



ALFOND YOUTH & COMMUNITY CENTER MEMBER HANDBOOK

WELCOME TO YOUR COMMUNITY CENTER!

As a member of the Alford Youth & Community Center (AYCC), you become much more than a place for exercising. You become part of a community where everyone has the opportunity to learn, grow, and thrive.

The AYCC is the only organization across the United States to have combined the Boys & Girls Clubs and the YMCA in one single organization and has successfully been in operation for 20 years!

Altogether, we have been a presence in this community for nearly 100 years. The Waterville Boys Club was founded in 1924 and located between College Avenue and Main Streets and the YMCA of Greater Waterville was established in 1948 and housed on Pleasant Street. In 1972, the Boys Clubs merged with the Girls Clubs and in May 1999, the Boys & Girls Clubs and YMCA here in Waterville joined together in what we now call the Boys & Girls Clubs and YMCA of Greater Waterville at the Alford Youth & Community Center.

We are delighted to be a place where so many call home. The programs we offer enrich the families and our community as a whole and we strive to make a positive impact in the lives of everyone in our community. Welcome to YOUR community.

Our Mission

To inspire and enable all young people and their families to realize their full potential as healthy, productive, responsible, and caring citizens.

Our Values

Caring, Respect, Honesty and Responsibility

What we stand for

Youth Development
Healthy Living
Social Responsibility

ALFOND YOUTH & COMMUNITY CENTER CAMPUSES

Main Campus:

Alford Youth & Community Center
126 North Street
Waterville, Maine 04901

Summer Camp

Camp Tracy & New England Sports Camps
302 McGrath Pond Road
Oakland, Maine 04963

Satellites:

Boys & Girls Club of Oakland
Atwood Primary School
19 Heath Street
Oakland, Maine 04963

North End Boys & Girls Clubs
19 Hillside Avenue
Waterville, Maine 04901

MLB Licensed Baseball Fields:

Maine's Fenway
Camp Tracy Meadows
McGrath Pond Road
Oakland, Maine 04963

Purnell Wrigley Field
47 Mathews Avenue
Waterville, Maine 04901

NON-DISCRIMINATION POLICY

The AYCC makes memberships available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, ability, or financial circumstances without discrimination.

MEMBERSHIP CATEGORIES

Youth - One infant or child, ages 0-18 (does NOT include fitness areas)

Teen - One child, ages 13-18 (Includes fitness areas)

Student - One young adult, ages 19-22

Adult Individual - One adult, age 23-54

Adult Couple - Two adults, ages 23-54, living in the same household

Senior Individual - One adult, age 55 or more

Senior Couple - Two adults, one of which is age 55 or more, living in the same household

Family 1 - One adult plus one or more dependents (under age 18), living in the same household

Family 2 - Two adults plus one or more dependents (under age 18), living in the same household

MEMBERSHIP POLICIES

As a member of the AYCC, you are part of an organization committed to helping everyone in our community have the opportunities they need to learn, grow, and thrive. Our membership policies are designed to ensure we can continue to provide a safe, positive, and nurturing environment where individuals and families feel welcome and at home.

MEMBER CODE OF CONDUCT

Members join the AYCC in an international step toward seeking new opportunities to learn, grow, and thrive. Members come together with people from the community in a commitment to youth development, healthy living, and social responsibility. With the values of caring, honesty, respect, and responsibility, the AYCC works with each member every day to help them realize their potential. We promote and expect the same from our members to create a safe, fun, inclusive, and nurturing place for all. Our Code of Conduct outlines these expectations.

WE ENCOURAGE

- Engaging in healthy lifestyle
- Modeling empathy
- Meeting other people
- Volunteering
- Behaving in a safe way
- Respecting differences and celebrating diversity
- Learning new skills
- Supporting relationships
- Being a role model



MEMBER CODE OF CONDUCT (continued)

The following are not permitted on the AYCC premises, or at AYCC sponsored functions:

