



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO THE Y!

Member Handbook



SANTA MONICA FAMILY YMCA

We're Glad You're Here!

In challenging times, when bonds are frayed and the concept of community feels distant, the Y continues to bring people together by bridging divides and strengthening "us." The Staff and Board of the Santa Monica Family YMCA proudly welcome you to visit the Y and discover what it means to truly belong. When you do, you'll discover that you are part of an organization that's dedicated more than ever to help strengthen our community.

We make sure everyone regardless of age, income, or background has the opportunity to live, grow and thrive together. No member of our community regardless of age, income, or background is ever turned away due to inability to pay.

Everything we do is designed to nurture the potential of children and teens (Youth Development), improve health and well-being (Healthy Living) and motivate people to support their neighbors and the larger community through service to others (Social Responsibility), while instilling the core values of caring, honesty, respect and responsibility.

Tara Pomposini
CEO



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Programs

Pre-Schoolers

Adventure Day Camp
 Arts & Crafts
 Dance (Ballet, Hip Hop)
 Climbing Clubs
 Creative Movement
 Licensed Child Care
 Sports and Games
 Swim Lessons
(Group & Private)
 Tumbling
 Yoga

Teens

Basketball
 Counselor in Training (CIT)
 Judo/Jujitsu
 Leaders in Training (LIT)
 Model United Nations
 Racquetball/Handball
 Resident Camp
 Swim Team
 Swim Instruction
 Teen Center Activities
 Volunteer Opportunities
 Youth and Government

Adults

Aerobic Classes
 Basketball
 Boot Camp
 Boxing Room
 Cardiovascular Equipment
 Cybex, Nautilus, & Precor Equipment
 Free Weights
 Fitness Testing/Evaluations
 Group Exercise Classes
 Indoor Cycling
 Indoor Rock Climbing
 Lap Swim
 Leagues
 Pilates
 Strength Training
 Water Exercise



Youth

Afterschool Kids Club
 Arts & Crafts
 Basketball league
 Climbing Clubs
 Dance (Ballet, Hip Hop)
 Day Camp
 Judo/Jujitsu
 Kid Fit

Families

Family Camps
 Family Swim
 Indoor Rock Climbing
 Licensed Child Care
 Parent/Child Classes
 Resident Camp
 Toddler Time
 Youth Activity Center
(aka Child Watch)

Seniors

Arthritic Prescribe Exercise
 Cardio Vascular
 Health & Fitness Programs
 Older Adult Fitness
 Twinges in the Hinges
 Walking & Stretch
 Water Exercise
 Wellness Lectures
 Chronic Disease Prevention

This is a sampling of the Y's programs. For more information, please see the Member Service Desk for brochures or www.ymcasm.org.

Table of Contents

First Floor

Service Desk / Reception Area, Member Lounge
Member Relations Office & Administration Office
Aquatics Center (Indoor Lap Pool, Training Pool, Spa)
Multi-Purpose Room (Patton Gym)
Weight Room & Boxing Room
Basketball Gymnasium
Indoor Climbing Center
Men's, Women's, Boys', and Girls' Locker Rooms
Child Development Center (Licensed Child Care)
Youth Activity Room / Child Watch Center
Family Changing Room



Second Floor

Wellness Center, Body Composition Testing Center
Sprint Center/Stretch Area
Roy Naylor Community Room
Multi-Purpose Room (Cayton Room)
Racquetball Courts
Senior Center
Indoor Cycling Room
Men's & Women's Locker Room



Third Floor

Youth & Teen Fitness Center
Youth & Teen Center Multi-Purpose/Activity Rooms
Afterschool Kid's Club & Day Camp Programs

Rooftop Activity Area

Walking Track
Afterschool & Day Camp Activity Areas

Other Features

Member Parking Garage
Elevator Access to All Floors
Handicap-Accessible



Our Mission

The Santa Monica Family YMCA is dedicated to serving its members by providing programs and services that enrich the quality of the physical, mental, spiritual, and social lives of individual members, their families, and communities.

In all we do, we will be guided by principles of love and respect for all, regardless of race, sex, or religious preference.

