



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ACTIVE STAY CONNECTED

AT THE PISCATAQUIS REGIONAL YMCA



WE'RE MORE THAN A GYM,

we are a community committed to strengthening bodies, minds, and spirits. Since 1988, the Piscataquis Regional YMCA has been 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.

48 Park Street, Dover-Foxcroft, ME 04426 • 207-564-7111 • www.prymca.org

September, 2017

BECOME A MEMBER!

The Piscataquis Regional YMCA is a community leader in supporting children, adults, and families in their lifelong quest for physical, emotional, and social wellness. We are committed to building strong and healthy-minded children, individuals, families, adults, and communities through our programs and services that promote youth development, healthy living, and social responsibility.

STRONG COMMUNITIES START HERE. At the heart of the YMCA lies the power to transform— both yourself and the world around you. As a non-profit deeply rooted in our community, it is our mission to provide excellent programs and services to support youth development, healthy living and social responsibility.

At the Y we provide:

- Exceptional fitness, personal training, sports and aquatic programs
- Extensive early childhood education and school-age programs
- A safe, family fun environment

BENEFITS OF MEMBERSHIP

- No Contracts
- FREE Land & Water Fitness classes per week
- Lap swim 6 days per week
- FREE Equipment Orientation
- Strength and cardio equipment
- Up to 50% discount for all programs
- Child Watch Babysitting Service
- Convenient hours of operation - 6 days a week during the summer and 7 days a week during the winter
- AWAY Program Benefits - Membership
- Reciprocity at over 2,000 YMCAs nationwide
- Improve Health & Wellness and Quality of Life

REGULAR RATES

MEMBERSHIP TYPE	EFT RATE	ANNUAL RATE (CASH)
Youth (0 - 17 years)	\$20	\$240
Young Adult (18 - 26 years)	\$25	\$300
Adult (27+ years)	\$35	\$420
Single Parent Family*	\$45	\$540
Family**	\$55	\$660
Senior ***	\$28	\$336
Senior Couple	\$43	\$516

Membership discounts including Piscataquis Chamber of Commerce Businesses, Piscataquis County Employees, Veterans, and First Responders are available upon request.

Only one discount may be applied per membership unit.

*Applicable to a household with one parent residing in the home.

** Family: One or two adults residing in the same household or without dependent children under 18 years old unless child is younger than 23 and enrolled as a full-time student.

*** Seniors: Ages 65 years and older

HOURS OF OPERATION (Subject to change)

Monday - Thursday: 5:00am - 8:00pm

Friday: 5:00am - 7:00pm

Saturday: 7:00am - 12:00pm

Sunday: 12:00 - 3:00pm (only open during the winter)

HOLIDAY SCHEDULE

The PRYMCA will be closed for the following holidays:

New Year's Day	Memorial Day	Thanksgiving
Good Friday	4th of July	Christmas
Easter	Labor Day	

Reduced hours for Veterans Day, the day before & after Thanksgiving, Christmas Eve, and New Year's Eve will be posted before the holiday.

MAXIMIZE YOUR MEMBERSHIP

AWAY PROGRAM

The AWAY (Always Welcome at Ys) Program allows you **access to more than 2,300 Ys nationwide**. Visiting members are always welcome by showing their Y AWAY membership card. Some local restrictions may apply. Please call ahead prior to your first visit.

REFER A FRIEND!

Working out is more fun with friends! For every three (3) friends you refer to us, **you'll receive one month free of membership!** Remind your friends to mention your name when they sign up!

CHILD WATCH

Child Watch is offered to parents/guardians of children age 3 months to 10 years old. Reservation must be made by 3:00pm, Monday - Friday.

Hours: Monday - Thursday, 5:00 - 7:30pm
Saturdays, 8:00 - 9:30am

PRY Members: \$3 | Non-Members: \$6

YMCA RECIPROCAL MEMBERSHIP

The PRY allows its members to **use other YMCAs of New England at no additional charge with a valid Photo ID**. Members are encouraged to join the Y that they most often use. Some local restrictions may apply. Please call ahead prior to your first visit.