- Inappropriate sexual, physical, or verbal contact
- Posturing, bullying, or intimidation
- Using or possessing alcohol (unless express permission is granted for special events)
- Using, possessing or transporting of illegal drugs/chemicals
- Smoking / Vaping / E-Cigarettes - the AYCC and its properties are tobacco & marijuana free environments
- Inappropriate attire
- 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, inappropriate, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling or shouting
- Discriminatory speech or actions
- Sexually explicit conversation or behavior; any sexual contact with another person
- Theft or behavior that results in the destruction or loss of property
- The use of glass containers in the locker rooms, rest rooms, in our martial arts dojo areas and in our aquatics areas are strictly forbidden.
- Loitering within or on the grounds of the AYCC
- Chronic disregard for AYCC policies
- Access to childcare/child watch areas are restricted to staff, volunteers, enrolled children and their families
- The use of cell phones with cameras, all other cameras and/or recording devices are PROHIBITED in all bathrooms, locker rooms, changing areas, and areas where children are present
- Any other behavior deemed in conflict with the AYCC Mission by CEO or COO.

If members are in violation of the AYCC policies and procedures, or for any other improper and/or inappropriate conduct, they may be disciplined. Disciplinary action taken is at the sole discretion of the AYCC and it reserves the right to take whatever action is appropriate based on the nature of the violation. Discipline may result in a verbal, written or final warning, suspension, or immediate termination of membership if deemed appropriate.

In addition, the AYCC 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 a history of violent offenses, 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 chemicals, narcotics or intoxicating beverages. (NOTE: The AYCC conducts periodic sexual offender scans on the National Sex Offender Registry Database)



Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior, and/or should immediately report the behavior to a staff person or the supervisor on duty. Members and guests should not hesitate to notify a staff member if aid is needed.

MEMBERSHIP BENEFITS & PRIVILEGES

Continuity of Membership

Members shall be encouraged to regard membership at the AYCC as a continuous relationship regardless of payment timing. Members are terminated through cancellation by the member (including non-payment of dues) or by action of the Chief Executive Officer or Chief Operating Officer.

YMCA Reciprocity / Nationwide

The AYCC offers universal reciprocity. Members of any other YMCA shall be admitted at no charge (to most of the facility). Verification of membership is required. AYCC members are also eligible for reciprocity throughout the United States on a visiting basis.

Visitors to the AYCC and other YMCA's must present a valid YMCA membership card and a photo ID upon the first visit and complete a visiting member waiver.

Program Enrollment: Members may receive privileges for most programs, including pricing. Members of a YMCA other than the AYCC are considered non-members for program and party/rental usage.

Services for People of All Abilities

The AYCC serves people of all abilities. We provide reasonable accommodations to enable people of all abilities to participate in our programs and utilize our services. Please contact us if there is an accommodation needed.

PHYSICAL READINESS

Before beginning any exercise program, members are encouraged to check with their primary care physician.

SEX OFFENDER POLICY

To enhance the safety of the members, guests, and staff in our facilities, the AYCC monitors the sexual offender registry. Persons on the registry will not be eligible for membership, guest access or program participation at any of the AYCC's properties.

CAREGIVERS

Caregivers of adults or children of different abilities, will be issued a caregiver card to be used when bringing the member to the AYCC. They are required to stay with the member throughout the visit. Caregivers such as nannies and adult assistants (BHP's, case workers, etc.) will be required to have their own membership cards for personal use of AYCC facilities, or they may purchase day passes. Caregivers are not included, as caregivers, in any membership, including family memberships.

GUESTS - DAY PASSES

Guests may purchase day passes for visits to our open activities (Wellness Center, classes, open gym, track, Adventure Playland, etc.) Fees are listed on the schedules for each activity. Guests must be a minimum of 16 years of age to use the facility without a parent/guardian supervision. Guests will be required to sign a waiver of liability.



SERVICE ANIMAL POLICY

Only legally certified service animals are permitted in our facility and on any AYCC properties. Proof of certification must be presented to allow the animal's entry to the facility. We recognize that several members and guests may have severe allergies to certain animals but we cannot refuse entry to legally certified service animals.

From Americans with Disabilities - ADA.gov

- Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities.
- Under the ADA, State and local governments, businesses, and nonprofit organizations that serve the public generally must allow service animals to accompany people with disabilities in all areas of the facility where the public is normally allowed to go.
- Under the ADA, service animals must be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents using these devices.



MEMBERSHIP CARDS

Each member will be assigned a membership key tag with barcode upon purchasing a membership with the AYCC. A membership card acts as a passport and it verifies your agreement to receive the benefits of membership and to abide by the rules and policies of the AYCC. Cards or the AYCC's Mobile App must be carried with members at all times and presented upon arrival at the facility, when registering for programming and upon checking-in to certain areas of the facility.

