

Georgetown County Family YMCA Owner's Manual



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

A branch of the YMCA of Coastal Carolina

Welcome to YOUR Georgetown County Family YMCA

Congratulations on becoming the proud owner of a YMCA membership!

You now belong to an honored group, a family of like-minded citizens. We hope you will proudly tell the world of your new affiliation. Anywhere you go, people understand what it is to be a YMCA member, and will honor you for your commitment. As a YMCA member, you can help guide your YMCA in its quest to follow and fulfill its mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

This owner's manual will help guide you through the facilities, policies and programs your YMCA offers. We hope it helps you enjoy your membership. But please, don't stop with these pages. Talk to staff and volunteers to find out more information and more ways you can become involved with your YMCA.

Table of Content

GCFYMCA Facilities and Staff	3
Membership Categories	3
A.W.A.Y. Program	4
Guest and Potential Member Policies	4
Membership Cards	5
Membership Renewals and Responsibilities	5
Phone and Address Changes	5
Termination of Membership	5
Transferring Memberships	6
Audio Equipment	6
Children & Teens in the Wellness Center	6
Child Watch Policies	6
Cell Phones	9
Dress Codes	9
Facility Use	9
Holiday Schedule	10
Lockers	10
Lost & Found	10
Personal Trainers	10
Pets	10
Program Class Registration	11
GCFYMCA Aquatics (Pool Information)	11
Volunteer & Employment Opportunities	13
LEED Certification	13



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Georgetown County Family YMCA Facilities and Staff

Website: www.CoastalCarolinaYMCA.org

Main Number: 843-545-9622

Fax Number: 843-545-9601

Physical Address: 529 Brown's Ferry Rd.
Georgetown, SC 29440

Mailing Address: Post Office Box 1087
Georgetown, SC 29442

Executive Director, Amy Brennan
AmyB@CoastalCarolinaYMCA.org

Child Care Director, Ayla Hemeon
AylaH@CoastalCarolinaYMCA.org

Aquatics Director, Kelly Weaver
KellyW@CoastalCarolinaYMCA.org

Wellness Coordinator, Anne Salley
AnneS@CoastalCarolinaYMCA.org

Membership & Marketing Director, Amy Mitchell
AmyM@CoastalCarolinaYMCA.org

Metro Officers:

Chief Executive Officer, John Rhoden
JohnR@CoastalCarolinaYMCA.org
(843) 947-0397

Chief Financial Officer, Martha Howard
MarthaH@CoastalCarolinaYMCA.org
(843) 947-0397

Guide to Your Membership

The Georgetown County Family YMCA is a membership organization. Most programs are open to non-members at public program participant rates. Use of the facilities is reserved for members, program participants and their guests. The Georgetown County Family YMCA reserves the right to update our policies as necessary and without notice. This manual is a guideline, and exceptions may be made on a case-by-case basis at the discretion of the membership director, executive director and the CEO.

Membership Categories

The Georgetown County Family YMCA offers the following types of memberships:

Family-defined as "Two adults and their dependents in the same household." To qualify as a family, members must reside at the same address and pay monthly dues from one account.

*Child Watch is a free benefit for children listed on a Family membership.

*Additional Adult: \$10 more per month. Must show proof of same residency as "family."

Single Parent Family-defined as "One adult and their dependent children." To qualify as a single parent family, members must reside at the same address and pay monthly dues from one account.

*Child Watch is a free benefit for children listed on a Single Parent family membership.

Adult-defined as "A single adult, ages 18-64."

Senior-defined as "A single adult, ages 65 and older."

Senior Couple-defined as "One adult must be 65 years of age or older."

Student-defined as "A full time student, ages 13-24."

Metro-ability to use both Georgetown and Claire Chapin Epps facilities. Claire Chapin Epps is our YMCA sister branch in Myrtle Beach.

Based on these definitions, when people with children join the YMCA, their best option would be to join as family members so they, and their children, may receive all of the discounts and benefits entitled to family members.

Scholarship Program:

The YMCA seeks to serve all regardless of ability to pay and without discrimination. To seek scholarship aid assistance, please see the Director of the department for which you are seeking to be enrolled. Scholarships are awarded on a first come, first served basis as funds allow.

