



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DID YOU KNOW?
Your membership can be used nationwide!

STAY ACTIVE STAY CONNECTED

AT THE BANGOR REGION YMCA



**Get Our App on your
Mobile Device!**



WE'RE MORE THAN A GYM, we are a community committed to strengthening bodies, minds, and communities. Since 1867, The Bangor Region YMCA has been dedicated to building healthy, confident, connected and secure children, adults, families and communities. Every day our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

17 Second Street, Bangor, ME 04401 • 207-941-2808 • www.BangorYMCA.org

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BECOME A MEMBER!

The Bangor Region YMCA is a community leader in supporting children, adults, and families in their lifelong quest for physical, emotional, and social wellness. We are committed to building strong and healthy-minded children, individuals, families, adults, and communities through our programs and services that promote youth development, healthy living, and social responsibility.

STRONG COMMUNITIES START HERE. At the heart of the YMCA lies the power to transform—both yourself and the world around you. As a non-profit deeply rooted in our community, it is our mission to provide excellent programs and services to support youth development, healthy living and social responsibility.

At the Y we provide:

- Exceptional fitness, personal training, sports and aquatic programs
- Extensive early childhood education and school-age programs
- A safe, family fun environment

BENEFITS OF MEMBERSHIP

- No Contracts
- More than 60 FREE Land & Water Fitness classes per week
- More than 100 hours of lap swim per week
- FREE Personalized Exercise Program (Available for All levels of Fitness)
- FREE Equipment Orientation
- 4,500+ sq. ft. of strength and cardio equipment
- Up to 50% discount for all programs
- Child Watch Babysitting Service
- Towel Service (additional fee)
- Convenient hours of operation - 7 days a week
- AWAY Program Benefits - Membership Reciprocity at over 2,000 YMCAs nationwide
- Improve Health & Wellness and Quality of Life

REGULAR RATES

MEMBERSHIP TYPE	JOINER FEE	MONTHLY FEE	ANNUAL FEE
Youth (0 - 17 years)	\$20	\$20	\$240
Young Adult (18 - 26 years)	\$25	\$25	\$300
Adult (27 - 61 years)	\$45	\$45	\$540
Seniors (62+ years)	\$36	\$36	\$432
Couples	\$58	\$58	\$696
Family <small>One or two adults residing in the same household with or without dependent children less than 18 years of age, unless child is younger than 23 and enrolled as a full-time student.</small>	\$65	\$65	\$780
First Responders	\$36	\$36	\$432
Veterans	\$36	\$36	\$432

- Children under 9 years old must be accompanied by an adult at all times.

FALL - SPRING FACILITY HOURS

MON - FRI: 4:30am - 9:00pm

SAT & SUN: 7:00am - 4:00pm

SUMMER HOURS

MON - FRI: 4:30am - 9:00pm

SAT: 7:00am - 4:00pm

SUN: CLOSED

Fitness areas close 15 min. prior to building close & Pools close 30 min. prior to building close.

HOLIDAY SCHEDULE

The Bangor Region YMCA will be closed for the following holidays:

New Year's Day	4 th of July
President's Day	Labor Day
Easter	Thanksgiving & The Day After
Memorial Day	Christmas & The Day After

MAXIMIZE YOUR MEMBERSHIP

REFER A FRIEND!

Working out is more fun with friends! For every new member you refer, you'll get a prize! Remind your friends to mention your name when they sign up. Receive a prize for the first 5 friends you refer.

CHILD WATCH BABYSITTING SERVICE

Parents/Guardians with a Family Membership will receive FREE babysitting for up to 2 hours a visit for children ages 6 months to 10 years old.

Child Watch Hours:
Mon, Wed & Fri: 8am - 1pm
Tues, Thurs & Sat: 8am - 12pm
Mon - Thurs: 4pm - 7pm

No reservation or call ahead is needed; our babysitting service is first come, first served!

Members with an Adult Membership can take advantage of this service at \$3 per child per 2 hours. Members must remain at the Bangor Region YMCA while their children are in Child Watch. Please be sure to attend to your child's needs prior to dropping them off.

Note: This additional service is not part of our licensed childcare program.

TOWEL SERVICE

Bring your own towel or enjoy the convenience of our towel service for \$10 a month. **Purchase this service and receive two (2) towels for your use during each visit.** Towels are also available at a daily rate of \$1 each. Small hand towels are available in fitness areas for complimentary use.