All members (adults and children) will have a current photo on file in our system. Having photos of members ensures those entering the facility are who they say they are and that children are with the adults specified on their membership unit.

Lost or damaged cards will be replaced at the Welcome Center for a \$3.00 fee. Loaning this card to others may subject the member to loss/suspension of facility usage.

Temporary Cards

Sporadic use of temporary cards may come with membership campaigns and financial assistance.

MEMBERSHIP DUES

Determination of Dues

The AYCC is committed to providing financial assistance to those who are unable to afford the membership dues.

Membership rates and financial aid guidelines are approved by the Board of Directors. Thirty days written notice will be given to members for any rate changes.



MEMBERSHIP INFO

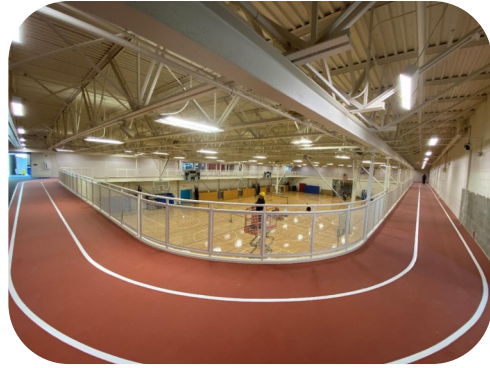
Payment

Memberships can be purchased as follows:

1. *Paid in full* at time of enrollment by cash, check, debit or credit card or by bank draft (additional paperwork required)
2. *Monthly payment plan* to be paid by bank draft/ automatic withdrawal from a checking/savings account or through a monthly charge to a major credit card. At the discretion of the Chief Operations Officer, monthly cash payment plans may be allowed.
3. *Financial Assistance* - the AYCC is committed to welcoming everyone, regardless of financial need. Financial assistance is available through a need-based application process.
4. *Returned Payment Fees* - Effective Wednesday, September 1, 2021, in conjunction with internal efforts, the AYCC will be introducing a new automated service to help manage the large volume of payment returns*. In addition to the automated resubmission efforts, you may receive messages to update your account information on our behalf. Returned payment service fees will be up to \$30.00 per transaction.

As always, AYCC staff are happy to work with families and will remain available to speak with families or individuals experiencing hardships. For any questions or concerns, please reach out to Member Services Coordinator, Alicia Vannah or Data Systems Manager, Wendy Grenier for assistance - 207-873-0684.

5. *Holds* - Memberships may be placed on hold for a duration of one week or more. Memberships on hold may have payments suspended until the date the membership is removed from Hold, or payments may continue as normal. The member may choose



Cancellation Process

We understand that certain circumstances may cause you to leave the AYCC.

You may cancel your membership in one of three ways:

1. Stop in at the Welcome Center and complete the membership cancellation form.
2. Call or email us and we can process your request.

Phone: 207-873-0684 OR

Email: Alicia Vannah, Member Services Coordinator - avannah@clubaycc.org

If you have a monthly bank draft and wish to terminate your membership, the request must be made 15 days in advance of your next membership fee draft.

SUSPENSION OF MEMBERSHIP

Voluntary

Paid in Full - A member who has paid his/her membership fee in full is considered a member for the duration of the paid membership. If the member does not renew his/her membership, it will terminate automatically as of the renewal date. A member may also request to terminate his/her membership at any time and may request a refund for the unused portion of the membership.

Monthly Payment Plan - A member who has paid his/her membership fee using the monthly payment plan remains a member until he/she notifies the AYCC in writing. The draft will terminate as of the next draft date. The member can request a refund for the unused portion of the current month.

Holds for Vacation/Illness/Surgery/Military Leave
Members may place their memberships on hold for travel, major illness and or for surgery. Membership will be placed on hold as of the date of notification. Members must return to the Welcome Center upon return. The membership will be re-instated upon return to the facility.

(NOTE: minimum membership hold is 7 days)

Involuntary

Inappropriate behavior—any member may be disciplined, as outlined in the Code of Conduct, by restriction, suspension or expulsion from membership whenever such action shall be necessary or appropriate. This action will occur at the discretion of the Operations Director. If a member wishes, he/she can appeal the decision to the CEO. The member will be suspended until the final decision by the CEO has been made.

