



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# JOIN OUR CAUSE

## WELCOME TO THE YMCA OF NORTHERN COLORADO

You live a more robust life with the Y by your side, and we are a stronger organization because of the strength of our members. It's a partnership, and we are even stronger together. From fitness classes and swimming lessons to sports and ice programs to summer camps and after-school care, we truly engage the spirits, minds and bodies of families in our communities. Let us help you lift more, run faster, get healthier and smile more.

### YMCA OF NORTHERN COLORADO

Boulder • Lafayette • Longmont • Johnstown  
303-443-4474 • ymcanoco.org

Visit [ymcanoco.org](http://ymcanoco.org) for hours of operation.



## YOUR Y IS EVERY Y

When you join the YMCA of Northern Colorado, you aren't a member at one center; you're a member of the entire organization. That means you can enjoy the amenities at all of our locations.



**Arapahoe Center**  
2800 Dagny Way  
Lafayette, CO 80026



**Ed & Ruth Lehman Center**  
950 Lashley Street  
Longmont, CO 80504



**Mapleton Center**  
2850 Mapleton Ave  
Boulder, CO 80301



**Johnstown Community YMCA**  
Coming in 2020!

Welcome Member,

Here is something you may not realize: As a Y member, you help ensure that 1,500 individuals learn to swim each year, hundreds of kids at the Sioux Indian Reservation Y have after-school programs, about 2,000 local families in need enjoy a Y membership and dozens of impoverished children have safe spaces and care at the Peru Y. You help feed 370 low-income children on the weekends. You help provide thousands of low-income Longmont families with fresh produce from our farm. With your help, we impact thousands of people each year — in Northern Colorado and beyond.

Unlike other fitness centers, the Y takes a portion of your membership dollars and uplifts people locally and globally. We strengthen community through programs that focus on youth development, healthy living and social responsibility. We provide financial assistance to a third of our members and participants.

We are a nonprofit and a cause. But let's be honest, we are also a business. We must provide you with incredible value and high-quality services. Your membership gives you access to an unbeatable variety of free fitness classes, including TRX®, Pilates Reformer, yoga and more. Your family membership gets you free Child Watch while you work out.

The Y is a community. We work to nurture a warm and welcoming atmosphere in our buildings. Please stay for a cup of coffee after your workout, chat with our staff and try a class or a club. From my experience, it's the best part of being a Y member.

We have a fourth YMCA being built in Johnstown. It's expected to open in spring of 2020. As we grow, we must adapt and work to reflect all the communities we serve. That's why we are changing our name to the YMCA of Northern Colorado. We are rooted in the Boulder community. That will never change. But we believe changing our name will allow us to better support new and current communities, families and individuals.

I hope you find the Y to be a supportive community center and a resource for meeting your wellness needs. We have activities and programs for the whole family, and we welcome you to try everything we have to offer.

Sincerely,

Chris Coker  
President and CEO / YMCA of Northern Colorado

## FOR A BETTER US™

The YMCA of Northern Colorado provides hundreds of thousands of dollars in financial assistance to local families in need. Here are some of the ways we help strengthen our community:

### Safety Around Water

YMCA Safety Around Water provides free water safety lessons to local Head Start students. SAW has imparted invaluable skills to more than 600 local children who have limited access to swim lessons.

### Partners In Community

The Y has partnerships with school districts, hospitals, the University of Colorado, Growing Gardens, Intercambio and more.

### Lead Boulder

The Y, BVSD and CU partner to provide high school students with leadership skills to help them form self-awareness about their mission and values.

### Summer Camp

With financial assistance, we're able to give kids a chance to experience nature, develop friendships, find mentors and play like they've never played before.

### YMCA Inspire Preschool

More than 60 percent of the young children in our preschool qualify for financial assistance. That support allows parents to work and provides kids with safe spaces and education.

### Weekend Bag Program

One in 7 children in Boulder County goes to bed hungry at night. The Y, BVSD and Community Food Share have partnered to provide meals for in-need students to take home over the weekend.

