the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Santa Monica Family YMCA

MEMBER HANDBOOK

WELCOME!

Welcome to the Santa Monica Family YMCA, where the spirit of community thrives! Since 1927, our dedicated staff, board, and volunteers have built a strong foundation of support, and we're thrilled to continue that legacy with you.

At the heart of our mission is the belief that everyone, regardless of age, income, or background, deserves the chance to live, grow, and thrive. We stand by our commitment to ensure that no member of our community is turned away due to an inability to pay. It's not just a promise; it's a principle that drives us forward.

Our programs are focused on nurturing the potential of children and teens through Youth Development, enhancing health and well-being with Healthy Living initiatives, and inspiring a sense of Social Responsibility that extends beyond our walls. Together, we're building a community where caring, honesty, respect, and responsibility are the cornerstones of our shared journey.

So, welcome to a place where possibilities abound, connections flourish, and where each individual is valued for the unique contributions they bring. Join us as we embark on this exciting journey to meet the evolving needs of Santa Monica and Venice, creating a brighter, healthier future for all.

Hodge Patterson
CEO



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About Us

Our Mission

The Santa Monica Family YMCA association is dedicated to serving the Santa Monica, Venice, and surrounding coastal communities by providing programs and services that enrich the quality of the physical, mental, spiritual, and social lives of individuals & families consistently since 1927. In all we do, we are guided by principles of love and respect for all people, embracing diversity in all its forms to ensure that everyone has the opportunity to learn, grow and thrive. Our core values of caring, honesty, respect and responsibility guide us in everything we do.

Our Equity Statement

In pursuit of our mission where all are valued and respected by the Y, the Santa Monica Family YMCA is committed to advancing equity for all so that everyone has an opportunity to reach their full potential and live life to its fullest. We nurture and intentionally promote a culture free of bias and injustice. We recognize the uniqueness of each individual person and celebrate all dimensions of diversity. We are committed to dismantling oppressive systems and hold ourselves accountable to identify and put in place long-term policies designed to eliminate racism and inequity. We commit to intentionally and consistently make progress to become an anti-racist, multicultural organization that advances equity for all and stands against all forms of prejudice.

Equity Guiding Principles

- Lead with respect and empathy in all interactions and activities.
- Recognize, value, and embrace all dimensions of diversity and work towards the greatest possible inclusion.
- Foster a safe exchange of ideas, beliefs, and perspectives within/through the Y.
- Advance social equity and bridge-building across and within all communities.

Our History

The Santa Monica Family YMCA was first incorporated on April 19, 1901. The Santa Monica Family YMCA 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 teaching pools, two multi-purpose rooms, fitness center, and outdoor walking track.

In 2002, the Phase III Expansion project was completed to include a new gymnasium, racquetball courts, child watch center, computer lab, Teen and Senior Centers, weight room, and new Child Development Center.

Information

This Handbook is a great tool to help you get acquainted with our facility and understand our policies and guidelines. We encourage you to take some time on your first visit to speak with any one of our helpful staff members to better understand your center's amenities and any other policies outside of this Handbook.

Up-to-date brochures and flyers listing programs, classes, workshops, and other Y events are available in the Lobby and posted throughout the facility. You may also visit the Y's website at www.ymcasm.org for information.

Handbook Last Updated: November 2026

Code of Conduct

The Santa Monica Family YMCA is committed to providing a safe and welcoming environment for all. The YMCA is an organization open to all people. We welcome and value individuals of all ages, ethnicities, religions, gender identities, abilities, and sexual orientations. We are committed to providing programs and services that embrace diversity, respecting the people and needs of our communities.

To promote safety, the YMCA expects all persons to act appropriately at all times when in our facility or participating in our programs. The YMCA's core values of responsibility and respect, both in behavior and words, must be adhered to at all times. The Santa Monica Family YMCA is an anti-racist, diverse, and inclusive organization which prohibits hate, racism, and discrimination within our YMCA and the communities we serve. We expect all patrons using the Y to act maturely, behave responsibly, and to respect the rights and dignity of others.