Failure to meet financial responsibility

Any draft member who misses a payment and does not make a payment within 10 days of notification shall have his/her membership terminated. If you are having difficulty paying for your membership for any reason, please contact the Welcome Center Coordinator.

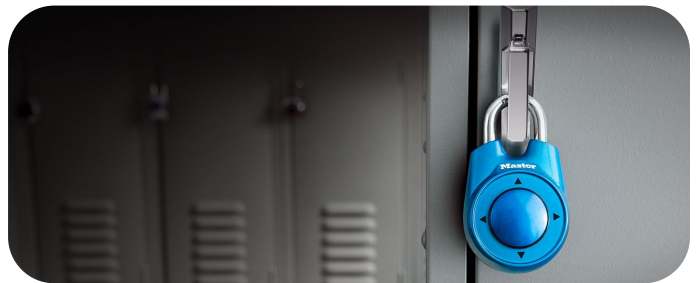
A person whose membership in another branch has been suspended or terminated shall not be eligible for membership in any other branch.

MEMBER INPUT

We value suggestions for improving the AYCC. A mechanism for member comments is in place and email and phone contact information is made available for suggestions or concerns.

PERSONAL BELONGINGS

Members and guests are solely responsible for all personal belongings. The AYCC takes no responsibility for any lost or stolen items and recommends that items of value not be left in plain sight and that vehicles and items of value are locked at all times.



GENERAL FACILITY POLICIES

ATTIRE

The AYCC is a family-oriented organization and your attire must always be appropriate throughout all areas of the facility.

- Shoes, tops and bottoms required in all areas of the facility, except for the dojo and aquatics areas.
- Swimsuits are required in the pools - no cutoffs or street clothes are permitted.
- Proper workout attire and clean gym shoes should be worn in gyms and wellness areas.

Child Watch

Drop-in childcare is available to members and guests in our dedicated Child Watch areas. Hours vary. Child Watch is Free for *Members*.

Lost & Found

- The AYCC and its employees are not responsible for lost or stolen items.
- Our Lost & Found cabinet is located in the hallway, near the vending machines. All large items (i.e. clothing, towels, shoes, etc.) will be placed in this cabinet. Other valuables such as jewelry, wallets, phones, electronic devices will be locked at the Member Services Suite.
- Staff will attempt to identify and contact the items owners if available.
- Items not claimed by the 15th of each month, will be donated to an area agency.
- Please claim items belonging only to you or you family. Taking items that do not belong to you is considered theft.

LOCKER ROOM AREAS

Bathroom & Locker Room Policy

In compliance with Maine's Human Rights Act, all persons utilizing AYCC facilities and programs shall have access to the restroom and/or locker/ changing room that corresponds to each individual's gender identity. Gender identity is defined as:

A person's deeply held sense or psychological knowledge of their own gender. One's gender identity can be the same or different than the gender assigned at birth.

Individual, gender-neutral bathrooms and changing rooms are also available, however, no person will be required to use a separate non-communal facility.

Access

• Men's and Women's Locker Room

Areas are intended for adults ages 18+. Youth 6 years or younger may accompany adults in the adult area.

- **Youth Locker Room Areas** are reserved for youth ages 6-17. Adults are permitted in youth areas if assisting a child.

- **Additional Changing Rooms** are located in the hallway between the Men's & Women's Locker Rooms for individuals and/or small groups and are equipped with changing tables, bathrooms, and some have showers.

General Rules

- For privacy reasons, all cell phones, cameras and other electronic devices may not be used while in the locker room areas. They should be in a bag, pocket or locker at all times.
- Water is the only permitted beverage allowed in the Locker Room areas. No other food or drink is allowed.
- Glass of any kind is not permitted in the Locker Room areas.
- All valuables should be left at home or in a locked vehicle. The AYCC is not responsible for lost or stolen items. See the Welcome Center or the Lost & Found cabinet in the hall for lost items.

