th day of each month, based on your enrollment date. You may cancel your membership at any time; however we ask that you notify us at least 2 days prior to your draft date.

The cancellation process is simple and can be completed through the same method you used to enroll. You may cancel by:

1. Completing and signing the YMCA cancellation form and submitting it with your membership scan cards at the Welcome Center.
2. Sending an email to memberservices@hopkinsvilleymca.org to request cancellation.

No additional fees will apply for cancellations, and your membership will end with no further charges once your cancellation is processed. Please note that the YMCA reserves the right to cancel a membership with appropriate notice.

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.

MEMBERSHIP REFUNDS

There are no refunds for joining fees. Note that we never refund membership fees due to lack of use or non-attendance.

Help us help you by monitoring your monthly bank statements. If you discover an error on our part and report it within 90 days, we will correct our error and refund the appropriate amount (after 90 days, we will only be able to correct our error).

CHILDREN IN THE YMCA

At the Y, we're committed to giving children and teens the opportunity to learn, grow, and thrive. Each day, hundreds of kids come to the Y to learn, play, and achieve in a safe, fun and welcoming environment. Kids' experiences at the Y are made even better when parents and guardians are aware of the policies regarding the supervision of children at our facilities and programs. These important policies are designed to ensure the Y is a secure, caring place for all children.

SUPERVISION REQUIREMENTS

- Parents or guardians of children under the age of 12 must remain on YMCA property while their children are at the Y. The only exceptions to this policy are if children are enrolled in a fee based supervised YMCA program.
- Only children age 12 and older are allowed to be at the Y in an unsupervised environment (without their parents or guardians present).
- All youth ages 12-17 are eligible for a YMCA Teen membership.
- See Wellness Floor age requirements section below for additional guidelines and restrictions.

Y-PLAY AND YOUTH ACTIVITY CENTER POLICIES

- Children may stay at the Nursery or Kids Corner for up to two hours per day and a maximum of ten hours per week.
- Parents and guardians are the only adults authorized to leave a child at Nursery or Kids Corner, and are required to remain on-site at the Y during their child's visit.
- Only the parent or guardian who signs a child into Nursery or Kids Corner may sign them out or pick them up.
- We try to assist all children who may have trouble adjusting to the kid's area. If a child is crying or distressed for longer than 20 minutes, parents may be required to pick up their children.
- We ask you not to bring children who are sick or running a fever to the kid's area until they have been symptom and fever free for 24 hours.
- Childcare staff reserves the right to contact parents to pick up any child who exhibits aggressive behavior or injures another child. Depending on severity of the behavior, access to childcare may be limited for a certain time period.
- Only children age 6 weeks to 3 years are allowed in the Nursery. Please check your children in through the appropriate room.
- Only children 4 to 11 are allowed in Kid's Corner. Please check your children in through the appropriate room

HEALTH, WELL-BEING, & FITNESS GUIDELINES

The Y strives every day to provide a welcoming place where anyone—from beginning exercisers 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.

RED LIGHT BOOTH & SAUNA

Access to the Red Light Booth and/or Red Light Sauna is included with our Pro and Plus Memberships. Each membership unit receives one session per day, which may be used for either the booth or the sauna based on the membership selected.

- Age Requirement: Only members 18 years of age or older may use the Red Light Booth or the Red Light Sauna.
- Attire: Workout clothing must be worn while using either option. Swimsuits are not permitted.
- Footwear: Flip Flops must be worn inside the booth or sauna. No bare feet.
- Capacity: Please follow posted limits for the maximum number of people allowed at one time.
- Session Length: Red Light Wellness Sauna session is 15 minutes and RedFuzion Booth session is 10 minutes. Your session will start promptly at your reservation time. If you arrive late, you may not receive the full session time if other members are scheduled immediately after you. This ensures proper cleaning of equipment between sessions.
- Check-In: All users must check in at the Welcome Desk before their session.

These amenities are provided to enhance your wellness experience while ensuring safety, comfort, and cleanliness for all members.

PERSONAL TRAINING GUIDELINES

Personal training is available for members and non-members for an additional fee. To schedule an initial visit with a personal trainer, please inquire at the Welcome Desk. All payments for personal training sessions must be made at the Welcome Desk prior to training.

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 (in accordance with the organization's history and philosophy) and they are committed to carrying out our mission by providing high-quality programs.

Personal trainers who are not employed by the YMCA are strictly prohibited from training or conducting business in our YMCA. The YMCA has this standard in order to provide safe, high-quality personal training at all times.

