



# EVERYONE BELONGS AT THE Y

MEMBER HANDBOOK  
CENTRAL CONNECTICUT COAST YMCA



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## WELCOME TO THE Y!

Welcome to the YMCA! As a member, you're part of more than a gym, you're part of a welcoming community dedicated to helping everyone learn, grow, and thrive.

For more than 150 years, the Central Connecticut Coast YMCA has strengthened our community through programs that support youth development, healthy living, and social responsibility. Today, the CCC YMCA proudly serves the region through 10 locations across Connecticut and 1 location in Massachusetts, offering programs and services for individuals and families of all ages.

While our programs have evolved over time, our commitment to building strong character and improving quality of life remains the same.

This handbook is designed as a quick reference to help you make the most of your Y membership. Thank you for being part of the Y!

## WHO WE ARE

### Our Mission

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.

### Our Values

Caring • Honesty • Respect • Responsibility

### Diversity & Inclusion

The Central Connecticut Coast YMCA is an inclusive organization open to all. We welcome and support people of every race, faith, color, national origin, sex, gender identity, marital status, age, sexual orientation, disability, socioeconomic status, and background. We believe our community is stronger when everyone has the opportunity to belong, grow, and thrive.



# MEMBERSHIP

The YMCA is for everyone. We welcome individuals and families of all ages, backgrounds, abilities, and financial circumstances to enjoy programs and services that support healthy living, youth development, and community connection.

As a Y member, you receive access to all Central Connecticut Coast YMCA branches, priority program registration, and discounted member rates on classes and services. Membership also includes Nationwide Membership access, allowing you to visit participating YMCAs across the country while traveling.

## Membership Types

- Youth: Ages 3–17
- Young Adult: Ages 18–26
- Adult: Ages 27+
- Couple: Two adults in the same household
- Family: Two adults and dependents (26 & under) in the same household
- Single Parent Family: One adult and dependents (26 & under) in the same household
- Senior: Ages 65+
- Senior Couple: Two adults ages 65+ in the same household
- Program Participant: Program access without full facility membership

## One Membership, Many Locations

Your membership gives you access to all CCC YMCA branches, each offering unique facilities, programs, and classes throughout Connecticut and Massachusetts.

### CONNECTICUT LOCATIONS

#### Youth Only Branches

- Bridgeport YMCA – Bridgeport
  - Ralphola Taylor Community Center – Bridgeport
  - Kolbe Education Center – Bridgeport
- Hamden/North Haven YMCA – Hamden
  - Camp Mountain Laurel – Hamden
- New Haven YMCA Youth Center – New Haven
- Valley YMCA – Ansonia

#### Full Membership Branches

- Fairfield YMCA – Fairfield
- Soundview Family YMCA – Branford
- Stratford YMCA – Stratford
- Lakewood-Trumbull YMCA – Trumbull
  - Camp TePee & Outdoor Center – Monroe
- Woodruff Family YMCA – Milford

#### Social Services Branch

- Alpha Community Services YMCA – Bridgeport

### MASSACHUSETTS LOCATION

- YMCA Camp Hi-Rock – Mt. Washington, MA

For updated hours, programs, and contact information, please visit your local branch or the Central Connecticut Coast YMCA website.



# MEMBERSHIP POLICIES

As a YMCA member, you are part of a community committed to creating a safe, welcoming, and respectful environment for all. Our membership policies help ensure that every individual and family has the opportunity to learn, grow, and thrive.

## MEMBER CODE OF CONDUCT

All members, guests, staff, volunteers, and program participants are expected to act in accordance with YMCA values and contribute to a positive atmosphere free from unsafe, disruptive, or inappropriate behavior.

### The following behaviors are not permitted:

- Fighting, threatening, or violent behavior
- Abusive or offensive language
- Smoking or vaping on YMCA property
- Possession of weapons or dangerous objects
- Inappropriate or excessively revealing attire
- Damage to YMCA or personal property
- Harassment, discrimination, bullying, or unwelcome conduct of any kind
- Sexual misconduct, inappropriate behavior, or sexual activity within YMCA programs

## Abuse & Mistreatment Policy

The YMCA has zero tolerance for abuse, mistreatment, harassment, or neglect in any of its programs or facilities.

