



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME TO BELONGING

YMCA at the Austin Community Recreation Center (ACRC)



YMCA at ACRC • 501 4th Avenue NE Austin MN 55912 • 507,433,1804 • www.ymcaatacrc.org

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

Welcome!

Now that you are a member of the YMCA, you are an essential part of an organization dedicated to ensuring that the community of our highest expectations can become a reality. Like you, we envision a community where young people have caring adults to provide support, guidance and encouragement as they grow and thrive. Where people from all backgrounds and walks of life come together to raise families in a safe, hospitable environment. It is a place where together we can harness our individual strengths and bring about positive change around us...make the dream of a healthy spirit, mind and body achievable for all.

We've always known that positive change only comes about when we invest in our kids, our health and our neighbors. And that's why we're here. We have three areas of focus:

YOUTH DEVELOPMENT:

Young people need caring adults to provide support, guidance and encouragement as they grow.

HEALTHY LIVING:

Wellness in spirit, mind and body strengthens our very being and enhances our interactions with others.

SOCIAL RESPONSIBILITY:

We truly are in this together and together we can harness our individual strengths and bring about positive change around us.

Thank you for joining the YMCA at ACRC where you are a valued member of our family. We look forward to continuing to meet the needs of the people and families in Austin and with your support, we will work to enrich more lives and more families and strengthen the community around us for decades to come.

Warm Regards,

Diane Baker
CEO
YMCA at ACRC

YOUTH DEVELOPMENT

[School-Age Child Care](#)
[Preschool](#)
[Youth Sports](#)
[Youth/Teen Center](#)

HEALTHY LIVING

[Health, Wellbeing & Fitness](#)
[Healthy Aging](#)
[Personal Training](#)

SOCIAL RESPONSIBILITY

[Volunteerism & Support](#)
[Financial Assistance](#)
[Program Scholarships](#)

HEALTH, WELL-BEING, AND EVERY OPPORTUNITY TO REACH FARTHER. IT'S ALL IN YOUR YMCA MEMBERSHIP!

Benefits of Membership

- 105,000 Sq Ft State-of-the-art Facility
- Open Concept Wellness Center
- Free Standing Functional Fitness Rig
- 6 1/2 Laps Per Mile Track
- Indoor 6-Lane Lap Pool
- Indoor Family Fun Pool
- Multi-purpose Gym
- Regulation Size Wood Gym
- Separate Youth/Adult Locker Rooms
- Dry Saunas and Whirlpool
- Child Watch
- FREE New Member Orientation
- FREE Group Exercise
- Special Member Pricing on Programming



YMCA Member, Participant, and Guest Code of Conduct

The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and wellbeing, the YMCA asks all persons to act appropriately when in our facility, on our property, or participating in our programs.

We expect persons using the YMCA to act maturely, to 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 and may lead to suspension or termination of membership:

- Using or possessing alcohol or illegal drugs on YMCA property, in YMCA or facilities, or at YMCA sponsored programs.
- Smoking on YMCA property – all YMCA buildings and grounds are smoke-free and tobacco-free environments; this includes e-cigarettes.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior. The YMCA has zero tolerance for discrimination against any person for their race, religion, gender, or sexual orientation.
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire is not allowed. Shirts must be worn over sports bras. Athletic shoes must be worn on wood floors. Proper swimsuits must be worn in pool areas. Appropriate workout/activity attire is always required. No clothing with vulgar language or racial slurs is allowed.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property.
- Carrying or concealing any weapons, devices, or objects that may be used as weapons (*including items that appear to be real*). The YMCA bans all weapons on premises with or without a permit.
- Any willful activity that may result in the harming of the member, guest, or others.
- Use of YMCA social networking websites in a manner that is contrary to the YMCA's mission, is detrimental to the community, or is in violation of the law.
- Use of cameras or other picture taking or recording devices is not permitted in the locker rooms.
- Taking pictures or video of another person at the YMCA, without their permission and knowledge, is not allowed.






In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages. To ensure the safety of our members, the YMCA conducts regular sex offender screenings on all members, participants, and guests.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a Director on duty or front desk personnel.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct or other YMCA policies. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be suspended pending a final decision. Suspension or termination of YMCA membership privileges may result from a decision by the Code of Conduct Committee if they deem a violation has occurred.

5 WAYS TO GET THE MOST OUT OF YOUR MEMBERSHIP

At the Y, we're here for you every step of the way. We want our members to have the best experience possible. Here are five ways to help you get the most out of your membership at the YMCA at ACRC!