We pledge to continue our Family Y tradition of service to the Santa Monica community.

Program Objectives

- To be consistent with Christian principles in all we do; in caring, responsibility, respect, and honesty for ourselves and others.
- To provide members with opportunities to develop positive life values and self-worth.
- To provide opportunities for long-term and in-depth involvement in the Y organization leading to enriched physical, mental, spiritual, and social lives.
- To provide programs for families that will enhance the quality of family life.
- To help members understand, appreciate, and respect ethnic and cultural groups other than their own.
- To strive to meet the unique needs and interests of the communities within our service area.
- To provide opportunities for leadership development.
- To adhere to responsible fiscal practices that will safeguard the future of the Family Y.
- To provide opportunities for youth and adults to understand the value of volunteerism in our community.



Information

This Member Handbook is your guide to our Y's services, facilities, and regulations. In addition, new members are strongly encouraged to attend our orientation sessions.

Up-to-date brochures and flyers listing recreation, classes, lectures, and other Y events are available in the Front Lobby and posted throughout the facility. You may also visit the Y's website at www.ymcasm.org for information. Download our free mobile app for immediate facility updates and scheduled notices.

New Member Orientation

Are you a new member (or a current member) and want to learn more about the Y? Contact Giselle McKenzie, Marketing and Membership Development Director, to get a one-on-one session with a knowledgeable Membership Representative to find out how you can maximize your Y experience, email membership@ymcasm.org or 310-393-2721, ext 120.

Orientation: Wellness Center & Weight Room

Individualized instruction in the correct use of fitness equipment is available to all members. Trained instructors will guide you in the proper use of the equipment for maximum results. Orientation is offered for Precor, Life Fitness, CYBEX, and Nautilus machines as well as free weights. Members may sign up for an appointment with in the Wellness Center Office or by



Facility Policies

Santa Monica Family YMCA Cameras, Photography and Videotaping Policy

This includes all forms of cameras and all video recording devices.

Security Cameras

The Santa Monica Family YMCA uses video technology surveillance to protect all persons. Cameras are installed in open/public areas only and not in private areas such as locker rooms or restrooms.

Personal and YMCA Staff Access

Personal photography and videotaping are permitted in YMCA recreation facilities with the exception of restrooms and locker rooms. Personal photography and videotaping is defined as media of friends/family obtained informally for personal/private use. Personal photography for commercial purposes is not allowed.

- Taking photos or videos of adults without their consent is prohibited.
- Taking photos or videos of children without parental consent is prohibited and is cause for immediate removal from the Santa Monica Family YMCA facility.

YMCA Staff and Volunteers may take photos or videos in support of YMCA programs, but only with the oral consent of adults and with written parental consent for children.

Media Access

Media access is defined as media obtained and/or reproduced for use by a media outlet. Media access is only permitted with prior authorization from the Chief Executive Officer (CEO). Reproduction or publication of media of recognizable adults requires their written consent. Reproduction or publication of media of recognizable children requires written parental consent.

Commercial Access

Commercial Access is only allowed as permitted by the Chief Executive Officer of the Santa Monica Family YMCA. Photographers, videographers, and filmmakers must obtain written permission from the CEO to reproduce any image of the Santa Monica Family YMCA, including its name, recognizable landmarks, buildings, or other representation.

Rules and Regulations

Members and guests are expected to observe all rules and posted signs regarding use of the facility. We reserve the right to suspend or cancel membership privileges for failure to follow all rules and regulations. Members are strongly encouraged to contact a staff member should they have any questions or comments, or need assistance in any way.



Code of Conduct

The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA expects all persons to act appropriately at all times when in our facility or participating in our programs. The YMCA core values of responsibility and respect, both in behavior and words must be adhered to at all times. The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities or programs:

- Using or possessing alcohol, illegal drugs, recreational drugs, or marijuana on YMCA property, or while participating in YMCA programs. Appearing under the influence of either is not permitted.
- Smoking or electronic vaping devices are prohibited in our smoke-free environment.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, name calling or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, offensive, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.