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:

- Being under the influence of, or using/possessing alcohol, illegal drugs, recreational drugs, or marijuana, on YMCA property, or while participating in YMCA programs.
- Smoking or electronic vaping devices are prohibited on YMCA property.
- 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.
- Loitering on YMCA property
- Cellphone photography or unauthorized photography of facilities, members or participants.
- Pets are not allowed on Y's property unless they are service animals to assist members
- Offensive bodily hygiene that constitutes a nuisance to others or failure to shower before entering pools or a Jacuzzi.
- Excessive use of water or paper towels, washing clothes, shaving, or coloring hair.
- Food, such as full meals, is only allowed in the first-floor lobby area.
- Using YMCA premises for purposes other than its intended functions is prohibited, including, but is not limited to: sleeping on the premises; providing services for personal financial gain that create a conflict of interest; leaving personal belongings unattended for extended periods, including items left to charge; occupying spaces without authorization; or any activity that interferes with the safe, respectful, and equitable use of YMCA facilities by others.
- Horseplay that is deemed inappropriate/unsafe is not permitted.
- Continuous disregard of posted facility hours.
- Not following posted facility guidelines for usage or failure to comply with staff direction.
- Bicycles, shopping carts, skates, hover boards, and scooters are not allowed inside the facilities.
- Sleeping bags, bed rolls, blankets, strollers without children, tents, and large luggage items are not permitted.

The Santa Monica Family YMCA reserves the right to deny access or membership to any person who has been convicted of any crime, including sexual abuse, sex offending, or has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics, or habit-forming and/or dangerous drugs, chemicals, narcotics, or intoxicating beverages. Members and guests are encouraged to take responsibility for their actions, comfort, and safety.

Anyone who witnesses behavior that goes against our Code of Conduct is encouraged to report the behavior to a staff person immediately (versus confronting another member directly). Suspension or termination of YMCA membership privileges may result if management determines that a violation of the Code of Conduct has occurred. The Y reserves the right to make situational decisions based on the nature and severity of the incident and/or consistent with its mission and values.

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 government-issued photo I.D. and allow time for membership verification. Guests of members must present a picture I.D. and sign a liability waiver every visit. Lost membership cards may be replaced with a digital card for free or a physical card replacement for a fee. All members and guests will be required to sign the YMCA Assumption of Risk, Release and Waiver of Liability and Indemnity Agreement and have their picture taken with their face visible on their first visit.

Proper Attire

Attire suitable for a family facility is required at all times and in all areas of the Y. Proper gym attire is required, including athletic shoes and shirts. Attire with inappropriate graphics and language is not allowed. Shirts must be worn everywhere but in the pool. Swimsuits and swim caps are required when using the lap pool, training pool, and spa to help keep our pools clean. For safety, closed-toed athletic shoes are required on the fitness floors, in group exercise rooms, and on 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.

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.

Guests

Working out is better with a friend! Members are welcome to invite friends and family to experience everything the Santa Monica Family YMCA has to offer.

Santa Monica Family YMCA members may bring in an unlimited number of guests to try the Y. Guests will receive two (2) complimentary visits per calendar year at the Santa Monica Family YMCA. Guests must arrive with the sponsoring member, who must be present at the time the guest pass is redeemed. Members are limited to five (5) guests per single visit.

Guest Policies

- Guests who are 18 years of age or older must present a valid government-issued photo ID at check-in.
- During their first visit, guests will be required to:
    - Provide basic contact information.
    - Sign the YMCA liability waiver.
    - Have their photo taken for identification purposes.
- After using their two complimentary visits, guests may:
    - Purchase a one-day Guest Pass for $30, or
    - Become a YMCA member.
- The $30 Guest Pass is valid only for the day it is purchased.
- Guests 13–17 years of age must be signed in by a parent or legal guardian at the time of entry.
- Guests 12 years of age and under must be accompanied by a parent, legal guardian, or another responsible adult who is 18 years of age or older for the duration of their visit.
- All youth guests must follow the YMCA's age requirements and supervision policies for each area of the facility.

Guest Access

Guest passes provide access to the YMCA facility but do not include participation in paid programs or activities, including but not limited to classes or programs with an additional fee. Guest passes do not include access to Child Watch.