-  **SIGN UP FOR A NEW MEMBER ORIENTATION!**
-  **SET A SCHEDULE AND STICK WITH IT!**
-  **HIRE A PERSONAL TRAINER!**
-  **SIGN UP FOR A GROUP EXERCISE CLASS OR A WATER EXERCISE CLASS**
-  **GET THE WHOLE FAMILY INVOLVED!**

MEMBERSHIP PRIVILEGES AND RESPONSIBILITIES

Membership Dues, Agreements and Policies

- The Joiner's Fee is a one-time fee for a membership that remains active.
- If membership is inactive for more than 30 days, a Joiner's Fee will be charged when reapplying for membership.
- You must be a member for **2 FULL MONTHS** before a membership can be terminated.
- If membership dues are paid via credit card or electronic funds transfer, it is understood that this is a continuous membership plan unless placed on hold or terminated by the member. Membership dues will be automatically drafted on the first day of every month.
- The Membership Termination form can be found on our [website](#) and must be completed prior to the 26th of the month to stop the membership dues from being drafted for the next month.
- A \$15.00 return fee will be charged for all refused/returned debit cards, credit cards, or returned checks for any fees incurred at the YMCA in addition to any bank fees associated with the return.
- Membership dues will continue even if member does not utilize the facility and will continue until membership is terminated.
- All membership dues are subject to change. If they change, a 4 week advance notice will be given.
- It is the member's responsibility to notify the YMCA of any change in address, bank account information or debit/credit information/expiration date.
- Membership dues are not subject to refund and member is responsible for outstanding balances.
- If membership is canceled any unapplied insurance reimbursement will be forfeited.

Member Hold Policy

YMCA members may place membership on hold one time for up to three consecutive months per calendar year without having to pay dues. Members must complete the [Membership Hold form](#) or contact Member Engagement Team. Once the hold is over, monthly membership dues will automatically begin again unless member fills out the [Membership Termination form](#).

Membership Change Policy

Your membership is flexible, you may [change your membership](#) type from one to another at any point during the month. We will not issue refunds, however if additional members are added to the membership mid-month, we can prorate the amount due for the month. If you need to change your automatic payment, changes must be received before the 1st of the month to take effect the following month. Any changes received after the 1st of the month will take effect the following month. Annual membership payments are non-refundable and non-transferable; however we can prorate the increase if adding additional members.

Safety and Security

When using the YMCA, please bring a lock to secure your belongings, including car keys and wallets, at all times. Valuables are best left at home. The YMCA is not responsible for lost, stolen or damaged property. Use of cameras or other picture taking or recording devices is not permitted in the locker rooms. Taking pictures or video of another person at the YMCA, without their permission and knowledge, is not allowed.

Amenities & Age Requirements

• Changing Rooms & Locker Rooms

- ◇ 6 Individual Changing Rooms with Showers
- ◇ 2 Changing Rooms on Fitness Floor
- ◇ Adult Locker Rooms- Must be 18+
- ◇ Youth Locker Rooms- Boys and Girls (*any age*)
- ◇ Cell phones must be turned off and put away while using changing rooms & locker rooms
- ◇ Lockers are for day use only
- ◇ If belongings are left overnight, they may be removed by YMCA staff

- **Fitness Floor** (*Cardio, Strength Equipment & Track*)

- ◇ **OPEN TO AGES 14 AND OLDER**

- ◇ Youth ages 14-17 must complete a parent authorized Youth Orientation before working out on the fitness floor. Talk to a Fitness Floor Attendant for orientation

- **Lower Gymnasiums**

- ◇ Must be at least 10 years if attending without an adult (*18 years +*)
 - ◇ Youth under 10 years must be supervised **AT ALL TIMES**

- **Family Fun Pool**

- ◇ Bring your own towels, flotation devices (need to be US Coast Guard approved), swim toys, and swim diapers. The YMCA will not provide any of these items
 - ◇ There must be at least 1 adult in each party for kids under 10 years
 - ◇ Must be at least 10 years to swim independently without an adult after successful completion of Swim Test as provided by lifeguard staff

- **Lap Pool**

- ◇ Must be at least 10 years to swim independently without an adult after successful completion of Swim Test as provided by lifeguard staff

Inclement Weather Policy

In the event of inclement weather, scheduled programming may be affected. The facility will remain open to members including: Fitness Floor, Lap Pool, Gym Reservations, Group Fitness classes.