Code of Conduct (Continued)

- Offensive bodily hygiene that constitutes a nuisance to others or failure to shower before entering pools or Jacuzzi.
- Excessive use of water or paper towels, washing clothes, or coloring hair.
- Loitering or lingering over three hours while not participating in a YMCA program or event.
- Use of social media or websites in a manner that is contrary to the YMCA's mission, detrimental to the community, or in violation of the law.
- Sleeping on grounds, or placing feet on tables, chairs or against walls.
- Bringing food or beverages except for water in covered containers. Eating is only permitted in the first floor lobby by the pool observation area.
- No animals except for service animals.
- Personal belongings are limited to a workout bag and purse, laptop or briefcase not to collectively exceed 22" x 14" x 12".
- Bicycles, shopping carts, skates, hover boards and scooters are not allowed inside.
- Sleeping bags, bed rolls, blankets, strollers without children, and tents are not permitted.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. In addition, the YMCA reserves the right to deny access or membership to any person who has been accused of any crime involving sexual abuse, has ever been convicted of any offense related to the sale, possession and/or transportation of illegal drugs, or is currently under the influence of illegal or dangerous drugs or chemicals, narcotics or intoxicating beverages.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty. YMCA staff members are eager to be of assistance. Please notify a staff member if assistance is needed.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

- The Y has zero-tolerance for illegal drugs, alcohol, aggressive or abusive behavior. Any member, participant or guest who is found in violation while participating in a program or activity at the Y will be asked to leave without refund and may face suspension or termination of membership. Those who are present when a violation occurs shall, by their own choice, be considered a participant in the violation and will be treated as such.

Proper Attire

Attire suitable for a family facility is required at all times and in all areas of the Y. Proper gym attire required, including athletic shoes and shirts. Attire with inappropriate graphics and language is not allowed. Shirts must be worn everywhere but the pool. Swimsuits are required when using the pool, and spa. Closed toed athletic shoes are required on the fitness floors, in group exercise rooms, and basketball courts. Bare feet are not allowed in the facility except in designated areas. Hard soles, black soles, or other shoes that leave marks may not be worn on any wood court. It is recommended that exercise shoes are not worn into the facility, but brought in separately.

Care of Facility and Equipment

The facilities and equipment of the Y belong to the members and are a resource to the community. Members are expected to treat the assets of the Y with great care. Mistreatment of the facility or equipment may result in loss of membership and other penalties.

Entry to the Facility

For your safety and security, all members must present a valid membership card each time they enter the facility. If you have forgotten your card, you must present a valid picture I.D. and allow time for membership verification. Guests of members must present a picture I.D. and leave it at the Member Service Desk while using the facility. Guest must also sign a waiver.

Lost membership cards may be replaced for a fee.



Canceling Your Membership

Membership fees are non-refundable. **The Joining Fee is a one-time fee unless the membership lapses for more than 30 days.** In the event that you need to cancel your membership, you may stop your automatic monthly deduction at any time. To do so, please complete a **cancellation form** at the Service Desk. Requests for cancellation may also be faxed to the Billing Department attention at (310) 451-9906 or emailed to membership@ymcasm.org. Please follow up to verify the Billing Department has received your fax or email. All cancellations require a written notice ten (10) days before the deduction date. **Cancellation requests are not accepted over the phone.**

Putting Your Membership on "Freeze" Status

Membership Freeze is available to Adult, Senior or Family memberships and allows members to pay a monthly maintenance fee in lieu of their standard dues. A member can freeze their account one time per every 12 months for a minimum of one (1) full month to a maximum of three (3) full months taken consecutively. The YMCA must receive a written request for this privilege; the Membership Freeze form is available at the Front Desk.

- A \$15.00 Membership Freeze fee will be charged, to the bank or credit card on file, each month that the membership is frozen.
- Bank & credit card drafts will automatically resume, at the full membership rate, following the conclusion of the freeze period.
- Members may only place the whole membership unit on freeze status and not individual members within the unit.
- The Membership Freeze form must be completed 10 days prior to the member's elected bank or credit card draft date.
- Lockers are not subject to the freeze policy. You will be required to continue locker payments during your membership freeze.
- When you place your membership on freeze, you may not use this or any other Y facility.
- No re-joining fee will be required at the end of the pre-approved freeze period.
- The Membership Freeze Policy only pertains to month-to-month memberships.