Membership

Membership Categories & Definitions

- **Program Discount Only - Youth:** One youth between 3-12 years of age that is supported by an adult and/or legal guardian.
- **Teen:** One teen between 13-17 years of age that is supported by an adult and/or legal guardian.
- **Young Adult:** One young adult, between the ages of eighteen (18) and twenty-six (26). Memberships will automatically be updated to Adult the month of the member's 27th birthday.
- **Adult:** One adult that is 27-64 years of age.
- **Family 1:** One adult (age eighteen (18) and older) and all youth dependents (seventeen (17) and younger) who are under the legal guardianship of the adults in the same household.
- **Family 2:** Two adults (age eighteen (18) and older) and all youth dependents (seventeen (17) and younger) who are under the legal guardianship of the adults in the same household.
- **Active Older Adult:** One senior that is 65 or older.
- **Active Older Adult Couple:** Two seniors (age sixty five (65) and older).

Member Responsibility

Members who sponsor guests are responsible for ensuring their guests use the YMCA safely, appropriately, and in accordance with all YMCA policies and the Member Code of Conduct. Sponsoring members are expected to make their guests aware of these expectations before entering the facility.

Members may be held accountable for the actions of their guests. If a guest violates the YMCA's Member Code of Conduct or engages in behavior that is unsafe, disruptive, abusive, or otherwise inconsistent with YMCA policies, the YMCA reserves the right to revoke the guest's access to the facility. Additionally, the sponsoring member's privilege to bring guests may be suspended or revoked, at the YMCA's sole discretion.

The Santa Monica Family YMCA reserves the right to deny or revoke guest privileges at any time to protect the safety, security, and well-being of our members, guests, staff, volunteers, and community.

Caregivers & Nannies

Individuals who require assistance while using the facility are encouraged to bring their own caregiver or nanny. Caregivers and nannies must sign the Waiver of Liability and Indemnity Agreement at the time of each visit and may only enter the facility while accompanying the member they are assisting.

Caregivers and nannies may accompany children to scheduled program activities, such as swim lessons. However, they may not participate in facility amenities, including Open Swim, Parent-Child Swim Lessons, or Child Watch, unless they are added as an adult on the family membership.

Caregivers and nannies who wish to use the YMCA for their own personal recreation or fitness must have a valid YMCA membership.

Nationwide Membership Policy

When you join the Santa Monica Family YMCA, not only do you gain access to our amazing Y – your membership also comes with Nationwide access! Nationwide Memberships give you access to a network of Y's across the country, including Puerto Rico!

The Santa Monica Family YMCA is proud to be an independently operated Y. Members of surrounding YMCAs may access the Santa Monica Family YMCA using the Nationwide system. Please note: At least 50% of your monthly visits to the Y must be to your Home Y (the local association that you joined originally and collects your membership dues). Nationwide membership is based on individual usage, not the overall usage of your couple or family membership. All Ys reserve the right to restrict or revoke nationwide membership privileges. Registered sex offenders are prohibited from participating.

In order to gain access, Nationwide members must be in good standing with their home YMCA, provide a valid government-issued ID, verify their membership with the home YMCA, create a profile and sign waivers, and take a photo. Nationwide members do not have access to Child Watch or Kids Club and will not receive member-pricing for paid programming.

Membership Cancellation

A 10-day advance written notice is required for all membership cancellations. Cancellations may submitted in the following manner:

- By logging on to your YMCA account on www.ymcasm.org
- By sending an email to membership@ymcasm.org
- If written notice is **not** given in time, the next scheduled draft will process, and the membership will terminate the day before the following draft date.
- Cancellations by phone, in person, or verbal requests are **not** accepted.

Membership Holds

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. It is the responsibility of the member to verify the form has been received by the YMCA if the form is faxed or emailed. Please be advised that once the "Freeze" has finished regular membership payments will resume.

- 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.
- Freeze/Hold cannot be applied to F.A.P.

Transferring Your Membership to Another Y

If you are transferring to a Y outside of the Santa Monica Family YMCA, we will be happy to provide you with a letter of transfer. This letter may allow your joining fee to be waived at many Ys across the nation. Please remember to cancel your membership with your "home" YMCA before transferring to a new YMCA.

Membership Policies

1. Monthly membership dues are automatically and continuously debited from a member's designated account. Once activated, memberships remain on a continuous membership plan that remains in effect until properly canceled in accordance with the Santa Monica Family YMCA's policies.

2. Membership fees are subject to change at any time. The YMCA will provide at least 30 days' notice before any changes take effect.

3. Memberships remain active and in full force until the Santa Monica Family YMCA receives a written cancellation notice at least ten (10) days prior to the scheduled monthly billing date in order for the cancellation to take effect for the current billing cycle.