Communication of weather updates will be shared on our Social Media Channels (Facebook, Instagram, LinkedIn & Twitter), Website, KAAL/ KTTC/KIMT/FM100/1400AM and an email notification to program participants.

In the event of the following, our procedures are:

Late Start at Austin Public Schools (APS):

All fee-based YMCA programming will be canceled until Noon. Group Fitness will be conducted unless an instructor informs you otherwise. Personal Training will be left up to the discretion of the trainer and communicated to affected Members.

Early Release at Austin Public Schools (APS):

All afternoon/evening fee-based programming will be canceled. Group Fitness will be conducted unless an instructor is unable to make it in. Personal Training will be left up to the discretion of the trainer and communicated to the affected Members.

Austin Public Schools (APS) Closed:

All fee-based YMCA programming will be canceled. Group Fitness will be conducted unless an instructor is unable to make it in. Youth/Teen Center will be closed. Personal Training will be left up to the discretion of the trainer and communicated to the affected Members. Plan for when APS has Distance Learning: Decision to close programming will be made by 9:00pm for the following day to the extent possible. The decision will be made by Melissa Hussey with input from other Directors affected by the cancellation. Participants will be notified by email in addition to Social Media/Website/KAAL/KIMT/FM100/1480AM.

COOL STUFF FOR EVERYONE

School Aged Child Care

Children Growing Confidently in the Direction of their dreams

At your YMCA, safe and affordable childcare is also the BEST childcare available anywhere. Our high-quality childcare staff provide a gentle, nurturing environment. They recognize the uniqueness of each child and seek to build their confidence, self-esteem and social skills through age-appropriate, engaging programs and activities. With the happiness and well-being of your child always top-of-mind, YMCA childcare gives you the peace-of-mind you want while you are away.



Preschool

Learn, Grow, Thrive

Our licensed program offers preschool education to children ages 33 months to 5 years. Our qualified teachers place an emphasis on social emotional development as well as preparing students academically for kindergarten. Our preschool holds a food license and offers fresh, healthy snacks daily. Our daily routine includes free play through structured and unstructured activities which include art and science projects, large and small motor movements, stories and music, group time, individual project work and character development activities. We strive to provide an intellectual and social experience while also focusing on a student's overall health and wellbeing. Each student enrolled in our preschool, receives access to our brand new facility including our gym and Indoor Playground. Students also receive a session of swimming lessons at no additional cost.



Swim, Sports & Play

Sportsmanship, Teamwork & Fun

Whether it's basketball, soccer or volleyball you can get in the game at your YMCA! For Kids, the YMCA offers programs that teach basic skills and sportsmanship in an atmosphere of pure fun! And if you love the water, well then, dive in. Everyone knows the YMCA teaches the world to swim, and no one offers better instruction than us. We have classes for every age and skill level. And if tumbling is your thing or you're just a kid who likes to keep active, we have gymnastics programming for all ages that teaches confidence, discipline, courage, and perseverance.



Youth/Teen Center

Making Friends Never Ends



Our beautiful Youth/Teen Center encompasses more than 3,900 square feet of space for community youth to gather, connect, engage and grow. It features a semi-structured environment complete with tutoring, computers, an electronic game area, gaming tables, craft tables, and supervised access to the YMCA gymnasium. Please check our [website](#) for opening details.

CREATING HEALTHY, HAPPY TOGETHER

Family Time

Coming Together – Laughing Out Loud

Family time is anytime at the YMCA. When you bring the family to the Y, you can enjoy a whole bunch of activities together and have some phenomenal family fun doing it! Our [Aquatic Center](#) encompasses more than 5,300 sq. ft. and accommodates lap swimming, swimming lessons, swim team events, water fitness, water slides and features, and of course, family fun! And don't forget to watch the calendar so you don't miss special family fun events like our Spring Fling & Family Things Event in April & Welcome Week in September.



Health, Well-being & Fitness

Live your Healthiest Life, at every age!



Access to the state-of-the-art fitness facilities and lifestyle health programs at the YMCA means that everyone in your family can live healthier...better...longer! With so many options to become (*and stay!*) active, it's no wonder that the YMCA is the largest and most trusted provider of health and wellness programs in the nation. We offer over 70 [group fitness classes](#) each week including Cycle, Kickbox, Yoga, Pilates, Kettelbells, Bootcamp, Zumba, Body Sculpt and HIIT Interval Training....we even have a Yoga Wall! [Legends/Healthy Aging](#) open to anyone at any age. With programs like our [Moving for Better Balance \(MFBB\)](#), a 12-week program geared to help rehap an injury and/or keep the body moving and active. We are here to help you live your healthiest life with guidance and support from our top-notch fitness staff professionals who are genuinely committed to your success. We invite you to be a part of our wellness community at every age.