Transferring Your Membership

In the event that you are moving and planning to join another YMCA, we will issue you a transfer letter upon request.

Membership Benefits

- As an adult member of our Family Y, you are entitled to attend all classes and use the entire membership facility, including: group exercise, yoga, and stretch classes; swimming pools and spa; saunas and steam rooms; racquetball, indoor rock climbing, and basketball courts; walking track; fitness equipment; Body Composition Testing; and more. Any program or class for which a fee is charged is available to members at a special rate.
- Santa Monica Family YMCA members may be eligible to visit other YMCA's with the Nationwide Membership Program (NWM). Each YMCA has different rules of use and it is recommended you contact the Y you wish to visit about visitor privileges.
- Four (4) guest passes are allowed per year for members to bring a friend to the Y. Guests must leave a picture I.D. at the Member Service Desk. And sign a facility waiver. Members must accompany their guests.
- Financial Assistance is available for permanent residents of Santa Monica for those who qualify as long as funding is available. Proof of residency is required. Applications are available online or at the Member Service Desk.
- We want to do everything possible to make your Y membership a positive experience. If you are not satisfied with your membership, a program, or our service, please contact the Membership Office.



Equipment Rental

- Equipment such as basketballs, racquets, gloves are available for member use. Membership card will be held until the items are returned.

Youth Activity Room: Child Watch Services

Child watch services for infants and children are available in the Youth Activity Room to all members while using the facility. Y employees and volunteers staff this service. The Youth Activity Room Schedule and Policies are available at the Member Service Desk or on the YMCA website. Schedule is subject to change and/or cancellation. Children may be left in the Youth Activity Room for a maximum of 2 hours per visit. Rates are \$5.00 per visit. Parents must remain on the Y premises while their child is in the Youth Activity Room. Youth Activity vouchers and cards are available for purchase at the Member Service Desk.

Body Composition Analysis

The Body Composition Analysis is available to all Santa Monica Family YMCA Members at no additional charge. The test includes measuring total amounts of body water, lean body mass, and body fat. Your analysis includes recommendations for weight, calorie intake, weight loss, and exercise programs. For further information, please consult the Body Composition Assessment brochure. There is a pre-test protocol to follow to ensure accurate test results. You may pick up Pre-Test Protocol Guidelines and schedule appointments in the Wellness Center office.

Parking

The Y parking garage is **ONLY for use of the Y facility up to a maximum of 3 hours.**

The Y is not responsible for damage to any vehicle, its contents or accessories from any cause. Always lock your vehicle and do not leave any valuables in your car.

Y Members are **not** permitted to park in the Y parking lot and go to the Santa Monica Public Library, Promenade, Farmer's Market, etc. If you leave the Y, you will be stopped and asked to remove your vehicle.

Be prepared to show your Y membership card when asked by the attendant on duty and to respectfully answer questions about your destination.

Park cars within the lines of each space so that all spaces can be utilized.

Parking spaces are designed for head-in parking only.

Vehicles not using the Y parking lot properly are subject to be towed.

Lockers and Your Belongings

Free lockers are available for daily use. Please be sure to remove your lock when leaving, as locks left overnight on daily use lockers will be cut off.

Valuables

Members are responsible for securing their own valuables. The Santa Monica Family YMCA can neither guarantee nor accept responsibility for the security of personal belongings anywhere on the premises, including those locked in lockers and/or in vehicles in the parking lot. For your safety, do not leave valuable items in plain site in your vehicle. Personal belongings may not be left or stored behind the Service Desk. In the event of theft, members are encouraged to file a report immediately with the Santa Monica Police Department and their own insurance company. Please notify the front desk if you need assistance or to report suspicious activity.

Lost and Found

Lost and Found items are kept for a period of one week. All Lost and Found inquiries must be made in person at the Service

Activity Areas/ Program Guidelines



There are important guidelines for each area and program.

Please follow the guidelines to ensure a safe and pleasant environment for everyone.