InBody SCAN

Members and non-members may receive an InBody Scan for an additional fee. To schedule an appointment, please visit the Welcome Desk. All payments for the InBody Scan must be made at the Welcome Desk prior to the scan session.

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 during our programs. We ask that you refrain from bringing personal fitness equipment for use within the YMCA—such as TRX equipment, dumbbells, and any other items Y staff members determine do not comply with our high safety standards.

WELLNESS FLOOR AGE REQUIREMENTS

- Children ages 7-14 may use age-appropriate wellness equipment by obtaining a wrist band at the Front Desk.
- Children have to be 15 in order to use the TRX/cross training room and weight room.
- If rules are not followed, you and your group will be asked to leave and parents will be notified. Certain behaviors and actions or repeated corrections, may result in your membership being placed on hold or terminated.

Ages 6 & Under	Allowed on the playground, track, and basketball gym with parent. Not allowed in any Fitness Rooms.
Ages 7-9	Allowed in Family Fitness Room with parent.
Ages 10-11	Allowed in Family Fitness Room and Wellness Room with a parent. Can ONLY use cardio machines in Wellness Room.
Ages 7-11	Allowed in Group Exercise classes at the discretion of the instructor with a parent.
Ages 12-14	Allowed in the Family Fitness Room, Wellness Room, & Group Exercise classes without a parent
Ages 14 & Under	Not allowed in the Cross Training and Weight Rooms, not even with parent.

YOUTH WELLNESS ORIENTATION

The Wellness Orientation class is designed for ages 7-14 to help instruct our youth members on how to safely and properly utilize the equipment available to them. This program is required before youth are allowed on any facility equipment and is offered at no additional cost to our members. All children must complete the Wellness Orientation prior to being on the wellness floors, even if they are of the required age. Register at the Front Desk.

ENCOMPASS PILATES EQUIPMENT POLICY

To ensure the safety of all members and in compliance with insurance requirements, we ask that you follow these additional requirements for use of the Encompass Pilates equipment, including reformers and related apparatus. Encompass Pilates equipment is considered specialty fitness equipment, not general-use fitness equipment. The reformer and related apparatus utilize spring-loaded resistance systems, moving parts, and adjustable components. These features require a high level of body awareness, coordination, and proper technique. Improper use may result in injury; therefore, strict adherence to all policies is required.

- Restricted to individuals 18 years of age and older.
- Required Orientation
 - All individuals must complete a YMCA approved orientation or introductory session prior to using Encompass Pilates equipment to include proper equipment setup and adjustments, safe use of springs and resistance, instruction on correct form and technique, safety procedures and emergency protocols
- Supervision Requirement
 - Direct supervision by a qualified YMCA instructor or
 - Use with a trained spotter/partner present at all times
 - Independent, unsupervised use of the equipment is not permitted
- General Safety Expectations
 - Follow all YMCA staff instructions at all times.
 - Use equipment only as intended.
 - Immediately report any equipment issues or injuries to staff.
 - Refrain from using equipment if unsure of proper technique.

- The YMCA reserves the right to revoke access to the equipment for any individual who does not follow established guidelines.

LIFEGUARDS AND WATER SAFETY

The YMCA lifeguards are trained by the American Red Cross to prevent aquatic emergencies and conduct emergency and rescue care whenever necessary. During your visit to our 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.

AGE REQUIREMENTS/SWIM TEST

All swimmers under age 12 must pass a swim test before they can be in a YMCA pool area without direct adult supervision. The swim test consists of a 25-yard swim during which youth are asked to achieve 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 sec.
- Exit the pool without assistance using either the wall or pool ladder.
- Parents/guardians of swimmers under age 7 who pass the test must remain on-site at the pool. All swimmers age 7 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 in water that is armpit level or lower. Alternatively, a parent may be in another part of the pool if the child is wearing a Coast-Guard-approved personal

flotation device. Youth who have not passed the swim test may not go down slides regardless of the presence of a parent or the use of a personal flotation device.

