



WELCOME TO THE YMCA

The **Downtown Seattle YMCA** operates a modern fitness facility in a classic building, serving the downtown working community and surrounding neighborhoods. We provide a friendly, down-to-earth atmosphere where everyone is welcome.

At the YMCA we focus on total health and wellness to develop self-efficacy and sustained health and wellness in our communities through a diverse group of programs, activities and social events. We believe this approach is the key to consistent and sustained health and wellness in our lives. We want to ask the right questions about your past and present health and wellness activities to best assist you on your total health journey.

HOURS OF OPERATION

Facility: **Monday-Friday:** 5:00am-8:00pm
Saturday: 7:00am-Noon
Sunday: Closed

Pool: **Monday-Friday:** 5:30am-8:30am,
 11:00am-1:00pm, 4:30pm-7:30pm
Saturday: 7:00am-Noon
Sunday: Closed

MEMBERSHIP RATES

YMCA of Greater Seattle: Enjoy full access to 11 facilities during regular membership hours.

Membership Type	Monthly Dues	Join Fee
Adult	\$55	\$100
Adult Couple	\$85	\$125
Family	\$93	\$125
Single Parent Family	\$68	\$100
Senior (age 65+)	\$47	\$75
Teen (ages 14-20)	\$27	\$50
Youth (birth-13)	\$25	\$25

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 who live in one area and work in another.

Membership Type	Monthly Dues	Join Fee
Adult	\$69	\$125
Family	\$97	\$150
Single Parent 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	unlimited Saturday use.

Membership Type	Monthly Dues	Join Fee
Express	\$35	\$75

PARKING

Validated Parking is available at the 4th & Madison Tower, located next door to the YMCA on Fourth Avenue. There is an entrance between Fourth and Third Avenue on Madison, and another on Marion. Please validate your ticket at the YMCA Membership Desk.

Monday-Friday only: 6:00am-8:30 am & 4:00pm-7:00pm
\$4 for a maximum of three (3) hours.

BUILDING GUIDE

7th Floor—Cardio Machines: Bicycles, treadmills, rowing machines, elliptical trainers, cable televisions, restrooms.

6th Floor—Group Exercise & Gym: Gymnasium, volleyball/basketball court, 3 multi-purpose group exercise rooms, punching bag, ping pong and game room, lounge.

5th Floor—Weights: Free weights, indoor track, nautilus equipment, digital life circuit equipment, stretching areas.

4th Floor—Locker Rooms & Racquetball Courts: Locker rooms, massage therapy room, racquetball/squash courts, steam room, sauna, whirlpool, lounge, pool elevator.

1st floor—Lobby: Membership Services Desk, communications center, Triangle Art Gallery, chapel, elevators to floors 4-6, large meeting rooms.

Ground Level—Swimming Pool: Swimming pool, family changing area. Access is available via elevator from the 1st or 4th floors.

GUESTS

All guests of the Downtown Seattle YMCA are asked to provide government issued photo ID and sign our guest book on each visit.

Guests of Members: Members may bring 12 guests per year to the Downtown Seattle YMCA with their printed guest passes.

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 YMCA of Greater Seattle branches: Individuals who are members of a single branch/unit may use the facilities of another branch/unit one time per month without charge. If using a specific facility more than one time in a month, they will be expected to pay the daily membership rate.

Members of other Western Washington YMCAs: Members of other YMCAs in Western Washington may use YMCA of Greater Seattle facilities a maximum of one time per month without charge. If using the facility for additional days, they will be expected to pay the daily membership rate.

Members of YMCAs outside Western Washington: Members from other YMCAs around the world will be recognized as full members for up to 21 days in a calendar year by presenting a current membership card. For additional visits, they will be expected to pay the daily membership rate.

Daily Visitors: Individuals who are not members of the YMCA of Greater Seattle 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 birth date, filling out an information card, and paying the appropriate day fee.

Adults 21+	\$10
Youth 13-20	\$5
Children 0-12	free with parent/guardian

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 membership 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 14 days.

Financing: If you cannot afford the full cost of a YMCA membership, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need.

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 line at 206.382.534.

Satisfaction Guaranteed: If you are not completely satisfied with your membership, notify the Membership Office within the first 30 days and we will refund your joining fee. The joining fee is non-refundable after 30 days. 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 14 days and then donated to a charitable organization.

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

Cancellation and Refund Policy: All schedules, activities, class fees and staff may be changed or cancelled by the YMCA without notice. If the YMCA cancels a class that has a fee, a full refund or credit toward another session will be issued. For specific refund requests, inquire at your local YMCA.

Returned Checks: The YMCA reserves the right to charge up to a \$25 service fee on all returned checks and electronic fund transfers which are not honored by the bank.

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 they serve.

CODE OF CONDUCT

The YMCA is committed to providing a positive atmosphere that is safe and inclusive to all in our community. Therefore, the YMCA of Greater Seattle has adopted a **code of conduct** to govern the actions and behavior of all people while in our facilities and while participating in YMCA programs. The complete code of conduct can be found at the Membership Services Desk. Below are some general expectations.

Individuals are expected to:

- Uphold the YMCA core values of respect, responsibility, honesty, caring, faith and fun.
- Provide an atmosphere free of derogatory or unwelcome comments, conduct or actions of a 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 to 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 beverage outside of lobby areas.
- Damaging or defacing YMCA property.
- Possession, sale, use of being under the influence of alcohol or illegal drugs.
- Offensive and unlawful conduct.
- Use of cell phones or video devices in private areas
- Activities of a sexual nature or provocative nature.

Individuals who experience or observe this type of conduct are encouraged to promptly report their concerns to YMCA staff. Every effort will be made to ensure that reports are investigated and resolved promptly, confidentially and effectively.

CONTACT INFORMATION

Membership Services Desk

Phone: 206-382-5010

Web: www.downtownseattleyymca.org

Shalimar Gonzales, Director of Membership

Phone: 206-382-5017

Email: sgonzales@seattleyymca.org

The Downtown Seattle YMCA provides financial assistance to the extent possible to those in need.

All programs are open to Facility Members. Program Memberships are also available for enabling participants to sign-up for fee-based YMCA programs.