Wellness Center

- Members 12 to 14 years old may use the Wellness Center only when working out side-by-side with an adult. Children under 12 are not permitted in the Wellness Center.
- If you are unfamiliar with the equipment, make an appointment for an orientation before starting out on your own.
- As a courtesy to others, please clean off each machine when you finish.

- Please limit use on cardio equipment to 30 minutes while others are waiting.
- Trained staff or volunteers are available to help design workouts or answer questions about the use of equipment.
- Report any machine malfunction immediately to staff on duty or the Service Desk. Do not attempt to repair equipment.
- Do not rest on machines when others may be waiting to use equipment. Do your set and then alternate with other members.
- Handbags, gym bags, and other personal items are to be stored in the cubbies or a locker, not on the floor.

Fitness Classes

- Weekly schedules and brochures with class descriptions are available in the Lobby and online via the Y's website at www.ymcasm.org or on the mobile app.
- If a class has been in session for more than 10 minutes, please wait quietly outside for the next class. An aerobic workout without the proper, instructor-led warm-up is unsafe.
- Class sizes are limited to 32 participants per class. Children are not allowed during adult activities. Minimum age for participants is 15 years old.
- Y staff enforces dress code policy. Put away any equipment used during class, e.g. steps, mats, or weights. Store personal belongings in the locker room, not in the fitness class room.

Locker Rooms

- Second Floor Women's Locker Room is for adult women, 15 years and older.
- The First Floor Girl's Locker Room is designated for girls (ages 6-14) as well as women with infants and young children (male and female ages 0 - 6 years).

- The Boy's Locker Room is designated for boys ages 14 years and younger. Children (male or female) ages 5 and younger may be accompanied by their male parent to assist their child changing for youth swim lessons or the parent-child program. Male parents may only enter the locker room to assist and supervise their own child(ren). Adult Males not accompanying a child are not permitted in the Boy's locker room at any time.
- The Men's Locker Room is designated for adult men, 15 years and older.
- The Family Change Room, located across from the Youth Activity Center on the first floor, contains handicap accessible bathrooms and changing tables for adults to change their children with ease.

Sauna and Steam Rooms

- Follow posted usage guidelines. Misuse can cause serious health problems and pose a fire hazard. Pregnant women and those with health conditions should consult a physician before use.
- Do not place towels, suits, or any object on or near heating elements due to possible fire hazard. Do not leave clothing to dry.
- You may use eucalyptus oil in the steam room only and only with the consent of others present.
- Do not place liquid on the rocks in the Sauna.
- Please do not use paper towels in the Sauna or Steam Room.
- Refrain from using reading materials and newspapers in the Sauna or Steam Room.
- Shower before use.
- Street attire and shoes are not permitted.

Spa

- Children 12 years and younger are not permitted in the spa.
- Elderly people, pregnant women, and those with health conditions requiring medical care, including high or low blood pressure, should consult a physician before entering the spa.
- Hot water immersion while under the influence of alcohol, narcotics, drugs, or prescription medicines may lead to serious health problems and is prohibited.
- No foreign objects (such as reading materials, toys, masks, kick-boards, gum, food, etc.) are allowed in the spa.
- Recommended spa time is 10 minutes with equal intermittent cooling time.
- Only standard and appropriate swimsuits are allowed.
- All persons must shower before and after entering the spa.
- Use of the sauna or steam rooms before or after entering the spa is not recommended.

