



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GENERAL FACILITY INFORMATION

DOWNTOWN SEATTLE YMCA

WELCOME TO THE Y

Whether you live, work, or play downtown— or all of the above— the Y has something for you.

Visit our centrally located, fully equipped facility to take a tour and meet our friendly staff. Whatever your health and well-being goals, we offer many free and low-cost programs to keep you moving, learning, and connecting with others.

The Y is a community hub where you'll meet people of all ages and interests looking to achieve goals and connect with others.

HOURS OF OPERATION

Facility: Monday-Friday: 5:00am-9:00pm
Saturday: 7:00am-4:00pm
Sunday: Closed

Pool: Monday-Friday: 5:30am- 9:00am, 11:00-1:30pm, 4:30-7:30pm
Saturday: 7:00am-11:45am
Sunday: Closed

PARKING

Validated parking is available at the 4th and Madison Tower. Please validate your ticket at the Member Services Desk.
Monday- Friday only: 6:00am-8:30am & 4:00pm-7:00pm. \$5 flat rate during these times.

MEMBERSHIP RATES

YMCA OF GREATER SEATTLE

Enjoy full access to 12 facilities during regular membership hours.

| Membership Type | Monthly Dues | Join Fee |
|--------------------------------|--------------|----------|
| Individual Adult | \$60 | \$100 |
| Two Adult Household | \$93 | \$125 |
| Two Adult Family | \$99 | \$125 |
| One Adult Family | \$78 | \$100 |
| Individual Senior (65+) | \$51 | \$75 |
| Individual Young Adult (14-24) | \$35 | \$50 |
| Individual Youth (birth-13) | \$29 | \$25 |

DOWNTOWN SEATTLE YMCA

909 4th Avenue, Seattle, WA 98104
P 206 382 5010 F 206 382 7283 downtownseattleyymca.org

YMCA TRIANGLE MEMBERSHIP

The YMCA Triangle Membership allows you to use any of the 25 YMCA facilities throughout the Puget Sound and is perfect for those who travel or live in one area and work in another.

| Membership Type | Monthly Dues | Join Fee |
|------------------|--------------|----------|
| Individual Adult | \$69 | \$125 |
| Two Adult Family | \$97 | \$150 |
| One Adult Family | \$75 | \$125 |

EXPRESS MEMBERSHIP/DOWNTOWN DESIGNATED

Enjoy the Downtown Seattle YMCA during off-peak hours. Express members have full facility access during the following times:

9:30-11:30am 1:30-4:30pm
7:00-9:00pm Saturday: 7:00am-4:00pm

| Membership Type | Monthly Dues | Join Fee |
|-----------------|--------------|----------|
| Express | \$38 | \$75 |

FINANCIAL ASSISTANCE

Through the generosity of donors, the Downtown Seattle YMCA is able to provide assistance if you can not afford the full membership fees. All YMCA members receive the same membership benefits, regardless of whether or not they are receiving financial assistance and your application if processed confidentially.

BUILDING GUIDE

6th Floor- Group Exercise & Gym: Gymnasium, volleyball/basketball court, 3 multi-purpose group exercise rooms, punching bags, ping pong, and Pilates reformer studio.

5th Floor- Cardio & Weights: State-of-the-art bicycles, AMT's, treadmills, rowing machines, elliptical trainers, free weights, indoor track, stretching areas.

4th floor- Welcome Center, Locker Rooms & Racquetball Courts: Locker rooms, massage therapy room, racquetball/squash courts, steam room, sauna, whirlpool, lounge, pool elevator

1st Floor- Lobby: Member Services Desk, communication center, Triangle Art Gallery, Chapel, large meeting rooms, drinking fountain.

Ground Level- Swimming Pool: Swimming pool, gender neutral changing area. Access via 4th floor elevator.

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

GUESTS

All guests of the Downtown Seattle YMCA are asked to provide photo ID and sign our facility use cards at point of entry.