## AMENITIES

### Arapahoe Center in Lafayette

- Fitness Center with Cardio and Strength Training Equipment and Weights
- Basketball Gym
- Indoor Running Track
- Cycling Studio
- Indoor Ice Rink
- Synthetic Turf Field
- Spirit, Mind, Body Studio with resonating floor
- Pilates Reformer Studio
- Group Exercise Studio
- Year-Round Pool with high and low dive, three slides, lap lanes and a splash park as well as a seasonal baby pool and sand volleyball court

### Ed & Ruth Lehman Center in Longmont

- Fitness Center with Cardio and Strength Training Equipment and Weight Room
- Basketball Gym
- Indoor Running Track
- Cycling Studio
- Pilates Reformer Studio
- Boxing Studio
- Indoor Pool and Baby Pool
- Dry Sauna
- Racquetball Court
- Educational Farm
- On-site Preschool
- On-site Before and After School Programs for K-5th

### Mapleton Center in Boulder

- Fitness Center with Cardio and Strength Training Equipment and Weight Room
- Basketball Gym
- Indoor Running Track
- Cycling Studio
- Pilates Reformer Studio
- Group Exercise Studio
- Indoor Lap Pool
- Outdoor Splash Park (seasonal)
- Racquetball Court
- Dry Sauna (women's and men's locker rooms)
- Hot Tub (for ages 16+)



Along with the Arapahoe and Mapleton Ys, the Ed & Ruth Lehman Y has a spacious fitness area with new cardio and strength training equipment.

## MEMBER BENEFITS

### Financial Assistance

The Y ensures that those who qualify for financial assistance are able to participate in programs and membership.

### National Membership

You can use your YMCA of Northern Colorado membership to access 98 percent of Ys across the country, and when members from other Ys visit us, we know they have passed background checks and are in good standing. Nationwide members must use their home Y at least 50% of the time.

### Child Watch (Ages 6 Weeks-10 Years)

Child Watch is free for up to two hours and is included with Y Family and Single Adult Family Memberships. Other members and program participants can utilize Child Watch for a minimal fee while utilizing the facility (when space is available). Our trained and caring staff provide a safe, encouraging environment for your child while you work out. Playing, reading stories, art and crafts and other activities provide variety and fun.

### Gym Ventures at Arapahoe (Ages 6-11)

Gym Ventures provides age appropriate activities in a well-supervised environment. Available on most days when BVSD schools are not in session and during the summer. Depending on the child-to-staff ratio, Gym Ventures may be combined with Child Watch.

### Member Discounts

As a member, you can enjoy special rates on personal training, sports, ice skating, hockey, day camps, YMCA Camp Santa Maria and swim lessons.

### Free Drop-In Exercise Classes

The Y offers hundreds of options to keep members of all levels fit, healthy and connected. Non-members are welcome to participate with a fee.

### Personal Training

Whether you need someone to help you begin your fitness journey or you just want to spice up your workout mix, YMCA personal trainers offer expertise, motivation and support.

### Active Older Adults

The YMCA offers a wide variety of social and exercise programs for the active older adult. Our exercise programs are appropriate for adults 50+, those returning to exercise and those who are new to exercise.

### Prevention & Healing

These programs focus on conditions such as diabetes, arthritis, cancer and Parkinson's. These classes offer support to people who are looking to prevent disease, recover from illness or work through the symptoms and deficiencies caused by their conditions.

### Child Care

The Y offers school day off camps and before and after school care at BVSD schools and the Longmont Y. YMCA Inspire Preschool is housed inside the Longmont Y.

### Y Friends

Y Friends is a group of local businesses that support the Y and offer special deals and discounts to our members.

## NEW MEMBER CHECKLIST



### SMART START

Smart Start includes three free one-on-one meetings with a wellness expert who will discuss the best path for your goals. This personalized program can include an introduction to group exercise classes, a wellness floor orientation, tips on how to use the equipment and an introduction to Y programs that will help you and your family live more balanced, fun and active lives.



### Schedule a Tour

If you haven't already, get familiar with your Y facilities, programs and services and meet the people who will help you transform your life.



### Get the App

Check fitness, pool, gym and ice schedules from your mobile device with the YMCA of Boulder Valley app. Available at the App Store and Google Play. App name will change to YMCA of Northern Colorado in 2019.



### Sign Up for Our E-newsletter

Sign up for our e-newsletter to learn about Y offerings. Make sure you designate the areas of interest you would like to get updates on.



### Social Media

Get to know the Y like never before with videos, photos, stories and news. Like us on Facebook and follow us on Twitter, Instagram and YouTube.