AQUATIC CENTER -- Lap and Training Pools

- State law requires nude soapy showers before and after using the pool. Swimmers must be “visibly wet” upon entering the pool area. Showering ensures a cleaner pool for everyone; perspiration and bacteria hinder the effectiveness of pool chemicals.
- State law prohibits people with open sores or infectious diseases from entering the pools.
- Walk; don’t run in the pool area. Headfirst dives, jumping in backwards, or doing flips from the side of the pool are prohibited. Pushing or throwing swimmers is not allowed.
- Due to health and sanitation standards, no spitting, spouting water, or blowing your nose into the water.
- Food, gum, drinks, glass or metal containers, newspapers, hairpins, jewelry, and band-aids are prohibited.
- Wear a proper swimsuit at all times. No street clothes, street shoes, cut-offs, gym shorts, leotards, thongs, etc.
- Swim caps are mandatory for all swimmers 3 years and older. They are available for purchase at the Service Desk.
- Children in the Aquatic Center under 12 years of age must be accompanied by an adult over 18 years of age wearing the proper swim attire. At no time shall the adult leave the child unsupervised in the Aquatic Center, with exception of the child participating in a scheduled, supervised Y class/program. Children 12 - 14 years of age may use the lap pool after passing a swim test (swimming two lengths of the lap pool without stopping).
- Five persons per lane maximum. Please circle swim at all times.
- Lanes are calibrated by speed. Please choose a lane appropriate for your skill level.
- No hand paddles with the breaststroke when sharing a lane.
- The butterfly stroke is prohibited when sharing a lane.
- Spectators are not allowed on the pool deck. Parents may watch from the hallway observation window during swim lessons.

The above rules have been established for the health and safety of our members. The lifeguard has full authority in all matters pertaining to the safety of members and staff in the pool area.

Basketball Gymnasium

- Games are recreational, with emphasis on good sportsmanship. No fighting, either physically or verbally.
- Written rules of play are posted.
- No discrimination in action or language for any reason, including race, gender, age, and disability.
- Shirts must be worn at all times.



Weight Room

- Children under 15 years are not allowed in the weight room.
- Newspapers are not permitted in the workout areas.
- No handbags or gym bags allowed.
- Always use a spotter when lifting weights.
- Do not drop dumbbells or free weights on the floor. This damages the floor and equipment.
- Do not rest on machines or benches when others are waiting to use equipment. Do your set, then rotate with other members.
- Athletic clothes and shoes must be worn.
- Please clean sweat off each machine or bench after use.
- Check equipment before use. Report any defects immediately to staff.
- Please re-rack all weights after use.
- If you have questions about the use of equipment, please ask one of the Wellness Counselors.
- Schedule an Orientation Appointment with a Wellness Counselor before starting out on your own. It is wise to have a safe and sensible program.

Personal Training

Whether you're just getting started with a fitness regimen or have already achieved a high level of fitness, personal training is an exercise program developed specifically for you. Ask any of our staff for more information.

- Personal Training is available for adults ages 18+.
 - Personal Training services may be utilized by youth ages 10-17 with a signed parental consent form.
- Outside personal trainers are not allowed.

Indoor Climbing Center

- Climbing is permitted only during posted hours or specified events and only when a uniformed, trained staff is present.
 - All climbers must have a waiver signed and on file. Youth under 18 years must have waiver signed by an adult guardian.
 - Climbers under 12 years of age must be accompanied by an adult (over 18 years) or in a youth climbing program
 - All climbers must check in at the front desk and be members of the Santa Monica Family YMCA.
 - Climbers must wear dry clothing, closed-toed athletic shoes or climbing shoes with socks, and long hair should be pulled back and out of eyes. Remove all loose items including jewelry, watches, phones, and pagers.
 - Climbers must wear a climbing harness issued and checked by Y staff before each climb.
 - All climbers must wear a helmet issued and secured by Y staff.
 - A standard regulation belay device (ex. ATC, grigri, stichplate, figure 8) must belay all climbers. Y staff has the option not to allow a belay device if he/she is unfamiliar with particular device.
 - All climbers must stand behind marker while waiting to climb.
 - Climbers may boulder/traverse only on designated traverse climbing areas.
 - Bouldering/traversing is not allowed while other climbers are being belayed.
- No exceptions.***
- Climbers are limited to 3 falls per climb when others are waiting in line.
 - The final climber must begin climbing no later than 15 minutes prior to closing time.



Boxing Workout Room

- Do not kick the bag or the wall.
- No sparring or kickboxing is allowed.
- Appropriate gloves are required.
- Speed bag gloves can be checked out with your membership card.
- Members using the Boxing Room must be 15 years or older.