A.W.A.Y. Program (Always Welcome at the YMCA)

The A.W.A.Y. program is based on the philosophy that when a person enrolls in a YMCA, he/she becomes a member of an international association of people that helps encourage youth development, healthy lifestyles and social responsibility. Therefore, when away from home, on business or vacation, members will be warmly welcomed by all other participating YMCAs. A YMCA's participation in this program is voluntary. Some restrictions apply. *The Georgetown County Family YMCA reserves the right to limit the number of visits.* A.W.A.Y. visitors will pay the same fees as members for additional services and programs during their visits.

The Georgetown County Family YMCA participates in the A.W.A.Y. program. If you are planning to visit another YMCA, please call that YMCA for its visitor policies before you go. General information on the A.W.A.Y. program and other YMCAs can be found at the national YMCA website: <http://www.ymca.net>.

A.W.A.Y. guests (current member of another YMCA) will be charged \$5 per visit at our branch.

Guest and Non-Member Policy

Our guest policy is designed to protect the value of your membership.

- Guests will be charged a \$10 fee for each visit and must provide a valid photo ID. *The Georgetown County Family YMCA reserves the right to limit the number of guest pass visits. A local resident may not use the facility more than three times in one year as a guest.*
- A parent or legal guardian must accompany *teen guests* (13-16 years of age), who have not completed our Teen Fitness & Safety Class.
- Guests will be charged a \$5 fee for children 12 years of age and younger. Children 13 years of age and older will be charged a \$10 fee and must pass the Fit Teen and/or Swim test in order to participate in The Wellness Center or swim unaccompanied by an adult in the pool.

Membership Duration

Membership at the Georgetown County Family YMCA is **perpetual**, meaning you remain a member until the YMCA is notified of your desire to terminate. Member cancelations must be made in person. Your membership is payable by monthly draft (from a checking or savings account or credit card), or by annual billing, and is not bound by any type of contract.

Membership Cards

All members must present their membership card to use the facilities and enjoy member privileges. If lost, a replacement card may be obtained for \$5.

Membership Renewals

If a member renews membership within **60 days**, they may be readmitted as a continuing member. If more than **60 days** have elapsed, membership will be subject to joining fees. Corporate members joining fees will be waived when a member first joins the facility.

Membership Responsibilities

Members, guests, and visitors expressly assume the risk of damage to property and harm or death to themselves. Accordingly, neither the Georgetown County Family YMCA or any of its agents, employees, or invitees shall be liable to the person or any of the person's family, agents, employees, or invitees for any damage to persons or property when, and to the extent that, any such damage or injury may be caused, either proximately or remotely, wholly or in part, by any action or omission, whether negligence or not, of the Georgetown County Family YMCA, or any of its agents, employees, or invitees or due to the condition or design of any defect in the building, its mechanical system, or its equipment.

Phone Number and Address Changes

In the event of an emergency, members should keep the YMCA advised of changes in home, cell and office phone numbers and home addresses. The YMCA should also be informed of name changes, changes in family status or to bank account information. In order to obtain up to date information from the YMCA, members must keep a current email address on file.

Termination of Membership

A member must terminate his/her membership **in person** to the Membership Director/Welcome Center Staff. Please allow **30 days** for any change in your membership status to become effective. Members may use the Y until the effective termination date of their membership. Please note the 30-day notice cannot be waived and accounts cannot be instantly terminated.

Membership privileges may be suspended or revoked by the Executive Director or CEO. The length of suspension or a refund of membership fees will also be determined at that time. A person whose membership has been suspended or revoked shall not be able to participate in any other YMCA program during the period of suspension or revocation.

Terminations are defined as follows:

- A. Complete a termination form in person **30 days** prior to cancellation.
- B. Nonpayment of dues after **60 days**. The YMCA will terminate the membership without written notification.
- C. Suspension – temporary, due to violation of rules.
- D. Expulsion – permanent due to violation of rules.

Transferring Memberships

The Georgetown County Family YMCA will waive the joining fee of members transferring from other YMCAs. Verification of membership in good standing from the previous YMCA will be required. Membership and its privileges shall not be transferred from one person to another.

YMCA Operating Hours

For the most current YMCA facility and pool operating hours please call the Y at 545-9622, or refer to our website (www.coastalcarolinaymca.org).