### Read our Blog

Our blog is where we announce big news, discuss issues that impact our members and programs and offer advice, tips and expertise. Meet staff and members, read our CEO's thoughts and stay informed about your Y.

## POLICIES

### Code of Conduct

We encourage our members to participate actively and continuously in anticipation that they will become committed to our mission of enriching the spirit, mind and body of the individual and the family. Our expectation is for all members, program participants and guests to follow the four core values of the YMCA: caring, honesty, respect and responsibility. The YMCA of Northern Colorado reserves the right to suspend, terminate or deny membership to any individual. Failure to abide by set guidelines, inappropriate behavior toward staff or other members, acts of violence and anything else deemed hazardous to the safety of members, staff and guests will constitute a possible termination.

### Access to Facilities

Children ages 12 and older can access the YMCA without an adult. To maintain a secure and comfortable environment for all, we ask that you follow certain supervision and use guidelines for our equipment and facilities (available at [ymcanoco.org](http://ymcanoco.org)). Subject to change.

### Guest Policy

Guests are welcome at the Y to explore our facilities and see all of the benefits of being a member at any time. All guests must pay a guest fee, present picture identification and complete a waiver of liability form prior to entry into the Y. Guests who visit with a member pay a preferred fee.

### Dress Code

The Y is a family association and asks its members to wear appropriate attire. Members are required to wear appropriate sports clothing and closed-toe gym shoes with non-marking soles. A swimsuit is required in the pool and hot tub. Swimsuit covers are required in the facilities with the exception of the locker room. In the swimming pool, infants must wear swim diapers. Clothing with profane or offensive language or pictures is prohibited. The Y reserves the right to define inappropriate dress as necessary.

### Payment Options

A bank or credit card draft electronically deducts monthly dues from a member's checking, savings or credit card account. The Y accepts MasterCard, Visa, Discover and American Express. Any check or bank account draft returned for insufficient funds will be assessed a fee at the time of the return. A member may be automatically terminated after one unsuccessful draft attempt; however, the member is still responsible for payment of any unpaid dues.



*The Arapahoe Y's family pool features three slides, low and high dives, a baby pool and a sand volleyball court. With our removable bubble cover, this mecca of aquatic fun is open year-round.*

### Join Fees

Join fees are collected at the time of joining. As a membership remains continuous, no additional join fees are applicable. Join fees will be collected if a member cancels and renews after 30 days of canceling. Members joining us from another Y will not pay a join fee if they join the YMCA of Northern Colorado within 30 days of leaving their previous Y.

### Refund Policy

It is the responsibility of the member to monitor their account activity and contact the Y member services desk immediately with questions concerning their account. If a membership billing error has occurred, the member must notify the Y member services desk within 30 days of the error by filling out a refund request form. The Y will not refund membership dues dating back longer than 30 days. Annual memberships are non-refundable.

### Membership Cancellation

A month-to-month member may voluntarily terminate his/her membership by completing a Y member cancellation form. All terminations must be submitted in person to the Y at least 5 days prior to the member's next scheduled draft date.

### Hold Guidelines

Membership privileges may be held for a maximum period of two consecutive months per calendar year. During the period of the hold, all facility access/usage and preferred program fees are denied to members on the account. In order to "hold" membership privileges, the member must complete a membership hold form available at any YMCA of Northern Colorado location. Five days notice is required for hold requests.

### Locker Usage

The Y is not responsible for lost or stolen items. Lockers are for daily use only. All items must be removed when exiting the Y. Members may rent a locker for ongoing use for a monthly fee added to their monthly draft.

### Alcohol, Drugs, Tobacco and Firearms

The Y is an alcohol, drug, tobacco and firearms free environment. Possession or use of these items are prohibited anywhere on Y property, and may result in Y membership termination.

### Background Screening

The Y reserves the right to screen for and deny access or membership to any person who has been convicted of any crime involving unlawful sexual conduct or is a registered sex offender.

### Facility & Holiday Hours

The Y will have shortened hours and/or closures on select holidays. See website for closure dates and times.

### Weather Closings

The Y will close facilities due to weather whenever deemed necessary for the safety of our staff and members. Communication of these closings will be on the YMCA of Northern Colorado website. There will be no adjustments or refunds of dues for these periods of closure.

### Improvement Closings

In order to keep facilities in the best possible condition, the Y or portions of the Y may close temporarily for repairs and renovations. There will be no adjustments or refunds of dues for these periods of closure.