Personal Training & Nutritional Support

Staying Fit with Friendship

Whether you're looking to lose weight, build strength, or recover from an injury, our personal trainers will work with you to help you reach your fitness goals. Your personal training journey will begin with an assessment of your current level of fitness as well as an in-depth conversation of your lifestyle, exercise history, and what you're hoping to accomplish with your health and fitness. You will then be matched with one of our trainers who will work with you to design a customized fitness plan which will involve instruction, encouragement, accountability, and the motivation necessary to keep you progressing every step of the way. We are also excited to offer personalized nutrition support packages with our Registered Dietitian.



A COMMUNITY DETERMINED TO REACH FARTHER

Annual Support Campaign

Even with a beautiful new facility, we still have a need for support in our community. We believe that meaningful change can only come about when we all work together to invest in our kids, our health and our neighbors. Every day, we will work side-by-side in our community to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Our Annual Campaign supports this mission and will continue to be a driver for this facility for many years to come.

If you have any questions or want to know more about donating your time or resources, please contact us here. If you'd like to donate online to our cause, click [here](#).

You can also choose to pay via cash or check.

If that is the option you would like, please send to:
YMCA at Austin Community Recreation Center
c/o Annual Support Campaign
501 4th Avenue NW
Austin, MN 55912

Community Partnerships

Community Partnerships At the YMCA at ACRC, we are committed to providing a safe and welcoming environment for all. While there have been many changes the past year, it may have slowed, but it did not stop our important mission to serve our community! Because we are more than just a fitness center, we aim to actively listen and respond to community needs. As restrictions are lifted and guidance changes, we will continue to expand our offerings. We are excited to continue serving our members, participants, and the community at large.

We know that positive change only comes about when we invest in our kids, our health and our community. We strive to meet the needs of people and families in Austin and the surrounding areas. If you would like to partner with the YMCA at ACRC, please let us know! We would love to hear from you!

Financial Assistance & Scholarships

We understand lives can take a turn at times and people may find themselves in difficult situations. That is why the new facility will offer financial assistance and scholarships to make sure membership, programs and services are available to everyone regardless of income or background. Applications will always be confidential, and we will base our financial assistance on both income and family size. You can find more information regarding Financial Assistance by visiting our [website](#).

YMCA LEADERSHIP TEAM

Diane Baker

Executive Director / CEO

E: dbaker@ymcaataacrc.org

P: 507.433.1804 ext 102

Maggie Moore

Member Engagement Director

E: mmoore@ymcaataacrc.org

P: 507.433.1804

Rob Murray

Gymnastics Director

E: gymnastics@ymcaataacrc.org

P: 507.433.1804 ext 106

Kelly Winkels

Director of Operations

E: kwinkels@ymcaataacrc.org

P: 507.433.1804 ext 109

Alyssa Jenkins

Youth Development Director

E: ajenkins@ymcaataacrc.org

P: 507.433.1804 ext 118

Addie Mathias

Member Engagement Coordinator

E: amathias@ymcaataacrc.org

P: 507.433.1804 ext 107

Jasmine Losolla

Childcare Coordinator

E: jlosolla@ymcaataacrc.org

P: 507.433.1804 ext 124

Melissa Hussey

Child Development Director

E: mhussey@ymcaataacrc.org

P: 507.433.1804 ext 105

Brian Tollefson

Facilities & Maintenance Director

E: btollefson@ymcaataacrc.org

P: 507.433.1804 ext 112

Isabelle Reuter

Healthy Living Director

E: ireuter@ymcaataacrc.org

P: 507.433.1804 ext 122

Sheila Tangren

Marketing & IT Coordinator

E: stangren@ymcaataacrc.org

P: 507.433.1804 ext 111

Gretchen Beckel

Admin Assistant

E: gbeckel@ymcaataacrc.org

P: 507.433.1804 ext 121

Kellie Schmidt

Program Coordinator

E: kschmidt@ymcaataacrc.org

P: 507.433.1804 ext 120

Robin Dillon

Membership Training Coordinator

E: rdillon@ymcaataacrc.org

P: 507.433.1804