



# Waldo County YMCA

★ We build strong kids, strong families, strong communities. ★

*It's a great place to belong!*



2011-2012

# TEEN ACCESS

*The TEEN ACCESS Membership was established to provide a safe, healthy environment for young people after school. This NO-COST program exists due in large part to the generosity of the City of Belfast and has been ongoing since 2001.*

## the Y TEEN ACCESS *privileges*

- Available to all middle & high school students.
- Mon-Fri. 2:20 to 5:30 p.m. during the school year.
- Access to the teen room, hallway and gymnasium and pool during designated days and times.

## the Y TEEN ACCESS *details*

- ACCESS teens are not permitted in Fitness/Wellness rooms.
- ACCESS teens are not permitted on the Walk/Jog Track.
- ACCESS teens not permitted upstairs for any reason.

Name \_\_\_\_\_ M / F Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone number \_\_\_\_\_ E-mail address \_\_\_\_\_

Emergency contact \_\_\_\_\_ Emergency phone # \_\_\_\_\_

School \_\_\_\_\_ Grade in school \_\_\_\_\_



2011-2012  
**Student Signature**

**Waldo County YMCA**  
**Participation Agreement, Medical Authorization, Release and Waiver of Liability**

I, \_\_\_\_\_, desire to voluntarily participate in physical activities at the Waldo County YMCA.

**Participation Agreement**

The YMCA of the USA has instituted the following Core Values:

*Caring, Honesty, Respect and Responsibility*

It is the intention of the Waldo County YMCA to integrate these core values into our programs and activities. All persons, regardless of age, agree that by becoming members or participating in Waldo County YMCA activities, they shall abide by all of the bylaws, rules, and regulations of the Waldo County YMCA however and whenever promulgated. I agree that my participation in Waldo County YMCA activities, whether by membership, or other use, may be terminated for reasons stated in the Waldo County YMCA by-laws, rules, and/or regulations.

**Medical Authorization**

With my signature below, I authorize the employees of the Waldo County YMCA to call emergency medical assistance and/or perform basic first aid procedures that are necessary in the judgment of the Waldo County YMCA. I understand that I am encouraged to discontinue any activity at any time I feel unable to continue.

**Release and Waiver of Liability**

I understand that a minimum level of physical fitness is required to participate in these activities and that participation in various physical activities can expose an individual to the risk of serious injury and/or the development of a physical condition, which could result in a serious injury or death.

I appreciate the character of the risks involved with physical activity and exercise. In accepting these risks, I expressly and explicitly release, discharge, and waive any and all responsibility of the Waldo County YMCA and its employees and volunteers of any and all of the foregoing, pursuant to, pertaining to or related to, arising from, in any manner, personal or property damages which might arise from my participation in physical or nonphysical Waldo County YMCA activities.

I HAVE READ THIS PARTICIPATION AGREEMENT, MEDICAL AUTHORIZATION, AND RELEASE AND WAIVER OF LIABILITY, AND I FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND CONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW.

\_\_\_\_\_  
Member/Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature (if participant is under age 18)

\_\_\_\_\_  
Date

**Waldo County YMCA \* 157 Lincolville Avenue \* Belfast, ME 04915**  
**207-338-4598 \* Fax 207-338-2505 \* email [membership@waldocountyyymca.org](mailto:membership@waldocountyyymca.org)**  
**[www.waldocountyyymca.org](http://www.waldocountyyymca.org)**



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The Waldo County YMCA would like to welcome all middle school students entering school this fall. We want you to know that we offer options that allow **ALL** middle school students to come to the YMCA after each school day. Below is an explanation of the types of memberships we have and the benefits of each. ***If you are already an individual youth annual member or an annual family member you are all set and no action is required on your part.*** If you are not already a member you need to use one of the two options listed below. We have the paperwork for TEEN ACCESS attached and the Annual Youth Membership paperwork is available at the Front Desk at the YMCA facility.

## option #1

**Annual YOUTH Membership**

Annual memberships include...

- ....A Fitness Orientation.
- ....Use of the Fitness Room after mandatory orientation. (Member must be 12 years old or older to use the Fitness Room.)
- ....Use of the walk/jog track.
- ....Use of the gymnasium, during non-program times.
- ....Use of the pool during designated times.
- ....Use of locker and shower facilities.
- ....Program flyers by mail.
- ....Convenient payment options.
- ....Reduced fees for most programs, classes and summer camps.
- ....Priority sign-up for programs.
- ....Five Guest Passes per year per membership unit.