GUEST PASSES

Members are welcome to bring guests to try the PRY. Guests may use one (1) complimentary guest pass. After which time, they must purchase a daily pass or a membership. All guests must present a valid ID and sign a facility waiver.

* Maximum of 2 guests per visit.

DAY PASSES & PUNCH CARDS

Youth & Senior Day Pass: \$8

Adult Day Pass: \$10

Family Day Pass: \$20

Children 3 years old and under: Free

Adult Punch Cards: \$35 for 5 visits (expires after 1 year)

GIFT CERTIFICATES

Give the gift of health! PRY **gift certificates are available for both membership and programs**. A YMCA gift certificate makes a great birthday or holiday gift! Contribute to the healthy spirit, mind and body of a loved one and purchase a gift certificate at the Welcome Center!

JOIN OUR HIGH 5 FRIENDS CLUB!

By donating \$5 a month, you will become a **High 5 Friends Club member** and help kids, adults, seniors, and families continue their healthy lifestyles and become more involved in our community. Please stop by the Welcome Center for more information.

CONNECT WITH US!

Like us on Facebook and select "Get Notifications" or FOLLOW US on Twitter for updates about our programs, storm, cancellations, and more!



Facebook.com/prymca



Twitter.com/prymca

CANCELLATION/REFUNDS

MEMBERSHIP PAYMENT

Our **monthly draft system** is a flexible and convenient way to pay for membership. **Upon joining the YMCA, a prorated fee that is based on the date you join will be due.** With your permission, an automatic monthly withdrawal will be made from your savings/checking account or credit/debit card.

Annual Memberships

Memberships can be paid in full using your Discover, MasterCard, Visa, American Express, check, or cash.

MEMBERSHIP CANCELLATION POLICY

You can cancel your membership at any time by submitting a PRY Cancellation Form to the Welcome Center **at least one (1) day before your next draft date.** If you have a draft membership, the Y will continue to draft until you cancel your membership as noted above. Months unused on annual memberships paid in full will be refunded.

YMCA LIABILITY

The Piscataquis Regional YMCA does not carry medical, accident, or loss of personal property insurance for any member, program participant, or guest as it would drastically increase the cost of our program fees. Please review the insurance policies that protect you and your family to be certain that proper coverage is in place.

RETURN & BOUNCE CHECK FEES

Should any pre-authorized check or credit/debit card payment be returned from the member's bank, the payment and a \$25 return payment fee is to be made to the Piscataquis Regional YMCA.

PROGRAM CANCELLATIONS/REFUND POLICY

The Piscataquis Regional YMCA strives to offer high quality programs supporting youth development, healthy living and social responsibility. Programs are filled on a first come, first served basis. **Most classes have a minimum & maximum number of participants allowed and can be canceled, combined or added to depending on enrollment and instructor availability.**

Program fees must be paid in full at the time of registration (exceptions made for swim team, childcare and applicable specialty classes).

We understand situations may arise that require an individual to withdraw from a class and request a refund or credit. As such, **the related Program Director should be contacted directly and refunds and credits** will be provided pursuant to the following guidelines:

- **A full refund or credit will be issued to a participant who has registered for a program or class that was canceled by the Piscataquis Regional YMCA** due to low enrollment or other unforeseen circumstances, excluding circumstances out of the control of the YMCA (inclement weather, acts of God).
- **Requests made after the beginning of a program will not be granted unless they are accompanied by a medical note signed by a physician or equivalent.** These requests will be granted a prorated refund or credit. Requests for class refunds must be made during the related session.
- **Missed classes cannot be made up at a later date.** Sessions/classes missed by participants due to personal reasons will not be credited.
- **DayCamp Cancellation Refund:** These policies may differ from the above stated policies. Please contact the Camp Director for details.

MEMBERSHIP FORM

This form must also be completed by Non-Members to be entered into the Piscataquis Regional YMCA's database and to register for PRY programs. Membership will not be activated unless it is requested at the Welcome Center Desk.