Any abuse or mistreatment of a participant, member, or consumer by a staff member or volunteer will result in disciplinary action, up to and including termination of employment or volunteer service, and may include cooperation with law enforcement authorities.

The YMCA also has zero tolerance for abuse, mistreatment, bullying, harassment, or sexual activity between participants or consumers within our programs. We are committed to providing a safe environment for all individuals. Any conduct that threatens the safety, dignity, or well-being of another participant may result in intervention, suspension, or dismissal from YMCA programs or membership.

## Enforcement

The YMCA reserves the right to suspend or terminate membership or program participation for conduct that violates YMCA policies or standards of behavior at any YMCA branch, program, or event.

Members and guests are encouraged to report concerns to YMCA staff. All reports will be handled promptly, respectfully, and confidentially to help maintain a safe and supportive environment for everyone.



# YOUR MEMBERSHIP GOES FURTHER

As a member of the Central Connecticut Coast YMCA, your membership opens the doors to **every branch in our Association**. If your home branch doesn't offer a specific program or class you're interested in, you can visit another location and enjoy it at the member rate.

Each branch offers its own unique mix of programs designed to strengthen our communities and help individuals of all ages thrive.

From child care and youth development to fitness, swimming, and family activities, there's truly something for everyone at the Y - **more choices, more convenience, and more opportunities** to belong.



	ALPHA COMMUNITY SERVICES Y	BRIDGEPORT Y	FAIRFIELD Y	HAMDEN/NORTH HAVEN Y	LAKEWOOD-TRUMBULL Y	NEW HAVEN Y YOUTH CENTER	SOUNDVIEW FAMILY Y	STRATFORD Y	VALLEY Y	WOODRUFF FAMILY Y	YMCA CAMP HI-ROCK
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AMENITIES											
Athletic Fields							X			X	X
Wellness Center (Cardio)			X		X		X	X		X	
Wellness Center (Strength Training)			X		X		X	X		X	
Gymnasium		X			X	X					
Indoor Pool		X	X			X	X	X		X	
Outdoor Pool				X	X						
Childwatch			X		X		X	X		X	
Locker Rooms (Adult)			X		X		X	X		X	
Locker Rooms (Youth)						X	X				
Locker Rooms-Family/Special Needs							X			X	
CHILD CARE & OUTREACH											
Before and/or Afterschool Programs-Inquire w/branch		X	X	X	X	X	X	X	X	X	
Early Learning & Child Care		X	X			X		X	X	X	
Summer Day Camp		X	X	X	X	X	X	X	X	X	X
Housing/Shelter/Case Management	X										
Resident Camp/Family Camp											X
PROGRAMS											
Active Older Adults Classes			X		X		X	X		X	
Birthdays Parties		X			X	X	X	X		X	X
Group Exercise-Land and/or Water			X		X		X	X		X	
Lifeguard Certification		X	X	X	X	X	X	X		X	X
Personal Training			X		X		X	X		X	
Chronic Disease Programs-Offerings vary by branch					X		X			X	
Yoga & Pilates			X		X		X	X		X	
Group Cycling			X		X		X			X	
ACTIVITIES & SPORTS											
Gymnastics					X						
Swim Lessons		X	X	X	X	X	X	X		X	X
Swim Team			X				X	X			
Basketball		X			X	X	X			X	
Dance		X		X	X					X	
Soccer		X									
Martial Arts/Karate			X		X						

# SAFETY, ACCESS & FACILITY GUIDELINES

To help maintain a safe environment for all members and guests, the YMCA conducts regular sex offender screenings for all members, participants, and visitors. If a match is identified, the YMCA reserves the right to deny or revoke membership, program participation, or facility access.

The YMCA also reserves the right to deny access or membership to any individual who is under the influence of illegal drugs, narcotics, chemicals, or alcohol while on YMCA property or participating in YMCA programs.

## MEMBERSHIP CARDS & PHOTO IDENTIFICATION

Membership cards and photo IDs help us maintain safety and security at all YMCA locations.