CONNECT WITH US!

LIKE US on Facebook and select "Get Notifications", FOLLOW US on Twitter or DOWNLOAD our app for updates about our programs, storm cancellations, and more!



[Facebook.com/BangorYMCA](https://www.facebook.com/BangorYMCA)



[Twitter.com/BangorYMCA](https://twitter.com/BangorYMCA)



[BangorRegionYMCA](https://www.instagram.com/BangorRegionYMCA)

GUEST PASSES

Members are welcome to bring guests to try The Bangor Region YMCA. Guests may use one (1) complimentary guest pass. After which time, they must purchase a daily pass or a membership. All guests must present a valid ID and sign a facility waiver.

* Maximum of 2 guests per visit.

YMCA NATIONWIDE MEMBERSHIP

The Bangor Region YMCA allows its members to use other YMCAs nationwide at no additional charge with a valid Photo ID. Members are encouraged to join the Y that they most often use. Some local restrictions may apply. Please call ahead prior to your first visit.

GIFT CERTIFICATES

Give the gift of health! Bangor Region YMCA gift certificates are available for both membership and programs. A YMCA gift certificate makes a great birthday or holiday gift! Contribute to the healthy spirit, mind and body of a loved one and purchase a gift certificate at the Welcome Center!

VISIT US ONLINE!

View your payments, update your contact and draft information, and register for programs with your online account. It only takes a few minutes to activate it at the Welcome Center Desk or online at www.BangorYMCA.org where you can learn about ALL of the programs we have to offer.

JOIN OUR HIGH 5 BREAKFAST CLUB!

By donating \$5 a month, you will become a member of our High 5 Breakfast Club, providing breakfast to kids in our Before School program. **Please stop by the Welcome Center for more information.**

CANCELLATION/REFUNDS

MEMBERSHIP PAYMENT

Our **monthly draft system** is a flexible and convenient way to pay for membership. **Upon joining the YMCA, a joiner fee and a prorated fee that is based on the date you join will be due.** With your permission, an automatic monthly withdrawal will be made from your savings/checking account or credit/debit card.

Annual Memberships

Memberships can be paid in full using your Discover, MasterCard, Visa, American Express, check or cash.

MEMBERSHIP CANCELLATION POLICY

You can cancel your membership at any time by submitting a Bangor Region YMCA Cancellation Form to the Welcome Center **at least one (1) day before your next draft date.** If you have a draft membership, the Y will continue to draft until you cancel your membership as noted above. Months unused on annual memberships paid in full will be refunded.

YMCA LIABILITY

The Bangor Region YMCA does not carry medical, accident, or loss of personal property insurance for any member, program participant, or guest as it would drastically increase the cost of our program fees. Please review the insurance policies that protect you and your family to be certain that proper coverage is in place.

RETURN & BOUNCE CHECK FEES

Should any pre-authorized check or credit/debit card payment be returned from the member's bank, the payment and a \$25 return payment fee is to be made to The Bangor Region YMCA.

PROGRAM CANCELLATION/REFUND POLICY

The Bangor Region YMCA strives to offer high quality programs supporting youth development, healthy living and social responsibility. Programs are filled on a first come, first served basis. **Most classes have a minimum & maximum number of participants allowed and can be canceled, combined or added to depending on enrollment and instructor availability.**

Program fees must be paid in full at the time of registration (exceptions made for swim team, childcare and applicable specialty classes).

We understand situations may arise that require an individual to withdraw from a class and request a refund or credit. As such, **the related Program Director should be contacted directly and refunds and credits will be provided pursuant to the following guidelines:**

- **A full refund or credit will be issued to a participant who has registered for a program or class that was canceled by The Bangor Region YMCA** due to low enrollment or other unforeseen circumstances, excluding circumstances out of the control of the YMCA (inclement weather, acts of God).
- An individual **requesting a refund prior to the first day of the program or class** will be issued a refund or credit for the amount they paid, less a \$10 processing fee.
- **Requests made after the beginning of a program will not be granted unless they are accompanied by a medical note signed by a physician or equivalent.** These requests will be granted a prorated refund or credit. Requests for class refunds must be made during the related session.
- **Missed classes cannot be made up at a later date.** Sessions/classes missed by participants due to personal reasons will not be credited.
- **Day/Resident Camp Cancellation Refund:** These policies may differ from the above stated policies. Please contact the respective Camp Director for details.