Audio Equipment

Headphones and AM/FM receivers are required in order to receive audio for the Wellness Center televisions. We can provide you with an AM/FM radio in a trade for your keys during your visit while supplies last. However, we are unable to provide/reuse headphones for sanitary purposes. The Georgetown County Family YMCA advises you to come prepared with your own headphones or purchase a set at the Welcome Center.

Children & Teens at the Wellness Center

- Children between the ages of 13 and 16 must complete and pass the **Teen Fitness & Safety Orientation Class**. Appointments may be scheduled at the Trainers Desk in the Wellness Center. Fitness assessments are given by appointments
- After completing the Teen Fitness & Safety Orientation, teens 13-16 may exercise without supervision and will be issued a yellow band.
- The use of fitness equipment and areas by anyone under the age of 13 is prohibited unless attending specialized programming. Children under the age of 13, who are attending specialized programming, must be with a parent, guardian, or instructor at all times. (cardio kids wear red bands)
- A parent or legal guardian must accompany teen guests (13-16) who have not completed our Teen Fitness & Safety Orientation.

Child Watch Services and Policies

We have set policies to address your concerns and to provide a safe place for your children while you exercise. If you have any additional suggestions that do not conflict with current policy and could further ensure the safety of your children, please respond on one of our suggestion cards located in the lobby or by talking with our Executive Director or Membership Director. Please know our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all and we strive to make your child's stay fun as well as safe.

- Child Watch is a service provided free of charge to Family and Single Parent Family Memberships only.
- Children of all ages are welcome.
- Parents please consider your children and plan your workouts around their schedule.
- Prior to your child's first visit, all parents will be required to complete an information card.
- Please swipe in before proceeding to Child Watch.

- Children not listed on your membership will be charged a \$5 fee per visit to Child Watch and you are considered to be their guardian while visiting the facility. An information card must be filled out for the child(ren) not listed on your membership while visiting under your care.
- Children in Child Watch must be signed in and out by a parent or legal guardian.
- Please be aware Child Watch has a **two hour maximum** time limit per visit due to state law.
- As it is offensive to some, please do not allow your child to bring toy guns from home.
- The playground will be available provided there is appropriate staff coverage and weather permits. The playground area is not intended for children over 12.

As a safety measure, we use an identification system. The parent and child(ren) will receive stickers or bands with the family's name. The child will receive a sticker/band with his/her name on it. Before leaving with your child, the parent's sticker/band will be matched to the child and removed and children will only be allowed to leave Child Watch with the parent/guardian that brought them to the area.

- No child can be removed without first checking with the YMCA staff and all must go through the main door of Child Watch.
- If a parent violates the time limit (over 2 hours of child watch care) they will incur a \$15 late fee each time and our three "strikes" policy will go in effect. The first offense, a verbal warning will be given and \$15 late fee charged; second offense, a written warning and \$15 late fee charged; and third offense, the loss of Child Watch privileges and \$15 late fee charged.
- Parents/Guardians may **not** leave the facility while their child(ren) are checked in unless you are participating in a YMCA Function/Program outside of the building. Phone numbers must be provided and child(ren) must be picked-up within 2 hours of the drop off.
- Parents are to supply all needs of the child while he/she is in Child Watch.
- No food, candy, gum, or soda is allowed in the Child Watch area. However water or juice, in closed containers, are allowed.
- Sippy cups and bottles will only be used if necessary. Feeding times should be scheduled outside of your workout times. The Georgetown County Family YMCA Child Watch Center does not provide children with snacks as they are not permitted in the Child Watch area.
- Diaper bags, labeled with the child's name, are required for any child in diapers OR who have been *recently toilet trained*. Infant bags should include a blanket, and a change of clothes is strongly recommended for children who may still have "accidents." YMCA staff are only permitted to change diapers of infants or toddlers up to the age 2. If a child has an "accident" and a change of clothes has not been provided, the parent will be asked to remove the child from the Child Watch area.
- Children must have a clean diaper when signed into the Child Watch area. If the child soils their diaper while under Child Watch supervision, the diaper will be changed for toddlers up to the age 2. If you would prefer to change the diaper yourself, please advise the staff so we may accommodate your wishes. Parents will be contacted to change diapers/pull-ups for all children over the age of 2 who have accidents.
- Children will not be permitted to sit in soiled diapers. We will handle or make known to the parent(s)/guardian(s) of the situation as we become aware of the accident.
- Georgetown County Family YMCA reserves the right to request a physician's release before allowing children in the Child Watch area who have recently had a known communicable disease. Children should be free of disease or contagious infections; this includes runny noses (any color other than clear). We **cannot** administer medicine (prescription or over-the-counter).
- Children with any of the following symptoms or conditions may **not** be brought into Child Watch.
 - Fever within the last 24 hours
 - Diarrhea within the last 24 hours
 - Open sores