- All members receive a YMCA membership card.
- Members should present their membership card or digital membership barcode through the CCCY mobile app upon entering a YMCA branch.
- If a membership card is unavailable, a valid photo ID may be required for entry.
- Memberships must be active and current to access YMCA facilities and programs.
- Membership cards are non-transferable and may not be shared or loaned to another person. Misuse may result in suspension or termination of membership privileges.

## LOCKER ROOMS & CHANGING AREAS

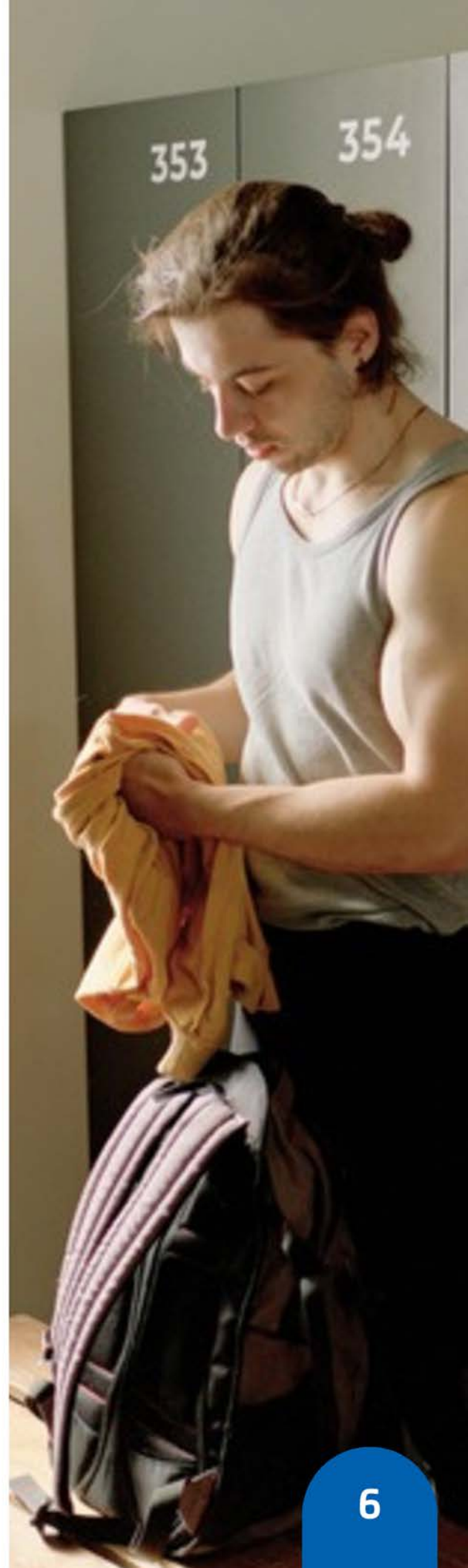
The Central Connecticut Coast YMCA is committed to fostering an inclusive, respectful, and safe environment for all members, guests, and staff.

Locker rooms are shared spaces intended for changing, showering, restroom use, and temporary storage while visiting the YMCA. Full-facility branches with pools or wellness centers offer men's and women's locker rooms, and select locations also provide private family changing rooms.

### When using YMCA locker rooms or changing areas:

- Members must wear appropriate clothing or a towel at all times except while actively showering.
- All individuals are expected to respect the privacy and comfort of others.
- Members should conduct themselves in accordance with YMCA core values of caring, honesty, respect, and responsibility.

Any inappropriate conduct, harassment, photography, recording, or behavior that compromises the safety or privacy of others may result in immediate removal from the facility and possible suspension or termination of YMCA privileges.



# SAFETY, ACCESS & FACILITY GUIDELINES CONT...

## CHILD SAFETY & LOCKER ROOM GUIDELINES

The safety and well-being of children is a top priority at the YMCA. Parents or guardians may bring children ages 6 and under into the locker room that corresponds with the accompanying adult. Children ages 7 and older should use the locker room that aligns with their gender identity or expression.