PRIMARY MEMBER INFORMATION

First Name _____ MI _____ Last Name _____

Gender Male Female Date of Birth _____

Race (optional) African American Alaskan Native Asian/Pacific Islander
 Caucasian Hispanic/Latino Native American Other _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

You will receive email updates about the PRY as well as access to your online account with your email address. Set up your online account at the Welcome Center Desk or go to www.prymca.org.

I do not want to receive email updates.

Employer _____ Business Phone _____

EMERGENCY CONTACT INFORMATION

Emergency Contact _____ Relation to Member _____

Emergency Contact Phone _____

FAMILY INFORMATION

Please list all those you want to include in your Family Membership.

NAME (FIRST & LAST NAME)	GENDER (M/F)	RELATION TO PRIMARY MEMBER	DATE OF BIRTH

In consideration of gaining membership or being allowed to participate in the activities and programs of the Piscataquis Regional YMCA and to use its facilities, equipment, and machinery in addition to the payment of any fees or charge, I do hereby waive, release, and forever discharge the Piscataquis Regional YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damage resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injuring or damage to myself, including those caused by negligent act or omission of any of those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities of the Piscataquis Regional YMCA or the use of any equipment at the Piscataquis Regional YMCA. I agree to adhere to all policies set by the Piscataquis Regional YMCA as written in the Piscataquis Regional YMCA code of conduct. I give permission to the Piscataquis Regional YMCA to use photographs and or videos of myself and above listed family members for the promotion, public relations, records, or other legitimate purposes. I fully understand that there is no monetary payment to be made to me or anyone else.

The Piscataquis Regional YMCA considers it of great importance to provide a safe and threat-free environment. For this reason, the Piscataquis Regional YMCA monitors the sexual offender registry. Persons on the list will not be eligible for YMCA membership, program participation, volunteer or employment opportunities with this YMCA.

Signature _____ Date _____

Parent/Guardian Signature (if member is under 18) _____

Dakko Key Tag MSO Letter Constant Contact Member ID _____ Staff Initial _____ Member Type _____



AUTOMATIC DRAFT AUTHORIZATION AGREEMENT

For your convenience, we offer an automatic monthly draft option which allows for an automatic withdrawal from either your bank account, credit or debit card. Monthly drafts may occur on either the 1st or 15th of the month and a joiner fee as well as a prorated fee is due upon starting your membership. Your membership will be active on the day you join and will continue to draft, regardless of facility usage, until a written request for termination is submitted at least 1 day prior to your next draft date.

There is no contract binding you to a membership.

DRAFT INFORMATION

MEMBER INFORMATION	Name of Primary Member/Program Participant
BANK CUSTOMER INFORMATION	Name of Bank Customer/Credit Card Holder
	Mailing Address of Bank Customer (street, city, state and zip)
BANK COMPANY INFORMATION	Full Name of Bank
	City and State

Add \$5 on to your monthly membership and become a High 5 Friends Club Member. Your donation of \$5 a month will help kids, adults, seniors, and families continue their healthy lifestyles and become more involved in our community.

Day of Monthly Withdrawal: 1st 15th **Amount of Monthly Membership Withdrawal** _____

BANK ACCOUNT INFORMATION	CREDIT/DEBIT CARD INFORMATION
Bank Routing Number	Card Number
Depositor's Account Number	Expiration Date
Account Type <input type="radio"/> Checking* <input type="radio"/> Savings	Card Type <input type="radio"/> Visa <input type="radio"/> MasterCard

*A voided check must be provided in support of account verification.

I authorize the Piscataquis Regional Young Men's Christian Association ("YMCA") and the financial institution designated above to begin automatic deduction from the account designated above for the amount of my monthly membership dues, program fees, and/or annual fund donations as set forth above. It is understood that your sending of a pre-authorized check to the bank as a payment becomes due shall constitute valid notice of such payment due on this membership, program or other payment. When the bank honors the check by charging my account, such check shall constitute my receipt for the payment. **Should any pre-authorized check or credit card payment not be honored by said bank when received by them, it is understood that the payment and a \$25 return payment fee is to be made to the Piscataquis Regional YMCA.** I hereby request and authorize my bank/credit card company to pay and charge my account drawn on my bank or credit card account by me and payable to the order of the Piscataquis Regional YMCA. For programs other than membership, my account will be drafted for the months specified, or for the current school year/program session.