- Has started a new medication in the last 24 hours
 - Runny nose (except in cases of documented allergies).
 - Abnormal fatigue or irritability
 - Persistent cough
- Younger children often experience separation anxiety when they are uncomfortable about a parent's absence. Be assured that we will do all that we can to make your child's stay fun and safe. We will try to help them socialize with other children, introduce them to new games, read or take them to the playground. However, sometimes nothing works but the parents/legal guardian.
 - After 20 minutes or in cases where nothing will do, the parents will be located and asked to assist in reassuring the child.
 - Because it is not fair to the other children for the Child Watch staff to spend 100% of their time with one child, the parent will be asked to remove the child from the Child Watch area if the child continues to be uncomfortable in the parent's absence.
 - We suggest, as other parents have proven effective, that you sit with your child for 10 minutes prior to your workout, for the first couple of weeks, thus building trust between staff, parents and child.
 - Our children range in age from infant and older, and children always want to do what the "older kids" are doing. Children will play and interact together, regardless of age. At times, the older children are faster and play harder than the smaller children. Please know that our staff constantly monitors your children and that despite this, children fall, trip, stumble, lose balance, are fallen on, tripped over, stumbled upon, and cause other children to lose their balance. We will do our very best to ensure that the children are not intentionally harming themselves or others while under our supervision, but please understand accidents may happen.
 - The following are rules the children are expected to abide by:
 1. No running
 2. No climbing on cribs
 3. No spitting
 4. No yelling
 5. No stealing
 6. Do not go out of doors without supervision
 7. No hitting, kicking, pushing, fighting, biting, bullying or scratching
 - Our staff will practice positive reinforcement as a primary means of behavior management and our values of honesty, caring, respect and responsibility are encouraged; however, our Discipline Policy exists to ensure safety for all.
 - Three strikes rule: Children who do not abide by these rules will be put in Time Out. After much consultation, Time Out will consist of sitting in a chair or on the floor for one minute for each year in age. The same time frame will be used for a second offense. The third offense will result with the parent being located and asked to remove the child from the Child Watch area for that day.
 - Threat to others: Rule #7 is much more critical to the safety of other children and staff. For that reason, if a child hits, kicks, pushes, fights, bites, or scratches another child or staff member the parent will be asked to remove the child from the Child Watch area. The three strikes rule does not apply to rule #7. Brutal violations of this rule will result in immediate dismissal from Child Watch.
 - If your membership must be terminated because your child is no longer permitted to use Child Watch, please contact the Membership Director, the Executive Director, or the Child Watch Supervisor.

*These policies are based on National YMCA guidelines and safety recommendations. These policies are set in place and will be strictly enforced. Abuse of these policies will result in loss of Child Watch privilege. As always, we welcome your comments and suggestion.

Cell Phone Use

Some cell phones have the ability to take pictures. To protect the members and guests from unauthorized photos, **the Georgetown County Family YMCA has developed a policy of limiting the use of cell phones to the lobby and member lounge.** Use of cell phones through the rest of the facility is prohibited and may lead to suspension or termination of YMCA privileges.

Video recorders, cameras, or any other visual recording devices are not allowed within the YMCA without the express written consent of the executive director or the CEO. (Groups enjoying the Y for birthday parties or other functions may receive permission for Y staff to take pictures during the event).

Anyone seen taking pictures of another person without their permission or knowledge will be prosecuted to the full extent of the law by the YMCA and may lead to the termination of their membership.