4. Changes to any membership, including upgrades, downgrades, membership freezes, or updates to banking information, require at least ten (10) days' notice prior to the member's scheduled billing date in order to take effect for the current billing cycle.

5. Any declined, returned, or failed payment will result in a $10 service fee, which is applied to the member's account.

6. Membership fees will not be refunded or credited for non-use. The YMCA is not responsible for monitoring how frequently members use their membership.

7. Should a member opt to cancel their membership, and if the membership is cancelled for 30 days or more, the member may be subject to paying a new joining fee. Any unpaid balance must be cleared before restarting the membership.

8. All membership fees, including any joining fees, are non-refundable.

9. If the member's monthly automatic payment is declined by the bank or credit card provider, the YMCA may attempt to process the banking information again. If the balance goes unpaid for more than 30 days, the Santa Monica Family YMCA may suspend and/or terminate the membership privileges.

Financial Assistance

We offer financial assistance based on household needs. The funds awarded to scholarship recipients are provided directly by YMCA donors. To ensure we are responsible stewards of available funds, we ask applicants to provide documentation of income.

Applicants must reside in **Santa Monica or Venice.**

Applicants must provide documentation for everyone in the household. Assistance is based on household income, not individual income.

1. Proof of Income:
    a. The most recent federal tax return is required.
2. Applicants must submit at least (2) types of income verification:
    a. Two month's worth of pay stubs for all working household members.
    b. Unemployment insurance statement.
    c. Proof of alimony or child support
    d. CDSS Proof of CalFresh/CashAid/Calworks
    e. Social Security Income Award Letter
    f. State Disability Insurance Award Letter

Assistance awards apply only to individuals listed with this application. Incomplete applications will not be approved. Although completion of this application does not guarantee a financial assistance award, it is designed to ensure equitable resources for all in the community.

Scholarships are awarded so that both the YMCA and the scholarship recipient pay a portion of membership or program fees. Awards will be reviewed annually or semi-annually. Although we send reminders at the end of a term, it is the member's/participant's responsibility to reapply for financial aid. If assistance is not renewed by its expiration date, members/programs on a monthly billing cycle will be charged the regular rate.

Please note: Awards are on a go-forward basis; refunds will not be issued for fees paid or due prior to the award date.

Santa Monica Family YMCA: Financial Assistance Application

Service Animals

With the exception of service animals, animals are not permitted on Y property or in Y facilities or programs and may not be left unattended on Y property.

- The animal must undergo training to perform a designated task; emotional support animals do not meet the criteria for this type of training.
- The animal must be under the control and supervision of its handler at all times.
    - The only exception is if it hinders the safe, effective performance of tasks. In that case, the individual must maintain control of the animal through voice, signal, or other effective controls. ("ADA Requirements: Service Animals")
    - Staff are not required to provide care for or supervision of service animals.

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.

- 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.

Equipment Rental

Members may borrow YMCA equipment, including pickleball paddles, racquetballs, handballs, and locker locks, by checking them out at the Front Desk using their membership barcode. All borrowed equipment must be returned to the Front Desk immediately after use. Members are responsible for any equipment checked out under their account. Failure to return borrowed equipment may result in a $10 replacement fee being charged to the member's account.

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. Long-term rental lockers are also available. Please inquire at the Service Desk.

Members are responsible for securing their 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 sight 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.

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 Desk or via phone. Items will not be mailed and must be picked up at the YMCA. The Y is not responsible for items lost in the facility.

Facility Rules and Age Requirements

- Ages twelve (12) and under: Youth must be participating in a Y program or activity and supervised by an adult (age 18 and older) at all times while the youth is in the facility.
- Ages thirteen (13) to seventeen (17): Youth must be participating in a Y program or activity.
- Ages (18) and over: full access to all programs, activities and facilities included in membership.

Please note that while these are the general facility age guidelines, several areas have designated age limits based on the activity. Please review the specific area guidelines for more information.

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.

Fitness Centers

The following guidelines are to be followed by all members when in all fitness areas. These guidelines are for the safety and mindfulness of all members.