GENERAL FACILITY POLICIES (Continued)

Day Use & Rental Lockers

- The lockers in the Men's & Women's Locker Rooms are available for rent at \$35.00 per year. The AYCC provides locks and combinations for the rental lockers. The use of personal locks is prohibited. Please see the Welcome Center.
- Our Day Use Lockers are located in the Peter G. Alfond Wellness area on the second floor and in the first floor hallway, leading to the Wellness Center. We encourage patrons to use and lock these lockers on a daily basis. Locks and items must be removed when you leave the facility. Locks left on and items left in the Day Use Lockers will be removed at the end of the day and items left will be placed in the Lost & Found cabinet. There is no fee for these lockers.

Program, Rental & Childcare Fees

All fees must be paid in full and in advance of the activity. Spaces in classes and childcare will not be held and attendance cannot take place until full payment is made prior to the beginning of the activity. Late registration for programs may be subject to the Chief Operations Officer's approval. All rental fees must be paid at the time of booking and in full to reserve the time slot.

Mobile App

The AYCC offers a free mobile app available for download on your mobile device. Members may log-in and connect their membership and their family's membership with the app. The app contains real-time, current schedules, and facility alerts. Free downloads are available from the Apple Store or Google Play. See the Welcome Center for instructions on download.

Weather & Facility Alerts

While the AYCC makes every attempt to open or remain open in inclement weather, we reserve the right to delay opening, close early, or remain closed if the weather is serious enough to put our staff and members at risk. Further, if a paid program is cancelled because of a closure, the participants will typically be offered a make-up

class. The AYCC uses the Daxko Mobile App to communicate weather and facility alerts. We also post alerts on our social media pages, which is shown on our website and we also contact local TV and radio stations with our major alerts.

AYCC Social Media Links:

Web: www.clubaycc.org

Social Media: [Facebook.com/clubaycc](https://www.facebook.com/clubaycc)

[Instagram.com/clubaycc](https://www.instagram.com/clubaycc)

Class Cancellation

We will cancel a class if it does not reach its minimum for participants. The AYCC staff will make every effort to promote and implement all classes offered. In most cases, we will hold the first class for the opportunity to recruit more participants at the last minute. If the minimum enrollment is not met after the first class, participants will be given at least a 24 hours notice that the class is cancelled and participants will be given the option of joining another class, receiving a full account credit or a full refund for the cost of the class.

In the event that the participant must cancel enrollment, please see the Welcome Center to request a credit on the AYCC account or refund, less any non-refundable deposit/fees. All credit/refund requests must be made prior to the scheduled end of the class.

Missed classes cannot be made up, unless reasonable arrangements are made with the appropriate department.

GENERAL FACILITY POLICIES (Continued)

Refund Policy

- If notification of withdrawal is received at least **48 hours before the first class**, the participant will receive a full credit on the AYCC account OR a full refund, less a \$10.00 processing fee.
- If notification of withdrawal is received **less than 48 hours prior to the first class**, the participant can receive 50% of the program fee, less a \$10.00 processing fee OR a credit of 50% of the program fee.
- No refunds are issued after the second class.
- Refunds are issued in the form of a check and are processed and mailed within 10 days of the request, regardless of payment tender. Credit Card voids/refunds can be made only on the same day as the original transaction takes place.
- The American Heritage Tours and our summer camps (Summer Enrichment Program, Camp Tracy, and New England Sports Camps) have their own refund policies. Please refer to program paperwork regarding those policies.

HEALTH, WELL-BEING & FITNESS GUIDELINES

The AYCC strives to provide a welcoming place where anyone, from beginning exercisers to competitive athletes, can come to improve their health and well-being.

Personal Training Guidelines

Our Personal Trainers are trained, certified and are committed to providing safe, high-quality personal training.

Personal training at the AYCC may be provided only by those who are specifically employed by the AYCC for that purpose. Anyone who is not an AYCC staff personal trainer and is observed or suspected of conducting outside personal training may be approached and questioned regarding their activities. Any of the following or related behaviors may attract such questioning:

- Assisting a participant with technique, or any specific instruction, but not exercising with that individual during all portions of the workout.

- Writing and/or designing a fitness or workout program for a participant.
- Explaining and providing exercise directions to a participant or group of participants.
- Meeting with the same participant on a frequent basis or multiple participants on the same day.
- Directing a participant around the room and telling them what to exercise next.
- Receiving payment from another individual for an exercise session. If an AYCC staff member concludes that this policy has been violated, both the trainer and patron may be asked to leave the AYCC.