MEMBERSHIP FORM

This form must also be completed by Non-Members to be entered into The Bangor Region YMCA's database and to register for Bangor Region YMCA programs. Membership will not be activated unless it is requested at the Welcome Center Desk.

PRIMARY MEMBER INFORMATION

Referred By _____

First Name _____ MI _____ Last Name _____

Gender Male Female Date of Birth _____

Race (optional) African American Alaskan Native Asian/Pacific Islander
 Caucasian Hispanic/Latino Native American Other _____

Mailing Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

You will receive email updates about the Bangor Region YMCA as well as access to your online account with your email address. Set up your online account at the Welcome Center Desk or go to www.BangorYMCA.org.

I do not want to receive email updates.

Employer _____ Business Phone _____

EMERGENCY CONTACT INFORMATION

Emergency Contact _____ Relation to Member _____

Emergency Contact Phone _____

FAMILY INFORMATION Please list all those you want to include in your Family Membership.

NAME (FIRST & LAST NAME)	GENDER (M/F)	RELATION TO PRIMARY MEMBER	DATE OF BIRTH

In consideration of gaining membership or being allowed to participate in the activities and programs of The Bangor Region YMCA and to use its facilities, equipment, and machinery in addition to the payment of any fees or charge, I do hereby waive, release, and forever discharge The Bangor Region YMCA and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damage resulting from my participation in any activities or my use of equipment or machinery in the above mentioned facilities or arising out of my participation in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injuring or damage to myself, including those caused by negligent act or omission of any of those mentioned or others, acting on their behalf or in any way arising out of or connected with my participation in any activities of The Bangor Region YMCA or the use of any equipment at The Bangor Region YMCA. I agree to adhere to all policies set by The Bangor Region YMCA as written in The Bangor Region YMCA code of conduct. I give permission to The Bangor Region YMCA to use photographs and or videos of myself and above listed family members for the promotion, public relations, records, or other legitimate purposes. I fully understand that there is no monetary payment to be made to me or anyone else.

The Bangor Region YMCA considers it of great importance to provide a safe and threat-free environment. For this reason, The Bangor Region YMCA monitors the sexual offender registry. Persons on the list will not be eligible for YMCA membership, program participation, volunteer or employment opportunities with this YMCA.

Signature _____ Date _____

Parent/Guardian Signature (If member is under 18) _____

FOR OFFICE USE ONLY: Member ID _____

Bangor Region YMCA Staff Signature _____

AUTOMATIC DRAFT AUTHORIZATION AGREEMENT

For your convenience, we offer an automatic monthly draft option which allows for an automatic withdrawal from either your bank account, credit or debit card. Monthly drafts may occur on either the 1st or 15th of the month and a joiner fee as well as a prorated fee is due upon starting your membership. Your membership will be active on the day you join and will continue to draft, regardless of facility usage, until a written request for termination is submitted at least 1 day prior to your next draft date.

There is no contract binding you to a membership.

DRAFT INFORMATION

MEMBER INFORMATION	Name of Primary Member/Program Participant
BANK CUSTOMER INFORMATION	Name of Bank Customer/Credit Card Holder
	Mailing Address of Bank Customer (street, city, state and zip)
BANK COMPANY INFORMATION	Full Name of Bank
	City and State

Add \$5 on to your monthly membership and become a High 5 Breakfast Club Member. Your donation of \$5 a month will provide breakfast to kids in our Before School program.

Day of Monthly Withdrawal: 1st 15th **Amount of Monthly Membership Withdrawal** _____

BANK ACCOUNT INFORMATION
Bank Routing Number
Depositor's Account Number
Account Type <input type="radio"/> Checking* <input type="radio"/> Savings

CREDIT/DEBIT CARD INFORMATION
Card Number
Expiration Date
Card Type <input type="radio"/> Visa <input type="radio"/> MasterCard

*A voided check must be provided in support of account verification.

I authorize the Bangor Young Men's Christian Association ("YMCA") and the financial institution designated above to begin automatic deduction from the account designated above for the amount of my monthly membership dues, program fees, and/or annual fund donations as set forth above. It is understood that your sending of a pre-authorized check to the bank as a payment becomes due shall constitute valid notice of such payment due on this membership, program or other payment. When the bank honors the check by charging my account, such check shall constitute my receipt for the payment. **Should any pre-authorized check or credit card payment not be honored by said bank when received by them, it is understood that the payment and a \$25 return payment fee is to be made to The Bangor Region YMCA.** I hereby request and authorize my bank/credit card company to pay and charge my account drawn on my bank or credit card account by me and payable to the order of The Bangor Region YMCA. For programs other than membership, my account will be drafted for the months specified, or for the current school year/program session.