Guests of Members: Members may bring 12 guests per year to the Downtown Seattle YMCA.

Triangle Members: YMCA of Greater Seattle, YMCA of Snohomish County, Tacoma Pierce County YMCA, and Kitsap Family YMCA Triangle Members receive full and equal membership privileges at all facilities of participating Associations.

Members of other Greater Seattle branches: Individuals who are members of a single branch/unit may use the facilities of another branch/unit 12 times per calendar year.

Visiting Members of National/International YMCAs: Members of other YMCAs may use YMCA of Greater Seattle facilities 12 times per calendar year without charge.

Daily Visitors: Individuals who are not members of the YMCA but would like to have access to the facility are able to do so by providing valid identification that includes both a photograph and a date of birth, filling out an information card, and paying the appropriate day fee.

| | |
|----------------------|-------------|
| Adult (21+) | \$10 |
| Adult Couple | \$15 |
| Teens (14-20) | \$7 |
| Youth (0-13) | \$5 |

EVERYONE IS WELCOME

The YMCA is a membership organization open to all people. We welcome women and men, girls and boys of all ages, races, ethnicities, religions, abilities and financial circumstances. YMCA programs and branches embrace diversity, reflecting the needs and composition of the communities we serve.

POLICIES

Youth & Families: While everyone is welcome at the YMCA, parents/guardians are expected to maintain supervision of their children at all times.

Youth 14 and older may utilize all fitness areas. However, a Total Health Consultation is strongly recommended as well as a full facility orientation.

Youth under the age of 14 must be accompanied by an adult in all activity areas.

Lockers: There is no charge for day use lockers. Please be sure to bring your own lock or purchase one at the Member Services Desk. All items in day use lockers must be removed when you leave the building. Locks left on day use lockers at the end of the day will be removed by staff and items will be placed in the lost and found for 7 days.

DOWNTOWN SEATTLE YMCA

909 4th Avenue, Seattle, WA 98104

P 206 382 5010 F 206 382 7283 downtownseattleyymca.org

Disabilities: If you have a disability, need further assistance, or more information, please contact the Downtown Seattle YMCA at 206-382-5010 or via our TTY at 206-382-5342.

Satisfaction Guaranteed: If you are not completely satisfied with your membership, notify Member Services within the first 30 days and we will refund your joining fee. The joining fee is non-refundable after 30 days. Monthly membership dues are non-refundable.

Insurance Disclaimer: It is the member or participant's responsibility to provide his or her own accident and health insurance. The YMCA does not provide any such coverage for members or participants.

Lost & Found: The YMCA is not responsible for lost or stolen articles. Lost and Found items are kept at the Member Services Desk for 7 days and then are donated to a charitable organization.

Identification: The YMCA is a membership organization. Photo ID with proof of age is required for membership.

Cancellations and Refund Policy: All schedules, activities, class fees, and staff may be changed or cancelled by the YMCA without notice. If

CODE OF CONDUCT

The complete Code of Conduct can be found at the Member Services Desk. Below are some general expectations.

- Uphold the YMCA core values of respect, responsibility, honesty, and caring.
 - Provide an atmosphere free of derogatory or unwelcome comments, conduct or actions of sexual nature, or actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
 - Be respectful and cooperative with YMCA staff and others
 - Out of a courtesy of all members, please use cellular phones only in lobby areas.
 - Wear shoes and clothing that are appropriate for the activities in which you are participating.
- The following will **NOT** be tolerated at YMCA facilities and in YMCA programs:
- Abusive, harassing, and/or obscene language or gestures.
 - Threats of harm, physical aggression or violent acts.
 - Weapons of any kind.
 - Sleeping.
 - Smoking or use of chew tobacco.
 - Consumption of food or beverages outside lobby areas.
 - Damaging or defacing YMCA property.
 - Possession, sale, use or being under the influence of alcohol or illegal drugs.
 - Use of cell phones or video devices in private areas.
 - Activities of a sexual or provocative nature.

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.