SWIMMING POOL USE AND SAFETY GUIDELINES

- No foul language.
- Children must pass a swim test in order to swim in the deep end unless a parent is right next to them.
- Swim only when certified lifeguards are on duty.
- No children under the age of 12 are allowed to swim without an adult present.
- NO ADMISSION to any persons having a contagious disease, infectious conditions (colds, fever, ringworm, foot infections, skin lesions, carbuncles, boils, inflamed eyes, ear discharge, or any condition which has the appearance of being infectious.)
- No one with excessive sunburn, unhealed abrasions, corn plasters, bunion pads, adhesive tape, or bandages of any kind permitted.
- No one under the influence of alcohol, drugs or exhibiting erratic behavior permitted in the facility.
- NO gum, tobacco products, or alcoholic beverages allowed.
- NO outside food, drink, or coolers allowed.
- NO running or horseplay. (pushing, throwing, flips, etc.)
- NO floats, water balls, frisbees, water guns, etc.
- Floatation devices must have a coast guard approved insignia.
- DO NOT sit or hang on lane ropes.
- When lap swimmers are present, the lap lane is reserved for them. Other swimmers are to stay out of this area of the pool.
- NO spitting, spouting of water, blowing the nose, or otherwise introducing contaminants into the facility water is permitted.
- NO diving in shallow water.

- NO glass, soap, or other material which might create hazardous conditions or interfere with the operation of the facility.
- Swimsuits are required. NO cut-off shorts or denim.
- NO persons other than authorized staff with street shoes allowed on deck or in “wet” areas of the bathhouse.
- Children in diapers must wear swim diapers. NO regular diapers allowed.
- A period of ‘Adult Swim’ occurs at the :50 minute mark of each hour. This is a break/rotation period for the lifeguards. Only adults 18 and over can be in the pool during this time.

WALKING TRAIL USE AND SAFETY GUIDELINES

The Gary H. & Yvonne Latham Walking Trail is a ½ mile outdoor walking trail designed to provide our members with an additional opportunity to stay active and enjoy the outdoors.

The walking trail is a private recreational facility for the exclusive use of Hopkinsville YMCA members and authorized guests.

For the safety and enjoyment of everyone using the trail, the following guidelines apply:

- Trail usage is permitted only during Hopkinsville YMCA facility hours.
- Members and authorized guest must remain on designated paths.
- No motorized vehicles, bicycles, skateboards, rollerblades, or similar recreation equipment are permitted.
- No pets are permitted on the walking trail.
- Unauthorized use of the trail is prohibited.
- Children should be appropriately supervised in accordance with Hopkinsville YMCA policies.
- Please be courteous to other walkers and runners and help keep the trail and surrounding property clean.

Use of the walking trail is at your own risk. By entering and using the trail, users voluntarily assume the ordinary risks associated with outdoor recreation. The Hopkinsville YMCA is not responsible for injuries or damage except as required by law.

EMERGENCIES

In case of an emergency, notify the YMCA Facility Manager on Duty at 270-887-5382. For life-threatening emergency, call 911.

Members should familiarize themselves with the numbered emergency location markers located along the trail. When reporting an incident, provide the nearest marker number to help YMCA staff or emergency responders identify your location quickly.

The YMCA reserves the right to temporarily close the walking trail due to severe weather, ice, snow, maintenance, construction, unsafe conditions, or other circumstances as determined by Hopkinsville YMCA management.

TENNIS CENTER

TENNIS CENTER MEMBERSHIP

Our Tennis Center has two membership types: Basic and Prime. All active members of the Hopkinsville YMCA have access to the Tennis Center through Basic membership. No additional fee is required for Basic Membership. Hopkinsville YMCA members wishing to use the Tennis Center must reserve court time through Garnet Scott and pay applicable court fees.

A Prime membership at the Tennis Center allows members key access to the facility and the ability to book & pay for court time online. Prime membership requires an additional annual fee.

The Prime membership fee for Hopkinsville YMCA members is \$35/year for an individual or household Prime membership. Non-Hopkinsville YMCA members pay \$85/year for an individual Prime membership and \$135/year for a household Prime membership. A household membership denotes couples or families (two adults & dependents) living within the same household. The membership year is October 1st through September 30th. The membership fee will not be prorated.

COURT FEES

- **October 1 – April 15**
Tennis Center Members:
\$20/hour/court (\$18.83 + 6% sales tax)
Non-Tennis Center Members:
\$20/hour/court + \$10/person
- **April 16 – September 30**
Tennis Center Members:
\$5/hour/court (\$4.72 + 6% sales tax)
Non-Tennis Center Members:
\$5/hour/court + \$10/person

The leadership of the Hopkinsville Christian County Family YMCA reserve the right to amend these policies at their discretion.

Members will be notified of any policy changes.

If you have any questions about these policies, please contact a YMCA staff member.

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