Dress Code

- Members and guests are required to wear appropriate gym clothing while using the Y facilities. Closed-toe athletic shoes, shirts and shorts or athletic pants (**no denim**) must be worn during exercise in workout areas of the facility. Work boots and street shoes are not permissible. Please refrain from wearing indecent or revealing clothing. You must wear a shirt or workout top that covers your entire torso in the Wellness Center. It is perfectly acceptable to wear a sports bra workout top in the Multi-Purpose room.
- Personal hygiene and cleanliness are expected and required.
- Appropriate swimsuits must be worn when using the pool. Street clothes and or shorts with zippers are not permitted in pool. Please no black soled shoes allowed in the pool. Cover-ups must be worn over suits in the social (lobby/lounge) areas. Swim diapers are required for children not yet potty-trained and are available for sale at the front desk. Please, no wet suits beyond the pool locker area. (Members/guests with body art that is not considered "family oriented" will be asked to wear clothing that covers the art).

Facility Use

- The pool is open for adult and family swim and/or exercise. Children 13-16, after passing the swim test, may use the pool without a parent present in the building. They will be issued a blue wrist band or green wrist band if they have also passed the Fit Teen test in the Wellness Center. Parents may sign children ages 10-12 into the pool and proceed to another area in the Y as long as the child has passed a swim test (a blue wrist band will be issued). Children must remain in the pool area until the parent signs them out, and they can not use the locker room without a parent. A bathroom is available on the pool deck. Children 9 and under, upon passing a swim test, may be in the pool unaccompanied (a red wrist band will be issued). However, a parent or guardian must be on the pool deck. Children unable to complete the swim test must have a parent or guardian in the pool with them at all times.
- The sauna is available for all members age 13 and over. Children age 10-12 may use the sauna in the company of a parent or guardian. Children younger than 10 may not use the sauna.
- The multi-purpose room is available during non-class times for stretching. It is also available when training with a personal trainer.
- For your safety, proper athletic attire and athletic shoes must be worn during workout. If dressed improperly, or inappropriately, you will be asked to change. Inappropriate or sexually revealing attire is not permitted.

- Food and drink (besides water and sports drinks) are not allowed in the pool, sauna or workout areas. Allowable drinks must be in a container with a lid. No drinks are allowed in the sauna.
- Please refrain from chewing gum in the facility. Please dispose of gum in receptacles.
- The YMCA and its campus is a tobacco free environment.
- The YMCA recycles plastic and paper. Please dispose of recyclables in their proper bins.

Family Environment

- At the discretion of the YMCA, membership or service may be denied or revoked for any reason, including but not limited to, fighting, abusive language, smoking in and around the facility, drug use, stealing, inappropriate behavior towards other members, guests, or staff, vandalism of facility or property, and/or loitering.
- Profanity, harassment, and sexually explicit conversations are not permitted at the Georgetown County Family YMCA. Please refrain from using expletives or objectionable language in all areas.
- The YMCA and its property is a tobacco free environment. Please do not use tobacco products on the YMCA campus.
- Carrying or concealing a weapon is prohibited.

Holiday Schedule

Abbreviated hours and schedules are posted 5 days prior to change. The YMCA staff observes the standard holidays. Facility hours may be shortened on additional days.

Lockers

Lockers are for day use only. Members and guests may exchange their car keys for a lock while supplies last. Personal belongings should be placed inside a locker during workouts. **Please remember to lock all personal items in the lockers.** Locks should be removed after the workout session. Locks remaining at the end of the day will be removed and the contents will be stowed in the director's office. Members are encouraged to bring their own locks- especially during peak hours as the gym's supply of locks is limited.

Lost & Found

Georgetown County Family YMCA is not responsible for lost or stolen items. Members are encouraged to use locks on day lockers during visits. Found items turned in to the YMCA Welcome Center are kept for **30 days** and then donated to a local charity or thrown away.

Personal Trainers and Training Sessions

- On the first visit to the Wellness Center, a health history questionnaire, informed consent, and when necessary, physician clearance are completed. After that, an appointment will be scheduled with a personal trainer.
- Our Certified Personal Trainers on staff at the YMCA are also available for hire.

Parking Lot, Children & Pets

For safety of all parties, no child under the age of 13 should be left unattended in any area of the YMCA, to include the parking lots. While every effort will be made to locate the parents, the Georgetown County Sherriff's Office will be notified immediately of any unattended children discovered in a vehicle.