Racquetball / Handball Court

- Members 12-14 years old may use courts only when accompanied and immediately supervised by an adult. Youth 11 years and younger are not permitted on the courts.
- Use appropriate equipment: racquetball racquets only, eye guards, handballs or racquetballs, white-soled shoes.
- For your safety, eye goggles are recommended.
- Only Santa Monica Family YMCA members may reserve court time.
- Reservations for one hour of play may be made 48 hours in advance by phone or in person at the Member Service Desk.
- Your membership card is required to check out equipment at the Service Desk.
- Do not leave gym bags or valuables outside the courts.
- Court may only be used for the purpose of racquetball or handball.

Roof Area: *Walking Track*

- No running on the walking track -- 12 times around the track is one (1) mile.
- The Y is a non-smoking facility -- no smoking on the roof.
- The walking track is not available during hours of afterschool or summer camp programming.
- Please see schedule posted for usage of the outdoor track.



Rutherford Senior Center

Located on the 2nd floor, the Senior Center provides a great area to meet friends, socialize, read or just spend some quiet time. A variety of senior programs and activities are offered. Housed in the center are activity rooms, computer lab, and a lounge area.

Child Development Area

The YMCA's Child Development Center is licensed by the Department of Social Services and serves children ages 6 weeks to 5 years. For more information about the program, contact the Director at (310) 451-7387.

By state law, members are not allowed to enter any areas in use by the Child Development program. The Child Development wing operates 7:30 a.m. – 6:30 p.m. weekdays.



Third Floor Youth/Teen Center

The 3rd Floor Youth/Teen Center has a Family Fitness Area with weight machines designed for youth and teens. This area is available for youth/teen members and their families. Youth 11 years old and younger must be accompanied by their parent(s) at all times, unless enrolled in a program. Youth members 12 – 14 years old may use the Family Fitness area without parent supervision if they have been through a fitness orientation with a Wellness Center Counselor or a Youth Director. Adults not accompanying youth are not allowed in the Youth/Teen Center at any time.

Family Fitness Area Hours

Monday – Friday 6:00 – 8:00 p.m.

Saturday 10:00 a.m. – 4:00 p.m.

Sunday 1:00 – 5:00 p.m.

All teens are expected to be on their best behavior and follow the posted rules. Although staff is located on the 3rd floor, the Y is not responsible for unsupervised youth in the youth center. The Y is not responsible for youth if they leave the facility or for keeping youth at the facility unless they are enrolled in a program. Staff will not prevent youth from leaving the Y at any time.

Youth who show up at the YMCA during school hours will be asked to return back to school (exception, when school is not in session).

The Santa Monica Family YMCA has a zero-tolerance for illegal drugs, alcohol, and aggressive or abusive behavior. Any participant, parent, friend or relative found to be in violation while participating in a program at or away from the Y facility will be asked to leave the program and facility without refund and may face disciplinary and / or legal action. Those who are present when a violation occurs shall, by their own choice, be considered a participant in the violation and be treated as such.



Volunteer Opportunities

The Y provides many excellent opportunities for those who wish to serve the community and the Y in a volunteer capacity.

Volunteers

The Santa Monica Family YMCA is committed to recruiting and developing a superior, highly competent volunteer staff. Volunteering at the Y is an excellent opportunity to grow, learn new program skills, develop leadership abilities, and increase self-esteem. Your commitment as a volunteer will allow others to learn and grow as well. Volunteer opportunities include Wellness Center assistants, aquatic instructors, aerobic fitness instructors, youth activity monitors, program aides and instructors.

Volunteerism is an integral part of our Y's mission in helping to reach out to the community. If you are interested in becoming a volunteer, fill out a volunteer application at the Service Desk.



Y's Men's & Women's Club

The Y's Men's & Women's Club is an international YMCA service club for men and women. Founded in Toledo, Ohio in 1920, there are now 800 clubs with over 19,000 members located all over the world. Here in Santa Monica, we have one club that meets twice a month with over 75 local business and professional men and women serving as active members.

Over the years, the Y's Men's & Women's Club have contributed countless hours and raised thousands of dollars toward the building of the Santa Monica Family YMCA. They are a major force in many of our fundraising projects. For more information call (310) 393-2721.

History of Our Family Y

The Santa Monica Family YMCA was first incorporated on April 19, 1901 and had its second start at a meeting held June 13, 1927 in the cafeteria of Santa Monica High School. Under the leadership of Dr. C. H. Lewis, our first president, the Y embarked upon a mission to establish a place where local residents could share “friendship and faith.”

