



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW MEMBERSHIP REGISTRATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Gender: M F

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Home Phone ( ) \_\_\_\_\_ Business Phone ( ) \_\_\_\_\_

Employer: \_\_\_\_\_ E-mail Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Do you have any medical conditions we should be aware of? (circle one) YES NO  
If yes, please describe \_\_\_\_\_

Fill out this section if you are applying for a YMCA Family Membership. A family consists of no more than 2 adults residing in the same household and all children 17 years or under or full time students that are dependent upon the same family income.

NAME		Birthday		
1. _____	M F	____/____/____	4. _____	M F ____/____/____
2. _____	M F	____/____/____	5. _____	M F ____/____/____
3. _____	M F	____/____/____	6. _____	M F ____/____/____

**YMCA Membership ADD-ON Payments\*:** (please check all that apply)

\_\_\_\_\_ Kids Gym (\$20.00 per child or \$30 per household) \_\_\_\_\_  
(Kids Gym can be added to Family and Senior Family Memberships only)

\_\_\_\_\_ Locker Rental (\$5.00 per month, per locker) \_\_\_\_\_ Locker # \_\_\_\_\_

**Monthly Electronic Funds Transfer (EFT):**

Name of Card/Account Holder: \_\_\_\_\_

**Credit/Debit Card:**

Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_ Visa, MC, AmEx (Circle One)

**Or Bank Draft (Please include a voided check)**

Bank Transit Number \_\_\_\_\_ Account Number \_\_\_\_\_

**Day of Debit:** (circle one) 6th or 20th

**Authorization:** I hereby authorize the San Luis Obispo County YMCA to debit the above account on the date indicated in the amount of \$ \_\_\_\_\_ (Includes membership and any add-on fees)

X \_\_\_\_\_  
Signature of Account Holder Date

Please initial \_\_\_\_\_ It is my responsibility to check my monthly bank statement to ensure that the proper transaction has taken place. In case of error, the SLO YMCA must be notified immediately. The Y will not be responsible for errors over 90 days old. My account will be charged whether I use the facility or not.

Please initial \_\_\_\_\_ I will be charged a \$30.00 service fee for all drafts that are returned for any reason. Cancellation requests must be received 30 days before the next scheduled EFT payment. The Y will not refund monthly membership dues beyond the effective date of cancellation.

Please initial \_\_\_\_\_ I must notify the Y if there is a change in my address, phone number, or billing information.

## STAFF USE ONLY

Membership Type \_\_\_\_\_  
Amount Paid \_\_\_\_\_

Payment Type: \_\_\_\_\_  
Staff Initials \_\_\_\_\_

**PLEASE READ THROUGH OUR GENERAL POLICIES AND SIGN YOUR NAME TO INDICATE THAT YOU UNDERSTAND AND WILL COMPLY. FEEL FREE TO ASK QUESTIONS OR MAKE ANY SUGGESTIONS THAT YOU FEEL MAY HELP US TO BETTER SERVE OUR MEMBERS.**

**NON-REFUNDABILITY OF DUES**

It is the YMCA's policy that once dues have been paid in full or via monthly draft, they are non-refundable.

**YMCA MEMBERSHIP CARDS/FACILITY ADMITTANCE**

All members **MUST** present their membership cards at the service counter each time they enter the facility. Members will be "forgiven" twice in a 60-day period for a missing card, and then charged a \$5 replacement fee.

**KID'S GYM MEMBERSHIP CARDS/ADMITTANCE**

Members with Family Memberships Single-Adult Family Memberships and Senior Family Memberships may participate in unlimited Kid's Gym for an additional charge (\$20.00 per month for one child and \$30 per month for multiple children in the same household - fee collected via electronic funds transfer). Please see a Kids Gym staff member or a Member Services Representative for other payment options. Other Members may pay a \$3 per child / per visit to the Kid's Gym. The Kid's Gym is a unique program with specific rules regarding safety and equipment usage. Please refer to the Kid's Gym Rules Policy statement and hours, which is available in the Kid's Gym.

**CANCELLATION OF MEMBERSHIP**

**Payment Annually: *non-cancelable; no partial refund.***

**Payment by EFT/CC Draft: *Cancelable upon 30 day written notice to the YMCA.*** Members *must* complete a YMCA cancellation form. Unless the YMCA receives this, we cannot process the cancellation with your bank and drafts will continue. ***The YMCA is not responsible for errors over 90 days old.***

**GUEST PASSES**

All members may invite guests who have never visited the SLO YMCA before. These guests will be issued a 2-week guest pass. Once the 2 weeks has expired, the guests will be required to either sign up for a membership, purchase a punch card, or pay the \$10 daily fee.