All personal training clients and trainers will abide by the following policies: *updated 6/18/21*

The Alford Youth & Community Center operates on a scheduled hourly appointment basis for private training sessions. Cancelled appointments require at least a 24 hour notice. If a session is cancelled with less than a 24 hour notice, the full session fee will be charged.

Should the personal trainer cancel a session with less than 24-hour prior notice, one free session will be granted to the client and must be redeemed within 7 days of cancelled session. No free sessions will be offered if the trainer cancels with 24 hours or more notice.

Wellness Equipment

The AYCC provides necessary equipment for approved workouts and maintains the safety of the equipment within the facility. The use of personal equipment in our facility is strictly prohibited.

Slamming or dropping weights on the floor or on other equipment is strictly prohibited. Doing so causes the equipment to wear out prematurely, can cause damage or injury, and disturbs others. To avoid slamming/dropping, please choose a weight that you can control throughout the full range of motion of an exercise, which includes picking it up and placing it down/re-racking it. Choosing an appropriate weight prevents the risk of injury, and ensures you a preforming the lift with the proper technique.

USE OF OPEN GYM, ADVENTURE PLAYLAND, CLIMBING WALL, POOLS

GENERAL FACILITY POLICIES (Continued)

YOUTH VS. TEEN MEMBERSHIP TYPES

Youth Memberships are for youth ages 0-18. \$40.00/year

-Use of Track, Triple Gymnasium, Therapy Pool, Lap Pool & Gronk Zone

-This membership includes No Access to Adult Fitness Spaces. Youth over age 12 wanting access to these areas should register for a Teen Membership.

-Youth Fitness Classes are included at no Additional Fee

DISCOUNTS ON Youth Lessons, Camps, Trips, Adventure Playland & Climbing Wall, Childcare, Party Rentals & Private Lessons

Teen Memberships are for youth ages 13-18. \$150.00/year OR \$13.00/monthly bank draft

-Use of Group Exercise Room, Track, Triple Gymnasium, Therapy Pool, Lap Pool & Gronk Zone

-Wellness Classes are included at No Additional Fee

DISCOUNTS ON Youth Lessons, Camps, Trips, Personal Training, Adventure Playland & Climbing Wall, Childcare, Party Rentals & Private Lessons

AGE GUIDELINES IN THE FACILITY

These areas are available when no programs are taking place, and follow the area schedules.

Gronk Zone:

- 14 and under must have parent/guardian supervision
- 15+ open access

Track & Gymnasiums:

- 14 and under must have parent/guardian supervision
- 15+ open access

Weight & Group Fitness Rooms (2nd floor):

- 12 and under not allowed (unless for a specific group fitness class in the Group Fitness Room)
- 13 & 14 must have parent/guardian supervision
- 15+ open access

USE OF OPEN GYM, ADVENTURE PLAYLAND, CLIMBING WALL, POOLS & INDOOR TRACK

The AYCC offers member and guest usage of our gyms, Adventure Playland (bounce houses), Climbing Wall, Indoor Track, and pools. Please refer to the appropriate schedules and fees posted for each area.

Children under the age of 15 must be supervised at all times and waivers must be signed by guests using the facility.

WELLNESS CENTER / GYM ETIQUETTE

1. Please wipe down equipment after use.
2. Return all equipment to its appropriate home. Remove any tripping hazards.
3. Be mindful of others withing to use the equipment. No loitering.
4. Clean gym shoes only. No open-toe shoes or sandals.
5. Set weights down easily. Dropping weights can cause injury or damage.
6. Headphones should be used for listening to personal music/podcasts, etc.
7. Phone calls should be taken outside for privacy.

AQUATICS - SWIM TEST POLICIES

Our Swim Test Policy has been created to help ensure the safety of all children who use our pools. The AYCC's Swim Test Policy is based on recommended best practices by the American Red Cross and by Y-USA.

Swim Tests help provide you and our staff with an awareness of your child's swimming competency and confidence.

Swim Bands are worn around your child's wrist to let our staff know they are deep water competent and confident. At the AYCC, we have two swim bands (green & orange) that designate what areas of the pools your child can play in.

Green Band

To earn a green band, a child must complete the following tasks in sequence:

1. Report to lifeguard
2. Enter from the shallow end of the pool
3. Swim length of pool without stopping
4. Climb out and jump in, surface
5. Treat water effectively for 30 seconds to one minute, based on activity

Orange Band

Children under 7 years of age must be accompanied in the water at arm's length by a supervising adult, regardless of swimming ability.