To protect the privacy and safety of all members, the use of cell phones, cameras, video recording devices, or photography is strictly prohibited in all locker rooms and changing areas.

**Members are encouraged to leave valuables at home whenever possible. Personal belongings brought into the facility should be secured with a personal lock. The YMCA is not responsible for lost, stolen, or damaged items.**

Lockers are intended for day use only during normal operating hours. Locks left overnight without authorization may be removed by YMCA staff.

Unclaimed items may be held for a limited time before being donated.

## ATTIRE GUIDELINES

As a family-oriented organization, the YMCA requires appropriate attire in all facility areas.

- Swimsuits are required in pools; street clothes and cut-off shorts are not permitted.
- Proper athletic clothing and closed-toe athletic shoes should be worn in wellness centers, studios, courts, tracks, and fitness areas.
- Members using locker rooms or changing areas should wear a towel or appropriate clothing at all times except while showering.

Members are expected to dress and conduct themselves in a manner that promotes a comfortable, respectful, and inclusive environment for all.



# SAFETY, ACCESS & FACILITY GUIDELINES CONT...

## SECURITY & SAFETY

The YMCA is committed to providing a safe and secure environment for all members, guests, staff, and volunteers. Membership ID check-ins and facility monitoring help us maintain the safety of our branches and programs.

Members are responsible for securing and monitoring their personal belongings while on YMCA property. The YMCA is not responsible for lost, stolen, or damaged items, including items left in lockers, vehicles, or parking areas.

If personal property is lost, stolen, or damaged, members should immediately notify the Member Welcome Center and contact local law enforcement when appropriate. Incident reports may be requested to assist with documentation and follow-up. The YMCA will cooperate with law enforcement and may pursue action against individuals engaged in criminal activity on YMCA property.

### To help protect your belongings:

- Leave valuables at home whenever possible
- Secure items in a locker using your own lock
- Do not leave valuables unattended or visible in vehicles
- YMCA staff cannot hold or monitor personal valuables

## WEAPONS POLICY

To help ensure the safety of all members and guests, weapons of any kind are prohibited on YMCA property at all times.

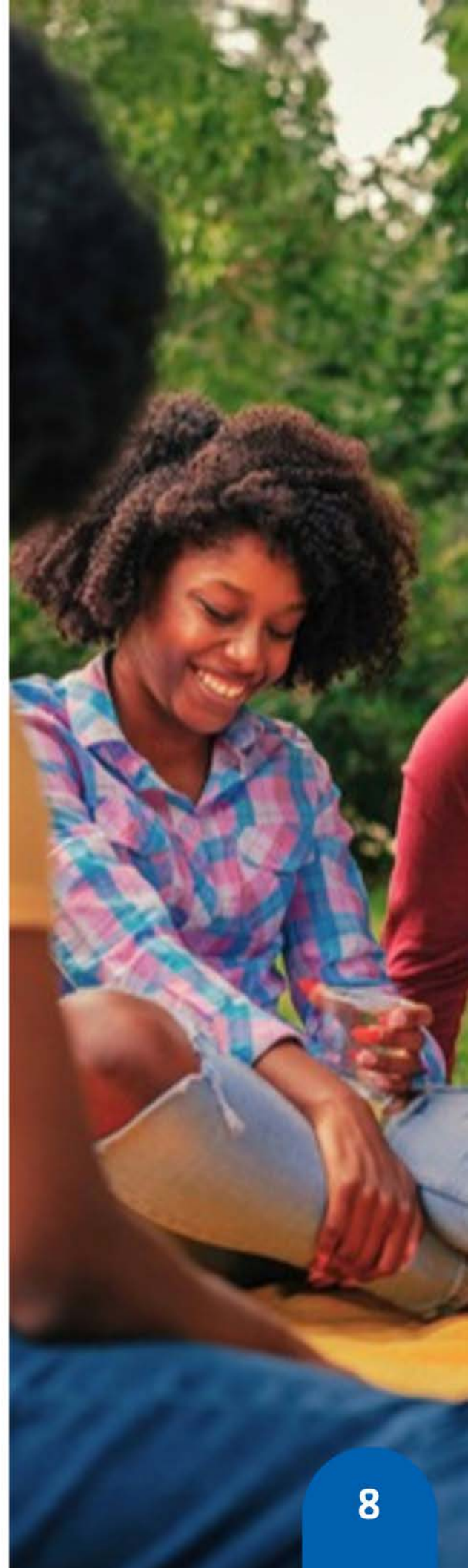
### Prohibited items include, but are not limited to:

- Firearms
- Tasers or stun devices
- Large knives or blades
- Explosives or hazardous devices
- Any object deemed dangerous or threatening by YMCA staff

Violation of the YMCA Weapons Policy may result in immediate removal from the facility, suspension or termination of membership, and notification of law enforcement when appropriate.

## LOST & FOUND

If you lose an item while visiting the YMCA, please check with your branch's Lost & Found area as soon as possible. Items recovered within the facility are typically held for one week. Unclaimed items may be donated to charity after the holding period.



# SAFETY, ACCESS & FACILITY GUIDELINES CONT...

## HEALTH & WELLNESS

For your safety, the YMCA recommends consulting with a physician before beginning any exercise or wellness program. Certain programs or activities may require written medical clearance prior to participation.

**To help us respond in case of an emergency, members are responsible for keeping their contact information current, including:**

- Home address
- Phone number
- Emergency contact information

## CAREGIVER PASSES

The YMCA offers caregiver passes for families who rely on nannies, babysitters, aides, or other non-family caregivers to supervise children or assist family members during YMCA visits.

Caregiver passes allow approved caregivers to access YMCA facilities in a supervisory role only and do not provide the benefits of full membership. All caregiver pass applicants and households must complete and sign the YMCA Caregiver Pass Agreement before access is granted.

Caregivers must remain with and actively supervise the individuals in their care at all times. **Caregivers supervising children ages 6 and under must be at least 18 years old.**

## TEEN CAREGIVER PASS

Youth ages 16–17 may apply for a Teen Caregiver Pass, allowing them to supervise children ages 7–15 while visiting the YMCA. Teen caregiver pass holders are subject to the same supervision expectations and responsibilities as all caregiver pass holders.

## MEMBER REFERRAL PROGRAM

Share the YMCA with friends and family through our Member Get a Member Program. When someone you refer joins the YMCA, you may receive a FREE month of membership. There is no limit to the number of referrals or free months you can earn.



# SAFETY, ACCESS & FACILITY GUIDELINES CONT...

## NATIONWIDE MEMBERSHIP

Whether you are traveling, commuting, or away from home, Nationwide Membership gives active full-facility YMCA members access to participating YMCAs across the United States at no additional cost.

### To use Nationwide Membership:

- Your Central Connecticut Coast YMCA membership must be active and in good standing
- The CCC YMCA must remain your primary “home” branch, with at least 50% of visits taking place at your home association
- Members may be asked to present a YMCA membership card, photo ID, and sign a liability waiver or privacy policy when visiting another YMCA

Participating YMCAs generally provide access to the same services available to their full-facility members. Policies, schedules, and amenities may vary by location, so please contact the YMCA you plan to visit for current information.

Members visiting another YMCA for more than 28 consecutive days may be required to transfer their membership affiliation.

## BRANCH HOURS

Branch hours vary by location and may change based on programming, seasonal schedules, or holidays. YMCA branches may operate on reduced schedules or close during major holidays. Please check with your local branch for current hours and holiday updates.

## RECORDING DEVICE & CELL PHONE POLICY

To help protect the privacy, comfort, and safety of all members, the use of cameras, video recorders, tablets, and other recording devices is prohibited within YMCA facilities unless authorized by YMCA leadership.

Photography or video recording of any individual without their permission is strictly prohibited. Members who observe inappropriate use of recording devices should notify YMCA staff immediately.

**Cell phone conversations should be limited to lobby and common areas out of respect for members participating in programs, fitness activities, and wellness spaces.**



## GUEST PASS POLICY

The Central Connecticut Coast YMCA (CCCYMCA) welcomes guests and visitors to experience our facilities and programs. The following policies apply to all guest visits.