Through the Great Depression and other financially troubled times, the Y offered many youth and adult activities, including high school clubs, basketball leagues, and Indian Guide programs. Our first “real” home was at Third and California. In 1946, the Sixth Street property was purchased for our expanding needs. Thanks to a successful capital campaign, the YMCA in partnership with the YWCA opened the doors to its new facility on January 15, 1950.

The Y continued to grow, with additional purchases and the development of Camp Big Bear. Other notable events were the founding of the Y’s Men’s Breakfast and Evening Clubs, our separation from the YWCA, and the official incorporation of the word “Family” into our name.

In 1983, the Y opened the Ralph W. Kiewit Fitness Center, the first part of a three-phase plan to enlarge existing facilities. Included in the Kiewit Center were a new fitness area with Nautilus equipment, a multi-purpose room for fitness and aerobic classes, and more space for our growing childcare programs.

1989 saw the grand opening of Phase II, which added the lap and training pools, two multi-purpose rooms, fitness center, and outdoor walking track.

2002 the Phase III Expansion project was completed to include a new gymnasium, racquetball courts, youth activity & child watch center, computer lab, Teen and Senior Centers, weight room, and new child development center.



Camp Big Bear

Location

At an elevation of 6800 feet on the shore of Big Bear Lake's Boulder Bay, YMCA Camp Big Bear offers year round access for all seasons of mountain activity. Your organized group can relax and enjoy the cool mountain air, and in the winter our snow sliding hill and short drive to downhill skiing and snowboarding provides hours of outdoor fun for all ages. It is an ideal setting for organized youth, adult and family groups to grow in spirit, mind and body, and create memories that last a lifetime.

Accommodations

Our camp facility has several options for you whether it's a group of 30 or up to 200. Our recently remodeled and winterized bunkhouse provides year-round bunk style sleeping for up to 96 people, including multiple interior bathrooms and showers. The second winterized bunkroom sleeps up to 26 people with a single gender, multiple-person bathroom and shower facility. We also have 9 (Summer only) cabins which each sleep up to 12 people. These cabins include a separated centralized bathroom and shower facility.

Facility Activities

Swimming Pool, Archery Range, Sand Volleyball, Basketball, Disc Golf Course, Horsehoe Pits, Gaga Ball, Ping Pong, Tetherball, Campfire Bowl, Team Ropes Course and Crafts Shed are where campers have the opportunity to enhance their spontaneous creativity while having relaxed social interaction with their peers. Lakefront activities include Swimming, Kayaking, Canoeing, Row Boating, Pedal Boats, Stand-Up Paddle Boards, Tubing Behind a Boat, or just sunbathing in the beautiful sunshine. Your group will have a great time! Overlooking Boulder Bay, our open air amphitheater makes an evening at the campfire an event to remember where spirits soar!

Indoor Meeting Lodge

An indoor meeting space with fireplace, large enough for 30-40 people is available and convenient for staff meetings, conferences, and for youth to hang-out and play board games.

For Information and Reservations:

Contact Santa Monica Family YMCA Camp Big Bear

PO Box 2882

Big Bear Lake, CA 92315-2882

Tel: (909) 866-3977

Email: campbigbear@ymcasm.org

Facility Hours*

Weekdays 6:00 a.m. - 10:00 p.m.

Saturday 7:00 a.m. - 8:00 p.m.

Sunday 7:00 a.m. - 8:00 p.m.

**All Activities end 15 minutes prior to closing.*



Pool Hours

Weekdays 6:00 a.m. - 9:30 p.m.

Saturday 7:00 a.m. - 7:30 p.m.

Sunday 8:00 a.m. - 7:30 p.m.

The Y is CLOSED...

New Year's Day Memorial Day

July Fourth Labor Day

Thanksgiving Day Christmas Day

Contacting the Y:

SANTA MONICA FAMILY YMCA

1332 Sixth Street, Santa Monica, California 90401

Phone (310) 393-2721 • Fax (310) 451-9906

Child Development Center (310) 451-7387

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