Please check all boxes below:

- I understand that there is a **\$25 service charge** assessed by the YMCA on all return checks and declined monthly credit card/bank account drafts.
- I understand that my membership dues will continue to draft, regardless of facility usage, until I come in and cancel in writing a minimum of 1 day prior to my next draft. Any notice less than 1 day will result in an additional monthly draft.
- I understand that my membership deduction may increase with a 30-day written notice and that I must keep my contacts, financial institution information, or credit card information current with the YMCA.
- I understand that if I change my financial institution and/or change the type of draft account, I need to come in and sign a new authorization agreement.
- MFA memberships will revert to the regular monthly rate without proof of income within 30 days of sign up.
- I acknowledge that I have read and understand this agreement.** _____ (Initials)

The Bangor Region YMCA Board of Directors may, at their discretion, adjust the monthly rate applicable to my category of membership.

Signature of Account Holder _____ Date _____

FOR OFFICE USE ONLY: Member ID _____

Bangor Region YMCA Staff Signature _____

MEMBERSHIP POLICIES

CODE OF CONDUCT

In an effort to assure the safety and welfare of all Bangor Region YMCA participants, **we request that all members and guests observe the following Code of Conduct. It is our intent to ensure respect, courtesy, inclusion, and a sense of belonging** as well as to enforce the proper use, maintenance and care of YMCA property and equipment.

- Smoking is prohibited both in the facility and on the property of The Bangor Region YMCA.
- The use or possession of drugs or illegal substances is not permitted and is grounds for termination.
- Theft of YMCA property or personal property of another member or guest will result in termination and prosecution.
- Verbal abuse, swearing, fighting, threatening or the use of intimidation are not acceptable or appropriate behaviors at the YMCA. Violators will be asked to leave, suspended, or removed by the police.
- Carrying or concealing any weapons, devices, or objects that may be used as weapons. Violators will be asked to leave, suspended, or removed by the police.
- Disrespect towards members, guests, volunteers, staff, or outside contractors will not be tolerated and is grounds for suspension.
- Sexual harassment will not be tolerated by anyone (members, guests, volunteers, staff, or outside contractors).
- Please do not loiter excessively in our locker rooms or lobbies. Wi-Fi is for short term use.

Violation of any of the above codes of conduct may result in suspension or termination of membership privileges. The first, second, and third violations may result in a one-day suspension, one-week suspension and termination of membership, respectively.

MEMBER DRESS CODE

We strongly recommend that all Bangor Region YMCA members and guests ensure the continued safety within the facility and consider the YMCA's four core values (caring, honesty, respect, and responsibility) in their choice of attire by observing the guidelines below.

Members and guests:

- Must wear activity-appropriate attire
- Must wear shoes at all times (except in the pool, yoga & babysitting areas), closed-toed shoes enforced in fitness areas
- Must wear a full shirt/tank top in program areas at all times
- Should wear attire that displays appropriate print/artwork

AGE GUIDELINES

The Weight Room is for ages 16 years and older.

The Fitness Center can be used by children ages 11-13 years old as long as they are working out right beside a parent or guardian. (Those who have completed the Future Fitness Trainers program can workout without a parent or guardian).

Treadmills cannot be used by anyone under the age of 14 years old. (Those who have completed the Future Fitness Trainers program can use treadmills).

Children under 9 years of age **who pass** a swim test must have a parent or guardian on the **pool deck** at all times.

Children under 9 years of ages **who do not pass** the swim test must be accompanied **in the water** at all times by a parent or guardian over 16 years of age.

Swimmers must be ages 14 years or older for **Lap Swim**.

Patrons must be 18 years or older for lap or recreational swim during **Adult Open**.

MEMBER ID POLICY

Member identification is very important to us here at The Bangor Region YMCA! We like to call you by your name, make connections and build relationships. **We want to know who you are!**

The Bangor Region YMCA has a 100% Check In Policy. This is so we can keep everyone who uses our Y as safe as possible. Help Us Keep Our Y Safe and do the following EVERY TIME you enter our Building:

MEMBERS: Scan your card, smartphone or punch in your number. Replacement IDs are available at the Welcome Center Desk for an additional fee.