### GENERAL GUEST REQUIREMENTS

- All guests must check in through Member Services before entering the facility.
- A valid government-issued photo ID is required at each visit.
- Guests under age 12 must be signed in and continuously supervised by a YMCA member age 18 or older and must comply with all Youth Supervision requirements.

### GENERAL GUEST PASS (MEMBER BENEFIT)

The General Guest Pass allows non-members to visit the YMCA when accompanied by a current YMCA member.

- Must be accompanied by a current YMCA member.
- Valid government-issued photo ID required at each visit.
- Limited to a maximum of two (2) visits **per guest** per calendar year.
- After the second visit, the individual must purchase an eligible paid pass or become a CCCYMCA member to continue using YMCA facilities.
- The sponsoring member is responsible for the conduct of their guest(s).
- Violations of YMCA policies may result in suspension or termination of the sponsoring member's privileges or membership.

### TRY THE Y PASS (FREE)

Individuals interested in joining the YMCA may receive one complimentary TRY THE Y visit.

- Valid for one (1) complimentary visit.
- Must complete the required online registration form before using the pass.
- Must be 18 years of age or older.
- Limited to one lifetime visit and does not reset annually.
- Following the complimentary visit, additional access requires membership or the purchase of an eligible paid pass.

### PAID DAY & WEEK PASSES

The YMCA offers flexible guest access through Day Passes and Week Passes.

- Day Pass: \$20 per person
- Week Pass: \$45 per person
- Must be 18 years of age or older to purchase a pass.
- There is no limit to the number of Day Passes or Week Passes an individual may purchase.
- All pass fees are charged on a per-person basis and are non-transferable.

### NATIONWIDE YMCA MEMBERS

Members participating in Nationwide Membership are welcome to use CCCYMCA facilities.

- Must present a valid YMCA membership card and government-issued photo ID.
- Must verify their name and email address.
- Must sign any required liability waivers, privacy acknowledgments, or enrollment documents.
- Nationwide Members are entitled to the same general facility access available to CCCYMCA members, subject to facility rules, program restrictions, capacity limits, and applicable fees for premium services or programs.



## FEES & PAYMENTS

Timely membership payments help support the YMCA's programs and services. Members are encouraged to enroll in automatic monthly payments using a bank account, debit card, or credit card.

### AUTOMATIC PAYMENTS

To establish or update an automatic payment method, visit the Member Welcome Center.

- Bank account drafts require a voided check.
- Membership cancellations and account changes require written notice and completion of a Change or Cancellation Form at your local YMCA.
- Members are responsible for reviewing account statements and reporting billing errors within 90 days. Refunds for YMCA billing errors will only be issued for errors reported within this period.

### ANNUAL BILLING OPTION

Members may choose annual billing instead of monthly automatic payments. Annual invoices are issued at least 30 days before the due date. Failure to pay by the due date will be considered a request to cancel membership.

### SATISFACTION GUARANTEE

If you are not satisfied with your membership within the first 30 days, submit a written request and the YMCA will refund your joining fee and membership dues paid during that period.

### MEMBERSHIP FOR ALL

Membership for All is the YMCA's income-based pricing program designed to make membership affordable and accessible.

- Rates are based on membership category and household income.
- Income verification is required.
- New and existing members may apply at any time.
- Members whose financial circumstances change are encouraged to reapply to determine eligibility for adjusted rates.

### CHANGES TO YOUR MEMBERSHIP

Need to update your membership? Complete a Membership Change Form, available at any Y location, to add or remove family members or update personal, address, or payment information.

### UPGRADES

To add someone to your membership, submit a Membership Change Form. If the change moves you to a different membership category, you will be responsible for any additional dues and the difference in joining fees at the time of the change. Annual invoice members must also pay any prorated dues for the remainder of their invoice period.



# FEES & PAYMENTS CONT...

## DOWNGRADES

To remove someone from your membership, submit a Membership Change Form and return their membership cards. Your membership category and dues will be adjusted. Please allow up to 30 days for bank draft changes to take effect. Refunds for unused dues are available only for annual invoice payments. Joining fees are nonrefundable.