Please check all boxes below:

- I understand that there is a **\$25 service charge** assessed by the YMCA on all return checks and declined monthly credit card/bank account drafts.
- I understand that my membership dues will continue to draft, regardless of facility usage, until I come in and cancel in writing a minimum of 1 day prior to my next draft. Any notice less than 1 day will result in an additional monthly draft.
- I understand that my membership deduction may increase with a 30-day written notice and that I must keep my contacts, financial institution information, or credit card information current with the YMCA.
- I understand that if I change my financial institution and/or change the type of draft account, I need to come in and sign a new authorization agreement.
- MFA memberships will revert to the regular monthly rate without proof of income within 30 days of sign up.
- I acknowledge that I have read and understand this agreement.** _____ (Initials)

The Piscataquis Regional YMCA Board of Directors may, at their discretion, adjust the monthly rate applicable to my category of membership.

Signature of Account Holder _____ Date _____

FOR OFFICE USE ONLY: Member ID _____

PRY Staff Signature _____



MEMBERSHIP POLICIES

CODE OF CONDUCT

In an effort to assure the safety and welfare of all Piscataquis Regional YMCA participants, **we request that all members and guests observe the following Code of Conduct. It is our intent to ensure respect, courtesy, inclusion, and a sense of belonging** as well as to enforce the proper use, maintenance and care of YMCA property and equipment.

- Smoking is prohibited both in the facility and on the property of the Piscataquis Regional YMCA.
- The use or possession of drugs or illegal substances is not permitted and is grounds for termination.
- Theft of YMCA property or personal property of another member or guest will result in termination and prosecution.
- Verbal abuse, swearing, fighting, threatening or the use of intimidation are not acceptable or appropriate behaviors at the YMCA. Violators will be asked to leave, suspended, or removed by the police.
- Carrying or concealing any weapons, devices, or objects that may be used as weapons. Violators will be asked to leave, suspended, or removed by the police.
- Disrespect towards members, guests, volunteers, staff, or outside contractors will not be tolerated and is grounds for suspension.
- Sexual harassment will not be tolerated by anyone (members, guests, volunteers, staff, or outside contractors).
- Please do not loiter excessively in our locker rooms or lobbies. WiFi is for short term use.

Violation of any of the above codes of conduct may result in suspension or termination of membership privileges. The first, second, and third violations may result in a one-day suspension, one-week suspension and termination of membership, respectively.

MEMBER DRESS CODE

We strongly recommend that all Piscataquis Regional YMCA members and guests ensure the continued safety within the facility and consider the YMCA's four core values (caring, honesty, respect, and responsibility) in their choice of attire by observing the guidelines below.

Members and guests:

- Must wear activity-appropriate attire
- Must wear shoes at all times (except in the pool, yoga & babysitting areas), closed-toed shoes enforced in fitness areas
- Must wear a full shirt/tank top in program areas at all times
- Should wear attire that displays appropriate print/artwork.

AGE GUIDELINES

The Y is designed for the enjoyment and development of children of all ages. Programs for younger children are generally offered immediately following school, with bus service being offered from SeDoMoCha Elementary School. It is our goal that children participate in activities that are age appropriate and safe, therefore we ask that children are supervised based on the following guidelines:

7 and under must have a parent/guardian in the pool with them at all times. Children must also be supervised in the locker rooms.

10 & Under must be directly supervised by a parent/guardian at all times unless a child is enrolled in a class or childcare program. Children may be in the pool alone but a parent/guardian must be on deck. Children ages 10 & under are not allowed in the Fitness Center.

11-13 may be in the pool alone without a parent/guardian on deck but parent/guardian must be in the facility. Children must be supervised while in the Fitness Center.

14-18 may be unsupervised when at the facility.

