



Middle School Orientation

This handbook was developed to help students understand their member benefits at the YMCA. All rising 6th graders through 8th grade must complete a Middle School orientation (including tour of the facility) before they are able to take advantage of membership privileges.

Upon completion of the full orientation:

- You will receive a membership card.
- You must have a parent sign the waiver form attached to be able to swim and workout without your parent's supervision.
- Once you have completed an orientation you may use the wellness floor, track, gym and pool without parental supervision.

Member Expectations:

- All members must first check in at the welcome desk before using any part of the facility.
- If working out in the gym or wellness center please wear athletic style clothing and athletic shoes.
- Review [YMCA Code of Conduct](#)

Guest Policy for middle school guests:

- Middle School Members who have completed Middle School Orientation may bring a guest who is age 14 or older.
- All guests must be checked in at the welcome desk and pay the applicable guest fee. If the guest is in the 8th grade or below, then an adult must accompany them.

When entering the facility, all members should enter through the front doors and check-in by giving their membership card to the membership services staff person.

FACILITY USE GUIDELINES BROKEN DOWN BY AREA:

1. Gym

- A gym schedule is available at the Welcome Center or on our website at <http://www.ymcatriangle.org>. Refer to this schedule to see when you can participate in activities such as basketball, volleyball, and other scheduled gym activities.
- There are times when the gym is reserved for activities that restrict general member use.
- Basketballs are available to borrow at the Access Desk.
- You are welcome to bring your own basketball or volleyball to use in the gym.
- Sneakers are required for all activities in the gym.
- We recommend bringing a spill-proof water bottle.

2. Aquatics

- Please shower before entering the pool area.
- Lap Lane reservations can be made on the Y app or website for 30-minute time slots. You may need to share lanes with someone.
- A swim band is required for swimming in the deep end. The lifeguards can help with a swim test.
 - Yellow Band - This band allows swimmers in grades eight and younger to use designated areas of the pool and ride the slide. To earn a yellow band, the swimmer must:
 - Swim non-stop for 12.5 yards using a proficient forward stroke. Place face in the water during the swim without the use or aid of goggles.
 - Jump into deep water, fully submerging head and without touching the wall. Water depth must be 5 ft. Return easily to the surface.
 - Keep entire head above water for 30 seconds while treading water.
 - Black Band - This band allows swimmers in grades eight and younger to use the entire pool, swim laps at designated times and ride the slide. To earn a black band, the swimmer must:
 - Swim non-stop for 25 yards using a proficient front crawl or breaststroke and rhythmic breathing. Place face in the water during the swim without the use or aid of goggles.
 - Jump into deep water, fully submerging head and without touching the wall. Water depth must be 8 ft. Return easily to the surface.
 - Keep entire head above water for 30 seconds while treading water.

3. Racquetball & Tennis Courts

- Use the [online reservation system](#) to book Racquetball or Tennis courts if these are available at your Y.
- Equipment is available to borrow from the Welcome Center or bring your own.

4. Locker Rooms

- Family Locker Rooms or Boys/Girls locker rooms are available for teen usage. You have to be 18 years old to use the men's or women's locker rooms.
- Locks for lockers are available at the access desk.
- Many branches also have day lockers or student lockers you can use.

5. Group Fitness

- We would love for you to participate in Group Fitness classes that interest you. Check the class schedule for options.
- Group Fitness classes require a reservation – you can use the [online reservation system](#) or download [the YMCA mobile app](#) to book your spot.

- You may participate in-group fitness classes, with the exception of Yoga, Strength and Pilate's classes unless accompanied by an adult.
 - If you would like to participate in one of these classes, check in with the Wellness Director to talk about options!
- Please note that our cycle bikes require individuals to be at least 4'9" in height to fit the equipment.

6. Wellness Floor

- We are happy to help create workout plans for you and assist you in your health and wellness goals.
- Etiquette reminders for all members – please use appropriate language, wipe down machines after use, and the weight room is not a hangout area. Please be mindful that others may be waiting to use equipment.
- Free Weight Area – you are permitted to use free weights while being accompanied by an adult.

These guidelines are established with your safety in mind. Just like members of any age, any unsafe or disrespectful behavior can result in the YMCA asking you to leave for the day or revoking your membership.

YMCA OF THE TRIANGLE
YOUTH FACILITY USE WAIVER FORM

I _____ (Parent's Name) grant permission for
_____ (Child's Name) to use any YMCA of the Triangle
facility without my direct supervision. I also agree to let YMCA staff members apply appropriate
medical care if needed for my child.

Parent/Guardian's Signature

Date

Parent Email: _____

Parents- please expect a follow up survey to be completed with your teen about interests at the Y!

I understand that if medical care is necessary the staff will do their best to contact the parent. I
have read the middle school orientation and the member code of conduct and understand that I
must follow these guidelines.

Teen's Signature

Date