## MOVING

Y memberships are not transferable outside the Central Connecticut Coast YMCA. If you move outside the area, you must cancel your membership and join a Y in your new community. Upon request, we can provide a letter confirming your cancellation date and joining fee payment. Please contact your new Y for information about its membership policies, fees, and dues.

## MEMBERSHIP HOLDS

Eligible members may place their membership on hold for up to 3 months per calendar year without paying a new joining fee when they return. Holds may be approved for:

- Medical reasons (doctor's note required; longer holds may be approved if medically necessary)
- Loss of employment (unemployment documentation required)
- Seasonal relocation ("Snow Birds") (proof of alternate address required)

Hold requests must be submitted in writing at least 48 business hours before the next scheduled draft.

## CANCELLATIONS

To cancel your membership, complete and sign a Membership Termination Form and return it with your membership cards to your local Y. Cancellation requests must be submitted in writing at least 72 business hours before your next monthly draft.

## REJOINING THE Y

You may rejoin at any time after canceling. If your membership has been inactive for more than 30 days, a new joining fee will apply. Current membership dues and any outstanding balances must be paid upon rejoining.

## MEMBERSHIP REFUNDS

After the 30-day Satisfaction Guarantee period, unused membership dues paid by invoice may be refunded, or future bank drafts may be stopped upon request. Joining fees are nonrefundable.

Refunds are not issued for lack of use or non-attendance. If you identify a billing error, please notify us within 90 days. We will correct the error and issue any applicable refund. After 90 days, we can correct the error but may be unable to provide a refund.



# CHILDREN AT THE Y

The Y is committed to providing a safe, welcoming environment where children and teens can learn, grow, and thrive. To help ensure their safety, parents and guardians must follow these supervision guidelines.

## SUPERVISION REQUIREMENTS

- Children under age 12 must be directly supervised by a parent or guardian while on Y property or at Y programs.
- Exceptions apply to children ages 8–11 who have passed the YMCA swim test or are participating in supervised Y programs or activities, such as Child Watch, Youth Activity Centers, or swim lessons.
- Parents or guardians of children under 12 must remain on Y property unless their child is participating in a supervised Y program or activity.
- Children ages 12 and older may use the Y without a parent or guardian present.

## CHILD WATCH & YOUTH ACTIVITY CENTERS

- Children may stay in Child Watch or a Youth Activity Center for up to two hours per day.
- Only parents or guardians may check children in and out and must remain on-site during their child's visit.
- The same parent or guardian who signs a child in must sign them out.
- Age requirements and policies may vary by location. Please check with your local Y for details.

## BRANCHES THAT HAVE CHILDWATCH:

- Fairfield YMCA
- Lakewood-Trumbull YMCA
- Soundview Family YMCA
- Stratford YMCA
- Woodruff Family YMCA

## YOUTH ONLY BRANCHES

- Bridgeport YMCA
- Hamden/North Haven YMCA
- New Haven YMCA Youth Center
- Valley YMCA



# HEALTH, WELL-BEING & FITNESS GUIDELINES

The YMCA is committed to providing a welcoming environment where individuals of all fitness levels can improve their health and well-being. These guidelines help ensure a safe, positive experience for all members. For questions, please contact your local YMCA.

## PERSONAL TRAINING

Only YMCA-employed staff may provide personal training within YMCA facilities and programs. YMCA trainers are certified and trained to deliver safe, high-quality services that align with our mission. Independent personal trainers and wellness coaches are not permitted to train or conduct business in YMCA facilities.

## WELLNESS CENTER AGE REQUIREMENTS

YMCA Fitness Trainers provide equipment orientations for youth:

- Ages 10–13: Cardiovascular equipment
- Ages 12–13: Strength equipment

After completing the orientation, youth may use approved equipment when accompanied by a YMCA member age 18 or older.

Children ages 9 and under may only enter the Wellness Center when participating in a YMCA program or class designed for their age group.