- Talking on the phone is not allowed. Phone calls can be taken in the hallways or lobby.
- Closed-toed, athletic shoes are required to be worn at all times.
- Proper workout attire is to be worn at all times.
- Bags and personal items should be stored in designated lockers/cubbies.
- Wipe down equipment after each use.
- Re-rack weights and equipment once finished with them.
- Refrain from spending more than 5 minutes on one piece of equipment, except for cardio equipment.
    - Allow others to work in.
- Filming and/or photographing is not allowed.
- Non-Santa Monica Family YMCA personal training is not allowed.
- Foul language is not allowed.

Be respectful of everyone in the fitness areas. We all share this space and work to create a welcoming and inclusive environment.

In addition to the preceding guidelines, each fitness room has specific guidelines outlined below:

Cardio Room

- Ages 13-17 are permitted to use all equipment in this room. *Note: Youth must attend a Teen Orientation prior to use of equipment.*
- Ages 18 and up are permitted to use all equipment in this room.

Selectorize Room

- Ages 13-17 are permitted to use all equipment in this room. *Note: Youth must attend a Teen Orientation prior to use of equipment.*
- Ages 18 and up are permitted to use all equipment in this room.

Strength Room

- Ages 15-17 are permitted to use all equipment in this room. *Note: Youth must attend a Teen Orientation prior to use of equipment.*
- Ages 18 and up are permitted to use all equipment in this room.

Functional Training Room

- Ages 13-17 are permitted to use all equipment in this room. *Note: Youth must attend a Teen Orientation prior to use of equipment.*
- Ages 18 and up are permitted to use all equipment in this room.

Studio 1 (Group Exercise Classes)

- Ages 13-17 are permitted to use all equipment in this room. *Note: Youth must attend a Teen Orientation prior to use of equipment.*
- Ages 18 and up are permitted to use all equipment in this room.

Lights must remain on at all times. With the exception of Y-sanctioned Group Exercise classes.

Member Orientations

Whether you're new to the Santa Monica Family YMCA or just looking to learn more about the fitness equipment in our facility, Fitness Orientations are your first step towards reaching your next health & wellness goal!

In this free, one-time Fitness Orientation, you will partner with a Fitness Coach to help get you started on your health journey, learning about the variety of equipment we have and how to effectively and safely use them. Orientations are optional and available for adults 18+ and required for teenagers ages 13-17.

Locker Rooms

Our facility has locker rooms for changing, showering and storing your items while you are at the Y. Please do not leave your belongings in the day use lockers overnight as they will be removed at the end of each day. Locks for your belongings may be borrowed from the front desk.

All members and guests have the right to use the locker room facilities that correspond with their gender presentation (physical presentation) AND gender identity.

The privacy and safety of all individuals should be honored at all times while in our locker room facilities. This includes not taking photographs or videos and not engaging in any behavior that makes others feel uncomfortable or unsafe. The YMCA will not tolerate discrimination, harassment, or other inappropriate behavior in any form. Any member or guest found to be engaging in such behavior may be subject to disciplinary action, up to and including termination of membership.

Please note the YMCA is not responsible for lost or stolen items. Also, do not bring glass containers into the locker room as it's a safety hazard.

Members ages 15+ may use the locker that corresponds with their gender. Families with kids 14 or under should use the designated Family Locker Room.

Steam Room & Sauna

- For the health, safety, and comfort of all members, please follow all posted sauna rules.
- To help keep the sauna and steam rooms clean and operating properly, do not place paper towels on the temperature sensor.
- Members must wear appropriate swimwear or use a towel to cover themselves at all times—nudity is not permitted.
- Please also refrain from bringing cell phones or other electronic devices into the steam or sauna room to protect the privacy and comfort of others.
- For your safety, limit sauna use to 15 minutes per session. Before entering, dry off completely to reduce excess moisture inside the sauna and help maintain a safe environment for everyone.
- Please use the space responsibly so it remains clean, functional, and enjoyable for all members.
- Food, drinks, glass containers, scented oils, lotions, fragrances, electronic devices, cameras, personal grooming, shaving, exercising, and stretching are not permitted inside the Steam Room or Sauna.
- Extended exposure to heat may cause nausea, dizziness, fainting, increased heart rate, elevated body temperature, and changes in blood pressure. Individuals with high or low blood pressure, heart disease, respiratory conditions, pregnancy, diabetes, epilepsy or seizure disorders, kidney disease, active skin infections, or other medical conditions should consult a physician before using the sauna.