**LOCKER**

Both day use and monthly rentals are available. Members should bring their own lock and remove it from the locker when leaving. Locks left on day use lockers will be removed. Occasional locker audits are performed. If a locker rental is not currently paid, lock will be removed and contents will be stored for pick-up. If not claimed in 30 days, contents will be donated or thrown away.

Day Use..... No Charge

Rental..... \$5.00 per month (draft) / 3 months for \$15.00 / 6 months for \$30 / 12 months for \$54.00

**BALLS, RACQUETS, WEIGHT BELTS, BIKES, ETC.**

May be checked out at the Member Service Counter free of charge. If you check the equipment out, you must return it to the service desk. If it is not returned you will be charged for the item. (See "Borrow-A-Bike" Policy at Member Services Counter for further details.)

**POOL USE**

Current YMCA members have use of Sinsheimer pool during their operating hours. Members must obey the pool rules posted. Please see the YMCA Member Services Counter for pool hours. Members must enter the Sinsheimer pool thru the main entrance and present their YMCA Key Tag for entry.

**AWAY PROGRAM**

Under this program, YMCA members have the privilege of using other YMCA's when traveling on pleasure or business. An "Away" sticker is available to members and is recognized by most YMCA's nationally. The sticker is affixed to each member's key tag and is used as a means of identification at other YMCA's. "Away" program restrictions vary among YMCAs. Members from other YMCAs are permitted to use their Away stickers at the San Luis Obispo County YMCA a maximum of 5 times per calendar month.

**PERSONAL TRAINING APPOINTMENTS**

YMCA members will receive 1 Free Equipment Orientation with a YMCA Staff upon enrollment. The purpose of these appointments is to help new members become oriented to our cardio and strength equipment. These appointments must be made within 30 days of enrolling in your YMCA Membership. Personal Training Appointments beyond the equipment orientation can be scheduled for a fee. Please see a Personal Trainer for the current rates and packages. (Remember: Financial Assistance is available to those who qualify. The YMCA will not turn anyone away due to an inability to pay.)

**MASSAGE SERVICES**

Offered at a very competitive rate, YMCA Members can relieve stress and anxiety, increase nourishing blood supply to tissues, improve energy and alertness, aid recovery from pulled muscles or sprained ligaments, reduce or eliminate temporary backaches and other pains and much more by receiving a massage from one of our YMCA Massage professionals. Enjoy a relaxing Swedish, Hand & Foot, or Chair Massage, or try a more therapeutic deep tissue Sport Massage. Appointments need to be made in advance. Please see a Massage staff person for the current rates and packages. (Remember: Financial Assistance is available to those who qualify. The YMCA will not turn anyone away due to an inability to pay.)

**DRY SAUNA**

Members must be 18 years or older to use the dry sauna. This is for the safety of our young members. Members are not permitted to tamper with the temperature settings. The maximum temperature is 185 degrees, and is pre-set for your safety. ***A swimsuit and towel is required.*** The sauna is for relaxation purposes only- no drying of clothes, shaving, etc. Please consult your physician before using the sauna.

**FREE WEIGHT ROOM AND CARDIO EQUIPMENT**

Members must be 16 years or older to use the free weight room, unless they have completed the YMCA Teen Weight Certification. Members, ages 12 to 15, who have completed the Certification ***must*** wear their Certification badge in the weight room.

**RACQUETBALL COURTS**

Children 13 and under must be directly accompanied by a parent. Courts may be reserved by members one week in advance and can only be reserved one hour at a time. Reservations will be forfeited if the member is not at the court within 10 minutes of start time. When playing racquetball eye-guards are recommended.

**AEROBICS AND FITNESS CLASSES**

Children must be at least 16 years of age to participate in classes unless the YMCA Teen Weight Certification has been completed.

**KIDS GYM**

Infants to children age 12. We recommend infants attend Kids Gym during morning hours, however it is up to each parent's discretion. Sick and infectious children will not be admitted into Kids Gym. Limits on participation and child-staff ratios may be limited or adjusted at any time at the discretion of Kids Gym staff due to safety concerns.