Cost for Annual Youth Member  
**\$132.00** per year  
 PLUS  
 a one-time joiner fee of **\$15.00**  
 OR  
 pay the initial fee of **\$26.00** then pay  
 just **\$11.00** month by direct debit.

## option #2

**TEEN ACCESS Membership**

Teen **ACCESS** memberships.....

- ....Are available to all middle and high school students.
- ....Are for after school Monday-Friday until 5:30 p.m. during the school year.
- ....Allow access to the teen room, hallway and gymnasium.
- ....Allow access to the pool during designated times for a \$2 use fee.
- ....**ACCESS teens are not permitted in Fitness/Wellness rooms.**
- ....**ACCESS teens are not permitted on the Walk Track.**
- ....**ACCESS teens are not permitted upstairs for any reason.**

There is no charge  
 for a **TEEN ACCESS** Membership.

★ ★ ★ ★ ★ ★ ★ ★

**Note: The TEEN ACCESS Membership was established to provide a safe, healthy environment for young people after school. This NO-COST program exists due in large part to financial support from the City of Belfast and has been ongoing since 2001.**



### Waldo County YMCA Mission.

*It is the mission of the Waldo County YMCA to promote the physical, mental, social and spiritual development of Waldo County children and families.*



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## Teen Time at the YMCA

2:20-5:30 p.m. Daily During the School Year

### HOW IT ALL WORKS

1. Please check in at the Front Desk when you arrive each day. Bring your membership card with you, as scanning your card speeds up check-in. You are expected to use your card to check-in.
2. Leave all bags and backpacks up front in the space designated. Please keep any valuables with you, lock them up, or leave them with the Front Desk Staff. (The YMCA is not responsible for any lost or stolen items.)
3. Students must be youth annual members, part of a family annual membership or a *TEEN ACCESS* member. (See attached options form.) Youth without the appropriate paperwork on file will not be allowed entry until they bring in the necessary forms. These forms must be signed by the member and a parent. Students who participate in after school activities are welcome to use Teen Time before and after practice within the 2:20 - 5:30 p.m. time frame.
4. Teen Time ends at 5:30 p.m. each day. All teens should make arrangements to be picked up before 5:30 p.m. Access to teen programming follows the school calendar year and does not include holidays and vacations.
5. There is no parking in the circle in front of the facility. Pick up or drop off in the circle is permitted but no vehicle can be left unattended at any time in that area. Vehicles must yield to bus traffic.
6. All teens must have an up-to-date Program Permission and Release Form on file in order to be eligible to participate in any of the teen trips or activities outside the YMCA.
7. The Waldo County YMCA follows the M.S.A.D. # 34 dress code. Appropriate dress is required at all times.

### WHERE YOU CAN BE

1. The front lobby needs to be kept clear and quiet. Please use the teen room, gym, or area out back. The Front Desk staff will ask you to go to these designated areas. Rain or snow may require inside only days.
2. Locker rooms are only to be used for changing, not for socializing or hanging out. They are off-limits, unless you are changing or retrieving your clothes.
3. Stay on our property, out of the bushes and woods and off our neighbor's property, including THMS property. Middle school and high school students are not allowed on the playground, or to hang out on the front wall or in front of the main entrance.

### OUR EXPECTATIONS

1. The YMCA core values of Caring, Honesty, Respect, and Responsibility should govern all actions and words. Disrespectful words or actions toward YMCA staff members, volunteers, or a peer, bullying, swearing, inappropriate or suggestive comments and spitting are all unacceptable.
2. Destruction of YMCA furniture or equipment will not be tolerated.
3. Please clean up after yourself. Put trash and recyclables in the appropriate places and wipe up any messes you may have made. Ask for a mop or broom and dust pan if you need them!
4. The phone can only be used to call for rides, etc., not for personal calls. Call time starts at 2:45 p.m. Please ask a staff person for permission before using the phone. If someone phones you, a message will be left up front, but you are responsible for checking with the Front Desk to receive your message.



***Caring, Honesty, Respect and Responsibility***



Please note....attending the YMCA after school is a privilege, not a right. Youth members and *TEEN ACCESS* members are held to the same standard as all members and participants, and are accountable for their actions. Students who do not abide by the YMCA rules and expectations may have their privileges suspended or revoked at the discretion of the YMCA staff.