## WELLNESS CENTER POLICIES

- Wear appropriate workout attire and closed-toe athletic shoes at all times.
- Store gym bags, coats, and large personal belongings in designated locker areas.
- Personal fitness equipment (e.g., TRX systems, dumbbells, or other non-YMCA workout equipment) is not permitted.

## EQUIPMENT USE & SAFETY

- Wipe down equipment after each use.
- During peak hours, limit cardio equipment use to 30 minutes.
- Use proper form and handle equipment responsibly. Do not drop or slam weights.
- Weightlifting chalk is not permitted.
- Share strength-training equipment by allowing others to work in between sets.
- Return all weights, attachments, and accessories to their designated storage areas.
- Keep hands and feet clear of moving parts and weight stacks.
- Use collars and clips when lifting with free-weight bars.
- Always use a spotter when lifting heavy or maximum weights.



# SWIMMING & WATER SAFETY GUIDELINES

With six indoor pools, two outdoor pools, and a waterfront location, aquatic activities are an important part of the YMCA experience. Ensuring the safety of all swimmers is our top priority.

## LIFEGUARDS & WATER SAFETY

YMCA aquatic facilities operate in accordance with YMCA of the USA, American Red Cross, and local health department guidelines. All lifeguards are trained in aquatic emergency prevention, rescue procedures, and emergency care. During your visit, you may observe lifeguard training and safety drills designed to maintain staff readiness.

## SWIM TEST & SUPERVISION REQUIREMENTS

Swim Test: Swimmers under age 12 must pass a swim test before using the pool without direct adult supervision. The test includes:

- Jumping into the pool, fully submerging, resurfacing, and beginning to swim without pushing off the wall.
- Swimming 25 yards continuously using either freestyle or breaststroke with proper arm extension.
- Exiting the pool independently using the wall or a ladder.

## SUPERVISION GUIDELINES

- Children age 5 and under must be accompanied in the water by a YMCA member age 18 or older at all times.
- Children under age 8 who pass the swim test must still have a parent or guardian remain on the pool deck.
- Swimmers age 8 and older who pass the swim test may use the pool independently.
- Non-swimmers must have an adult within arm's reach at all times.

## DEEP WATER ACCESS

To use the deep end, swimmers must:

- Complete the swim test.
- Swim 25 yards continuously without assistance.
- Tread water for 30 seconds.

Lifeguards may administer a swim test at any time.



# POOL USAGE GUIDELINES

## HEALTH & HYGIENE

- Shower with soap and warm water before entering the pool.
- Wear appropriate swim attire. Street clothes, T-shirts, shorts, and cut-offs are not permitted.
- Children who are not toilet trained must wear both a waterproof swim diaper and a swimsuit.
- Do not change children on the pool deck.
- Do not enter the pool if you have a communicable illness or open sore.
- Spitting or nose blowing in the pool, pool area, or locker rooms is prohibited.

## SAFETY RULES

- Follow all lifeguard instructions and respond immediately to whistle signals.
- Walk on the pool deck; running, pushing, dunking, and rough play are not permitted.
- Pools will close during lightning or thunderstorms and reopen 30 minutes after the last occurrence.
- Diving is only permitted in water at least nine feet deep.
- Backflips, back dives, twists, and other high-risk maneuvers are prohibited.
- Extended breath-holding activities are not permitted.

## FLOTATION DEVICES & EQUIPMENT

- Only U.S. Coast Guard-approved personal flotation devices may be used in shallow water.
- Swimmers using flotation devices must have an adult within arm's reach.
- YMCA aquatic equipment, including starting and diving blocks, is reserved for YMCA programs.
- Inflatable pool toys and flotation devices are not permitted.

## GENERAL POOL ETIQUETTE

- No glass containers, food, or gum on the pool deck.
- Do not sit, hang, play, or lie on lane lines.
- Maintain family-friendly language and behavior at all times.

Have fun, stay safe, and help create a positive aquatic experience for everyone.





**CENTRAL CONNECTICUT COAST YMCA**  
1240 Chapel Street, New Haven CT 06511  
P: 2037779622 | F: 2037738950 W: [cccymca.org](http://cccymca.org)