Lap & Training Pool Rules

- Lifeguards have final authority. Follow all lifeguard and YMCA staff instructions.
- Swimming is permitted only when a certified lifeguard is on duty.
- One long whistle blast means EXIT THE POOL IMMEDIATELY.
- Swimmers must share lap lanes when needed, with a maximum of two swimmers per lane.
- Keep walkways, emergency exits, and rescue areas clear. Use hooks for bags and towels.
- Proper swimwear and swim caps are required. No street clothes, basketball shorts, underwear, shirts, athletic/bike shorts, or shoes. Swim caps are required in ALL pool areas.
- Shower thoroughly before entering the pools.
- Children who are not toilet-trained must wear approved swim diapers.
- No swimming with diarrhea, communicable illnesses, or open wounds.
- Children 12 and under must pass a lifeguard-administered swim test and follow YMCA swim identification requirements.
- Non-swimmers 12 and under must be accompanied by an adult in the water.
- Only U.S. Coast Guard-approved life jackets are permitted. Inflatables, including floaties, are prohibited.
- Walk at all times. No running on the pool deck, in locker rooms, or in showers.
- No diving, unsafe jumps, flips, spins, or backward entries.
- No horseplay, roughhousing, or unsafe behavior.
- No prolonged breath-holding, underwater breath-holding contests, or extended underwater swimming.
- Do not hang on lane lines or starting blocks.
- Use pool equipment properly and return it after use.
- No swimming under the influence of alcohol or drugs.
- The following items are prohibited in the Aquatic Center: food, gum, alcohol, glass containers, books, newspapers or electronic devices. List is not all-inclusive.
- No unauthorized private swim lessons, personal training, or paid coaching.
- Use respectful and appropriate language toward members and staff.
- Failure to follow these rules may result in removal from the pool or Aquatic Center.

Spa

- Lifeguards have final authority. Follow all lifeguard and YMCA staff instructions
- Maximum spa use is 15 minutes per session.
- One long whistle blast means EXIT THE SPA IMMEDIATELY.
- Children under 14 are not permitted in the spa.
- Shower thoroughly before entering.
- Proper swimwear and swim caps are required. No street clothes, basketball shorts, underwear, shirts, athletic/bike shorts, or shoes. Swim caps are required in all pool areas.
- No diving, jumping, swimming, or horseplay.
- Enter and exit carefully using the steps and handrails.
- Do not submerge your head or hold your breath underwater.
- No spa use while under the influence of alcohol or drugs.
- Individuals with diarrhea, communicable illnesses, or open wounds may not enter.

- Individuals who are pregnant or have heart conditions, high blood pressure, or other medical concerns should consult a physician before use.
- Exit immediately if you feel dizzy, nauseated, weak, or overheated.
- No food, drinks, glass containers, or electronic devices.
- No oils, lotions, soaps, or other personal care products in the spa.

Emergency Procedures

- Lifeguard will blow a long whistle blast to activate the emergency
- Swimmers are required to exit the pool immediately and evacuate the pool deck.

Gymnasium Rules & Guidelines

- Be respectful of all members, guests and staff.
- Wear appropriate athletic shoes (non-marking soles).
- No hanging or climbing on basketball rims or nets.
- No dunking.
- Music is permitted through personal headphones only. External speakers are not allowed.
- Photography, videography and recording of any kind are not permitted.
- Follow posted schedules and staff instructions at all times.
- Fitness equipment such as weights, rollers, mats, etc. are not allowed.
- Use of the rock wall is prohibited outside of Rock Wall Program Hours.
- Pickleball is a member-led program. Set-up and Break-down is done by members.
- Members must pick up after themselves.
- Food and gum are not permitted on the court. Water in sealed containers is allowed.
- Keep backpacks, strollers and personal belongings off the playing courts and walkways.
- Children 12 or under must be actively supervised by an adult 18 years or older.
- Report unsafe conditions or injuries to YMCA staff immediately.
- No outside coaching or paid instruction.
- Volleyball, pickleball and other scheduled programs take priority during reserved times.
- Gym closes promptly at the scheduled closing time.
- Share the court. Be courteous and include others when possible.
- Pick-up Basketball players must follow the posted “Pick-Up Basketball Etiquette” Guidelines.
- Follow all guidelines as listed in the YMCA Member Code of Conduct

Indoor Climbing Wall

- 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 a 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, and cell phones.
- Climbers must wear a climbing harness issued and checked by Y staff before each climb.
- All climbers under 18 years must wear a helmet issued and secured by Y staff.
- A standard regulation belay device (ex. ATC, grigri, stitch plate, figure 8) must belay all climbers. Y staff has the option not to allow a belay device if he/she is unfamiliar with a particular device.
- All climbers must stand behind markers 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.