We love our pets, too. But, for the safety of our members and guests as well as the pets, animals are not permitted on the YMCA campus. There is no place to keep them safe and comfortable; further it is a DHEC regulation they not enter the facility. **Guide dogs and service dogs are permitted.**

Leaving pets unattended in vehicles or in the parking lot is forbidden on YMCA campus.

Program or Class Registration

Registration and payment for all lessons, programs or classes are handled at the Welcome Center. Members are encouraged to utilize computers at the Welcome Center to register for classes on their own once they become comfortable with the system by using the YMCA website at www.coastalcarolinaymca.org.

YMCA Pro Shop

There are a variety of items available for purchase at the Welcome Center. Items available include apparel, aquatics workout items, and health related devices. Please see the Welcome Center to purchase these items.

Georgetown County Family YMCA Aquatics

Pool Amenities

- 6 lanes, 25 yards, 3 ft. 6 in. shallow to 6 ft. deep end
- Men's, Ladies' and Family locker rooms
- Dry sauna on deck
- Lifeguards on duty at all times for all programs

Aquatics Programs

- Private and Group swim lessons (for children and adults)
- Competitive swim team
- SCUBA certification courses
- Lifeguarding and Junior Lifeguarding courses
- Pool Rentals- Birthday Parties, other events.

Pool Rules

Children swimming policy:

All members and guests ages 16 and under will take a swim test, to be administered by a member of the aquatics staff **ONLY**. The test consists of:

1. Jumping feet first into the shallow end of the pool and recovering to a standing position
2. Swimming one length of the pool front crawl without stopping, touching the side or bottom of the pool
3. Treading water for 30 seconds
4. Returning to the side of the pool and safely exiting the water using the ladder

All segments of the test must be completed continuously, and a parent/guardian must be present when the test is administered. The swim test is implemented for safety reasons. Persons who do not /cannot pass the test are encouraged to take swimming lessons.

All members age 12 and under must be signed in and out of the pool area by a parent/guardian, even when accompanied by a parent/guardian in the pool or on the pool deck.

Other pool rules include:

1. It is recommended that individuals shower before entering the pool. We ask that any member exiting the sauna also shower before getting into the pool.
2. Always enter and exit the pool area through the locker rooms.
3. Please refrain from unnecessary conversation with the lifeguard(s) on duty.

4. **NO RUNNING!** Be safe and always walk when on the pool deck.
5. Dangerous practices including sitting or standing on shoulders, pushing, pulling, dunking, throwing of another person, and hanging on lane lines are not permitted. Performing front flips and back flips from the side is also prohibited. Diving or jumping from the blocks on the deep end wall is only allowed under the supervision of an instructor or coach during swim lessons or swim team practices.
6. No candy, gum or food is permitted in the pool area. Only beverages in sealed, plastic containers are allowed on deck.
7. Any inflatable devices, such as water wings or arm floats that are not United States Coast Guard (USCG) approved are not permitted for use as the sole means of support for a non-swimmer. A parent/guardian must be within arm's reach of non-swimmers using these devices at all times.
8. During open swim hours, small play items such as beach balls will be allowed provided they do not create an unsafe situation for members/guests or become a distraction for lifeguard(s).
9. There is to be **NO** changing of diapers, clothes, etc. on the pool deck. Please proceed to the locker rooms to perform these tasks.
10. Prolonged underwater breath holding is not permitted.

Lap Swimming Etiquette

No lap lanes will be reserved for any one individual or family. Where there is more than one person in a given lap lane, swimmers must circle swim. **Circle swimming** is swimming on the right side of the lane in a counter clockwise direction, so that multiple lap swimmers may be in one lane. Lap swimmers are to share lanes and as a courtesy, let the other swimmers in that lane know that he/she is entering the water.