MEMBER ID POLICY

Member identification is very important to us here at the Piscataquis Regional YMCA! We like to call you by your name, make connections and build relationships. **We want to know who you are!**

The Piscataquis Regional YMCA has a 100% Check In Policy. This is so we can keep everyone who uses our Y as safe as possible. Help Us Keep Our Y Safe and do the following EVERY TIME you enter our Building:

MEMBERS: Scan your card. Replacement IDs are available at the Welcome Center Desk for an additional fee.

SWIM LESSON KIDS & PARENTS/GUARDIANS AND GRANDPARENTS: If you are members, please scan your card. If you are not a member, please sign in at the Welcome Center EVERY time.

ALL OTHER VISITORS: Please remember that guests must present a photo ID and sign a facility waiver at the Welcome Center.

THANK YOU for helping us continue to keep our Y safe!

MEMBERSHIP FOR ALL (MFA)

Membership For All (MFA) is an income-based pricing structure for membership that is designed to adjust the membership rate based on household income. This initiative fits the Piscataquis Regional YMCA's mission of keeping the Y accessible to everyone regardless of financial capacity and is anchored firmly in the Y's commitment to social responsibility.

MEMBERSHIP FOR ALL

Family Size	20% P	10% P	10% P	10% P
	40% M	30% M	20% M	10% M
1	18,000	19,000	20,000	21,000
2	24,000	25,000	26,000	27,000
3	30,000	31,000	32,000	33,000
4	36,000	37,000	38,000	39,000
5	42,000	43,000	44,000	45,000
6+	48,000	49,000	50,000	51,000

PROOF OF INCOME:

1. Most recent tax return
2. Child support/Alimony Income
3. Social Security/Disability Statement

- Total Household Income (adjusted gross) includes yourself and your spouse/significant other.
- Regular rate discounts are not applicable to MFA memberships.
- It is the sole responsibility of MFA members to notify the Piscataquis Regional YMCA of any changes in address or phone number in a timely manner. The YMCA uses the current info on file for all official communication.
- Payment of MFA membership amount is the sole responsibility of the MFA member. The Piscataquis Regional YMCA may send a payment reminder notification; however, it is the member's responsibility to pay their fee in a timely manner regardless of a YMCA reminder notification.
- MFA members failing to pay their membership as required may be terminated. Any MFA member terminated for lack of payment will not be eligible for MFA or Open Door consideration for at least twelve (12) months. No appeals will be granted.

HOW DO I GET STARTED? Complete the Membership Form and Automatic Draft Authorization Agreement.

WHAT DOES MY MEMBERSHIP FEE PAY FOR? Membership and program fees cover only 80% of the Piscataquis Regional YMCA's operating costs including staffing, utilities, and facility upkeep. The remaining 20% is covered by the generous support of Piscataquis Regional YMCA donors. This support ensures that no one is turned away due to inability to pay and without these donations, program and membership fees would increase drastically.

WHAT ARE MY PAYMENT OPTIONS? MFA memberships must be set up on a monthly draft and will reflect the MFA rate for one year.

WHAT IF I DON'T HAVE MY MOST RECENT INCOME TAX RETURN? We need to have this in order to consider you for the MFA program. If you do not file your taxes and receive SSI or disability, please provide a copy of your income letter.

WHAT IF I NEED ADDITIONAL ASSISTANCE BEYOND MFA RATES? Apply for our Open Door Program to find out if you qualify to receive additional financial assistance for you and/or your family for a membership or selected program beyond the MFA rate.

HOW DO I APPLY FOR THE OPEN DOOR PROGRAM? Our Open Door Program requires additional steps to ensure that we have resources available to all who need them. The Open Door application needs to be fully completed along with a letter stating other special circumstances that you wish us to take into consideration. A Y staff member will be in touch to discuss your financial situation and determine how we can assist you further.

DO I HAVE TO RENEW THIS EACH YEAR? Yes - to maintain your MFA rate, you will need to submit your most recent income tax return before the 1st of the month of your anniversary date; otherwise rates will default to the Regular Rate.