Racquetball / Handball Court

- Members 13+ may use the Racquet/Handball Courts. Youth 12 years and younger are not permitted on the courts unless they are accompanied by an adult 18 years or older.
- Use appropriate equipment: racquetball racquets only, eye guards, handballs or racquetballs. 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.

Child Watch & Kids Club

While you exercise or relax at the Y, children can play under the supervision of trained YMCA staff. Children engage in playtime activities that foster learning and social interaction. YMCA staff members are trained to ensure the safety and well-being of the children in their care, so that parents can confidently pursue their fitness goals and take part in the various YMCA programs.

- Child Watch (Ages 6 weeks-7 years)
  - Monday–Thursday: 8:00 AM–12:00 PM
  - Monday–Thursday: 4:00 PM–8:00 PM
  - Saturday: 8:30 AM–12:30 PM

- Kids Club (Ages 8–12)
  - Monday & Wednesday: 5:00 PM–8:00 PM

Children enjoy age-appropriate activities including arts and crafts, games, imaginative play, and reading. The adult checking in the child must be listed on the family membership account, and a parent or approved caregiver must remain inside the YMCA facility and be available throughout the visit. Children may stay for a maximum of 2 hours per visit. A Santa Monica YMCA Family 1 or Family 2 membership is required. Nationwide memberships are not eligible for Child Watch or Kids Club service.

Volunteer Opportunities

Founded by a group of local, invested volunteers, our YMCA carries the spirit of community-driven leadership and volunteerism to this day. The work of The Y would not be possible without incredible volunteers who dedicate their time, treasure, and talent to ensure our organization is the best it can be. Thank you to all of our generous volunteers!

There are a variety of Volunteer Opportunities available through the Santa Monica Family YMCA. To find the right Volunteer Opportunity for our members, we begin with our Volunteer Interest Form to help us match our volunteers with the right service opportunity for them. Once the service opportunity has been matched, our Volunteer Experience Team will support the applicant through the onboarding process, which includes a full application, background check, references, child abuse prevention training, and role-specific safety trainings. Once onboarded, Volunteers will complete an orientation with their Y Service Leader and begin volunteering!

Our YMCA also offers Volunteer Opportunities for Teens 13-17. Teen Service Learning Opportunities are designed to provide youth with leadership through serving their community. Teens interested in applying may complete the Teen Service Learning Opportunity Application here. Teens will go through an onboarding process before serving, which will include reference checks, child abuse prevention training, role-specific safety training, and an orientation with their Y Service Leader.

Data Security/Privacy Statement

The Y is concerned about the privacy of its members and employees and maintains their personal information in confidence. The Y shares member and employee information with financial institutions, government agencies, and companies working on behalf of the Y only as needed to conduct Y business.

Other than as required by law or to conduct Y business, the Y will not share your personal information with other third parties without your explicit permission. The Y will not sell, rent or lease your personal information to others. You may inspect your records and update your personal information at any time.

Disability Accommodations

At the Y, we believe our strength is in the diversity of our staff, volunteers, members and participants. We work proactively and collaboratively every day to build organizational and individual capacity towards providing the most inclusive and welcoming experience for every individual we employ, serve and engage. In that regard, the Y complies with all federal, state and local equal employment opportunity/non-discrimination laws.

Ensuring ADA compliance is the law and inclusion is critical to our strategy and impact. If you, or any of your family members who are participating in a program or an activity, have any type of special medical need (such as, a disability or a medical condition, including life threatening/severe allergies or other medical and/or dietary restrictions) that requires an accommodation, may impact the program experience, or requires additional staff training and/or staff supervision, please inform the Program Director prior to your participation in such activity.

In order for some reasonable accommodations to be provided, current documentation from a qualified individual knowledgeable about the disability or medical condition may need to be submitted. After receiving the request for the accommodation, a YMCA staff member will engage in an interactive dialogue with you or the relevant family member to explore potential reasonable accommodations.