**PROPER ATTIRE/CONDUCT**

All members and guests are expected to wear appropriate attire when using the facility. Closed-toe shoes and shirts must be worn at all times in all areas outside the locker rooms. Only athletic shoes with non-marking soles are permitted in the gym and court areas. Jeans and pants with rivets are not allowed. Members and guests are expected to be courteous and respectful to other members, staff and YMCA property. Profanity will not be tolerated.

**SMOKING POLICY**

No smoking is allowed inside the YMCA building.

**CLOSING FOR MAINTENANCE**

The YMCA reserves the right to close the facility occasionally for required maintenance. However, when closing the facility we will make every effort to provide prior notification to our members.

**FOOD AND BEVERAGE**

Alcohol is NOT allowed anywhere on the YMCA premises. Food and non-alcoholic beverages are only permitted in indicated areas. Absolutely no glass bottles or containers anywhere but in indicated areas.

**LOST OR STOLEN ITEMS**

The YMCA is not responsible for any personal items. A "Lost and Found" area is maintained at the Member Service Counter for members to assist in the recovery of items. Members are encouraged to turn in any personal items found in the building or on the premises. Items turned in to the lost and found are not kept any longer than 30 days.

The YMCA reserves the right to make changes in the rules and policies at any time. Any changes will be posted at the YMCA and incorporated in the activities brochure. The member hereby agrees to any membership rules and policies that may be placed into effect in the future. Please sign with the understanding that you have read and will abide by the YMCA policies.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## SAN LUIS OBISPO COUNTY YMCA

### RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

It is my desire to use the facilities, services, or programs ("Benefits") of the YMCA for my own enjoyment and enrichment. In consideration for the YMCA making those benefits available to me, I voluntarily execute this release and waiver for the purpose of relieving the YMCA of any risk of loss or liability by reason of giving me the opportunity to enjoy the Benefits. This release and waiver is made knowingly and intelligently, inasmuch as I have had ample opportunity beforehand to consider whether to issue it, and to inspect any and all those YMCA facilities, services or programs of interest to me before deciding to use them or to take advantage of any Benefits. In giving the YMCA this release and waiver, it is my intention to bind not only myself, but also my personal representatives, heirs, and next of kin, so that I can relieve the YMCA, to the maximum extent permitted by law, of any risk of loss or liability as a result of allowing me to take advantage of the Benefits.

For the purpose of carrying out my intention to relieve the YMCA of any risk associated with my enjoyment of Benefits, and in further consideration for being allowed to take advantage of the Benefits, I accept full responsibility for all of my actions while using YMCA facilities, services or programs, and knowingly and voluntarily waive, to the maximum extent permitted by applicable law, any right on the part of me or any of my legal representatives and successors, to assert or pursue any claims, or initiate litigation, against the YMCA, or any of its directors, officers, employees or agents (hereinafter referred to as "Releases") for any loss or damage of any kind whatsoever, including personal injury.

I also agree to defend, indemnify, save and hold harmless the Releases and each of them from any loss, liability, damage or cost they may incur, including attorneys' fees and costs of suit, due to my enjoyment of any of the Benefits or any negligence or misconduct on my part.

I further state that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I have read this Release and Waiver of Liability and Indemnity Agreement, and I acknowledge that it represents an expression of the entire agreement between the YMCA and me relating to the subject matter hereof, and that no oral representations, statements, or inducements form a part of our agreement. I further acknowledge and agree that no changes may be made to this agreement unless they are made in writing and signed by me and a duly authorized representative of the YMCA.

I have read this Release and Waiver of Liability and Indemnity Agreement and knowingly and voluntarily agree to all of its terms.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

**FOR PARTICIPANTS OF MINORITY AGE** (under age 18 at the time of registration):

THE UNDERSIGNED, AS PARENT/GUARDIAN WITH LEGAL RESPONSIBILITY FOR THE MINOR PARTICIPANT, DOES HEREBY CONSENT AND AGREE WITH THE TERMS AND CONDITIONS OF THIS RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT. THE UNDERSIGNED FURTHER AGREES TO RELEASE AND INDEMNIFY THE RELEASEES FROM ANY AND ALL LIABILITIES INCIDENT TO THE SAID MINOR'S INVOLVEMENT IN THESE PROGRAMS.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Emergency Phone

\_\_\_\_\_  
Minor's Name

\_\_\_\_\_  
Date of Birth