

eliminating racism
empowering women

ywca

St. Paul



About the YWCA St. Paul Health & Fitness Center

Since 1907, the YWCA St. Paul has been dedicated to our mission of eliminating racism and empowering women. The YWCA is a multicultural membership organization that provides exercise facilities and community-based programs. We support the community with our Youth Development, Health & Fitness and Housing and Supportive Services programming. The International YWCA network has worked hard in establishing our presence in more than 110 nations and serving more that 25 million women and girls around the world.

We encourage you to take full advantage of all YWCA programs, specifically designed to help you achieve your goals. To ensure the safety and security of every member, we ask that you please abide by the following information.

Code of Conduct

The YWCA strives to provide a safe and enjoyable environment to all of our members and guests. We expect all members and guests to abide by the Health & Fitness Center policies and procedures. Respectful and mature behavior is expected at all times. Inappropriate behavior may result in suspension or termination of membership privileges. Management reserves the right to terminate memberships for non-payment of membership dues, for inappropriate behavior or other reasons as determined at the sole discretion of the YWCA St. Paul staff. To ensure the comfort and safety of everyone, we have set forth YWCA expectations for all individuals who use our facility.

Behaviors that violate the YWCA Code of Conduct include, but are not limited to:

- ◆ Any acts of violence or racism.
- ◆ Loitering outside on the YWCA St. Paul property.
- ◆ Smoking or illegal drug use in or outside on the YWCA property.
- ◆ Inappropriate use of vulgar language, swearing, name-calling or shouting.
- ◆ Harassment or intimidation by words, gestures, body movement or menacing behavior.
- ◆ Possession of any item that can be used as a weapon or as a threat to others.
- ◆ Careless use or destruction of YWCA property or the property of others.
- ◆ Usage of the YWCA facility while under the influence of illegal drugs or alcohol.
- ◆ Disrespect or disregard for others.

Extra Fees May Apply

There are additional fees for member & non-member specialty classes, lessons, personal training, special programming, and child care.

Membership Cancellation

You must provide a 30-day written notice in advance of your final EFT (Electronic Funds Transfer) date to terminate your membership. No terminations will be accepted over the phone.

Locker Rooms

Children ages three and younger may enter the YWCA locker rooms of their opposite gender parent or guardian. Family locker rooms are ADA accessible and available for families with older children of the opposite gender. Children 14 and older may use the appropriate adult locker room without parental supervision.

Lockers and Safety Issues

Lockers are available for day use by members and guests. Please bring your own lock to secure your belongings. You must remove your lock at the end of each visit. Locks are available for sale at the Health & Fitness Center Pro Shop. Locks left overnight on lockers will be removed. Contents not claimed within 7 days will be discarded.

Guests are Welcome

Guest rates are available for single day passes and extended visits. Members will receive four complimentary guest passes annually for each adult on the membership. A photo ID is required to gain entrance to the center at all times (14 years and older). Guests 14 years old and younger must be accompanied by an adult that is at least 18 years old.

Kids Care Center

Drop-in child care services are available to Fitness Center members and guests in the Kids Care Center. Children 6 months old to 11 years old are eligible for our child care services.

Facility Guidelines

- ◆ Please remember your photo ID; it's required.
- ◆ Shirt and athletic shoes are required attire.
- ◆ For your comfort and privacy, all mobile phone use is prohibited within the Facility, and all camera use is prohibited within the locker rooms.
- ◆ Please limit cardiovascular equipment use to 30 minutes.
- ◆ Always be considerate of others, and take rests away from machines so others may use them.
- ◆ Please wipe down equipment after use.
- ◆ Please return all equipment to its proper storage area after use.
- ◆ Only authorized YWCA staff can offer Personal Training Services.
- ◆ 15 – 18 year olds must complete a fitness orientation to use the equipment.
- ◆ Children aged 14 and younger must be supervised by an adult at all times.
- ◆ 12 – 14 year olds may use the equipment if they first complete the Teen Fitness Certification program and are supervised by an adult.
- ◆ Unless otherwise specified, children aged 14 and younger cannot take Group Fitness, Specialty Classes or use the whirlpool or sauna.
- ◆ Car seats or strollers are prohibited in fitness areas, fitness studios, and the pool deck.
- ◆ The YWCA is not responsible for lost or stolen items.