Children who do not pass the deep water swim test are given an orange band so that lifeguards and other AYCC staff can easily identify them.

Children wearing an orange band must follow all guidelines outlined in the table below.

Children under 18 years of age must take a swim test to receive a green band and to be allowed to swim in deep water.

Supervising adults must be at least 18 years of age and may not be responsible for more than five children at a time requiring arm's length supervision.

YOUTH AQUATIC SUPERVISION POLICY		
	Passes Swim Test	Does Not Pass Swim Test
0-6 years old	<ul style="list-style-type: none">• Access to all areas of pools• Adult must be in the water within arm's length at all times (1:5 ratio)	<ul style="list-style-type: none">• Access to shallow area of pools only• Adult must be in the water within arm's length at all times (1:5 ratio)
7-9 years old	<ul style="list-style-type: none">• Access to all areas of pools• Adult may leave the pool deck but not the facility while child swims	<ul style="list-style-type: none">• Access to shallow areas of the pools• If child passes an armpit depth height test, they may swim in the shallow end of the pool as long as an adult remains in the facility
10-18 years old	<ul style="list-style-type: none">• Access to all areas of pools• Adult not required to be in the facility with child	<ul style="list-style-type: none">• Access to shallow areas of pools only• If child passes an armpit depth height test, they may swim in the shallow portion of the pool without an adult in the facility

AYCC FACILITY ACCESS

Alfond Youth & Community Center Facility Access													
AGE RANGE	FITNESS CENTER	GROUP EXERCISE	PERSONAL TRAINING	TRACK	GYMNASIUM	SMALL & LARGE POOLS	ADULT PROGRAMS	YOUTH PROGRAMS	ADVENTURE PLAYLAND & CLIMBING WALL	CHILD WATCH	CHILDCARE	PARTY DISCOUNT	PRIVATE LESSONS
Under 7	N/A	Fitness Programs for AYCC childcare participants (ages 5-12)	N/A	With Supervision	With Supervision	With Supervision	N/A	Discount	Discount w/ Supervision	Yes (Birth-12)	Yes (ages 5-12)	Yes	Discount
Youth 7-12	N/A	Fitness Programs for AYCC childcare participants (ages 5-12)	N/A	With Supervision	With Supervision	With Supervision	N/A	Discount	Discount w/ Supervision	Yes (Birth-12)	Yes	Yes	Discount
Teen* 13-14	Yes (after orientation)	Yes	Free Assessment	With Supervision	With Supervision	With Supervision	N/A	Discount	Discount w/ Supervision	N/A	N/A	Yes	Discount
Teen 15-18	Yes (after orientation)	Yes	Free Assessment	Yes	Yes	Yes	Yes	N/A	Yes	N/A	N/A	Yes	Discount
Student 19-23	Yes	Yes	Free Assessment	Yes	Yes	Yes	Yes	N/A	Yes	Yes (Birth-12)	N/A	Yes	Discount
Adult 24-54	Yes	Yes	Free Assessment	Yes	Yes	Yes	Yes	N/A	Climbing Wall	Yes (Birth-12)	Yes	Yes	Discount
Seniors 55+	Yes	Yes	Free Assessment	Yes	Yes	Yes	Yes	N/A	Climbing Wall	Yes (Birth-12)	Yes	Yes	Discount
	Cardio Free Weights Strength Machines	Spinning Yoga Enhance® Fitness Posture & Tone	1 on 1 Private Group Workout & Nutrition Planning	Walking Running	Pick-Up Activities	Lap Swim Family Swim Fitness Classes	Volleyball Basketball Pickleball Therapy Swim Marital Arts	Marital Arts Swim Lessons Athletics Childcare Fitness		Drop-In Childcare while adult is using facility.	Early Childcare (ages 3-5) After School (ages 5-12)	Pool Adventure Playland Climbing Wall Combo	Martial Arts Swim Lessons

**Boys & Girls Clubs and
YMCA of Greater
Waterville at the
Alfond Youth &
Community Center**

126 North Street
Waterville, Maine 04901
207-873-0684

www.clubaycc.org
facebook.com/clubaycc
instagram.com/clubaycc

A
Y
C
C