CHILDCARE PARENTS/GUARDIANS: Show us your FOB EVERY time you come to drop off/pick up your child. Parents who do not have their FOB must sign in at the Welcome Center and wait to have childcare staff escort them upstairs.

SWIM LESSON KIDS & PARENTS/GUARDIANS AND GRANDPARENTS: If you are **members**, please scan your card, smartphone, or punch in your number. If you are **not a member**, please sign in at the Welcome Center EVERY time.

ALL OTHER VISITORS: Please remember that guests must present a photo ID and sign a facility waiver at the Welcome Center.

THANK YOU for helping us continue to keep our Y safe!

MEMBERSHIP FOR ALL (MFA)

Membership For All (MFA) is an income-based pricing structure for membership that is designed to adjust the membership rate based on household income. This initiative fits The Bangor Region YMCA's mission of keeping the Y accessible to everyone regardless of financial capacity and is anchored firmly in the Y's commitment to social responsibility.

MEMBERSHIP FOR ALL RATES are determined by the State of Maine Income Guidelines.

ANNUAL INCOME	FINANCIAL AID	YOUTH	ADULT	FAMILY
\$55,000+	0%	\$20	\$45	\$65
\$45,000 - \$54,999	10%	\$18	\$40.50	\$58.50
\$35,000 - \$44,999	20%	\$16	\$36	\$52
\$25,000 - \$34,999	30%	\$14	\$31.50	\$45.50
Under \$25,000	40%	\$12	\$27	\$39

PROOF OF INCOME:

1. Most recent tax return
2. Child Support/ Alimony Income
3. Social Security/ Disability Statement

- Total Household Income (adjusted gross) includes yourself and your spouse/significant other.
- Regular rate discounts are not applicable to MFA memberships.
- MFA Joiner Fee is the same as the monthly fee.
- It is the sole responsibility of MFA members to notify The Bangor Region YMCA of any changes in address or phone number in a timely manner. The YMCA uses the current info on file for all official communication.
- Payment of MFA membership amount is the sole responsibility of the MFA member. The Bangor Region YMCA may send a payment reminder notification; however, it is the member's responsibility to pay their fee in a timely manner regardless of a YMCA reminder notification.
- MFA members failing to pay their membership as required may be terminated. Any MFA member terminated for lack of payment will not be eligible for MFA or Open Door consideration for at least twelve (12) months. No appeals will be granted.

HOW DO I GET STARTED? Complete the Membership Form and Automatic Draft Authorization Agreement.

WHAT DOES MY MEMBERSHIP FEE PAY FOR? Membership and program fees cover only 80% of The Bangor Region YMCA's operating costs including staffing, utilities, and facility upkeep. The remaining 20% is covered by the generous support of Bangor Region YMCA donors. This support ensures that no one is turned away due to inability to pay and without these donations, program and membership fees would increase drastically.

WHAT DOES MY JOINER FEE PAY FOR? Your Joiner Fee is paid when you start your membership and used to help maintain our facility in support of your ongoing positive member experience.

WHAT ARE MY PAYMENT OPTIONS? MFA memberships must be set up on a monthly draft and will reflect the MFA rate for one year.

WHAT IF I DON'T HAVE MY MOST RECENT INCOME TAX RETURN? We need to have this in order to consider you for the MFA program. If you do not file your taxes and receive SSI or disability, please provide a copy of your income letter.

WHAT IF I NEED ADDITIONAL ASSISTANCE BEYOND MFA RATES? Apply for our **Open Door Program** to find out if you qualify to receive additional financial assistance for you and/or your family for a membership or selected program beyond the MFA rate.

HOW DO I APPLY FOR THE OPEN DOOR PROGRAM? Our Open Door Program requires additional steps to ensure that we have resources available to all who need them. The Open Door application needs to be fully completed along with a letter stating other special circumstances that you wish us to take into consideration. A Y staff member will be in touch to discuss your financial situation and determine how we can assist you further.

DO I HAVE TO RENEW THIS EACH YEAR? Yes - to maintain your MFA rate, you will need to submit your most recent income tax return **before the 1st of the month of your anniversary date**; otherwise rates will default to the Regular Rate.