Sauna Rules

- No one under the age of 10 may use the sauna. Children between the ages of 10 and 12 must have direct parent/guardian supervision to use the sauna.
- The sauna is not recommended for persons in poor health, pregnant, those with cardiac related conditions or high blood pressure. Please consult a physician before using the sauna if you have any of these conditions.
- Do not exercise in the sauna. The sauna is not to be used as a weight loss tool. Excessive exposure can be harmful to yourself and your time in the sauna should be limited to no more than 30 minutes.
- Sauna users should not ignore the following warnings: feeling of discomfort, dizziness, feeling sleepy, or shortness of breath. The lifeguard may, at any time, ask a patron to exit the sauna who is exhibiting any of the above or if they feel the patron is putting themselves and others in an unsafe situation.
- No food or drink is permitted in the sauna.
- No street shoes/sneakers are permitted in the sauna.
- Our sauna is a DRY SAUNA. No water is permitted on the sauna heating unit. The water damages the unit and causes bacterial build-up that is unhealthy.

Volunteer & Employment Opportunities

Volunteering

Our facility is able to thrive based on the efforts and assistance we receive from our team of volunteers. Whether you read to children, find items for an auction or conduct a group meeting, you can make a big difference in the lives of others. If interested in learning more about our volunteer opportunities, please contact the Welcome Center at 843.545.9622 or stop by to complete a volunteer application. Volunteer trainings will occur twice a year.

Employment

The Georgetown County Family YMCA's goal is to encourage youth development, healthy lifestyles and social responsibility. We are able to achieve that goal by employing people who exemplify the values of our mission: caring, honesty, respect and responsibility. If you are interested in making a difference in someone's life, whether they are age 2 or 92, please ask about our employment opportunities. We would love to talk to you about joining our team!

LEED Certification Benefits for the Georgetown County Family YMCA

The decision of the Board of Managers and the Staff of the Georgetown County Family YMCA, a branch of the YMCA of Coastal Carolina, to achieve LEED certification for its new facility in Georgetown was made based on several factors. We are pleased to be among the first GOLD certified buildings along the coast of South Carolina.

Environment: While sustainable building design provides obvious benefits to our land, air quality and preservation of natural resources both at home and across the world, the preservation of the tradition, history and natural beauty of Georgetown County is of utmost importance to citizens, families, donors and future generations.

Conservationism – Georgetown County has a long tradition of individuals and organizations that are steeped in the belief that natural resources should be protected. Through land-use protection grants, easements and trusts, it is commonplace in our county to maintain the integrity and pristine nature of our natural resources.

Benefit – LEED Certification provided an opportunity for the YMCA to construct a new, state-of-the-art facility for Georgetown County residents on more than 20 acres of land while still being respectful to the environment, tradition and deep belief systems of the citizens. While most recognize that growth will happen in our community, most will only settle for growth that is smart and considers the future for us all. As the YMCA was welcomed into the community, its leaders wanted to be sure that smart growth was central to its design, function and construction.

Operational Cost Savings: According to the University of South Carolina, overall financial benefits of a green building equate to \$50-\$70 per square foot over the lifetime even after a \$2-\$3 per square foot premium cost. In addition, the average green building saves 20-30% in energy costs.

Member/Employee Retention: As a health-serving organization, the YMCA leadership believed it had an obligation to our community to be a leader in health-related issues. LEED Certification has been proven to increase morale and attendance among those who occupy the facilities. Employee retention has been shown to increase with fewer absences and less turnover. This will mean the same for our members as the realization that health issues such as allergies, asthma, vitamin deficiencies and overall happiness, health and well-being are improved as a result of spending more time in a LEED-certified facility. Among staff, lower productivity and higher medical/insurance costs are reduced in a LEED building. A 1% increase in productivity (about 5 minutes per day) which equals \$600-700 per employee per year results from worker satisfaction and health in LEED facilities. (*University of South Carolina data*) In schools, academics have been shown to increase by 20% in Language Arts and Math which bodes well for our child care objectives and among the elderly, increased health and wellness is a target for our increasing retired population.

Green Visuals in and around the YMCA:

Natural light, recycled plastic in our lockers and floor materials and the use of low VOC paints are just a few of the ways that the Georgetown County Family YMCA achieved points toward its LEED certification .

HOV (High Occupancy Vehicle—meaning 2 or more) and Low Emitting Fuel Efficient Vehicle (for hybrids) parking spaces – all outlined in GREEN in our parking lot – promote carpooling and fuel-saving vehicles at the YMCA.

Water saving features in our YMCA (toilets, waterless urinals, showers, faucets and irrigation system) results in a 43% savings in water consumption!

**These rules and policies are subject to change without notice*