



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ACTIVE STAY CONNECTED AT THE BANGOR REGION YMCA

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.

Financial Assistance is available.



DOWNLOAD OUR MOBILE APP.

Scan the QR Code to quickly find the app in the App Store or Play Store.

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

Updated 05.22.23

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 Long-Term Contracts
- YMCA Nationwide Membership
- More than 65 FREE Land & Water Fitness classes
- More than 100 hours of lap/family swim per week
- FREE Cardio Equipment Orientation
- 4,500+ sq. ft. of strength and cardio equipment
- Up to 50% discount for all programs
- Child Watch Babysitting Service
- Convenient hours of operation
- Improve Health & Wellness and Quality of Life

REGULAR RATES Effective as of May 1, 2023

MEMBERSHIP TYPE	JOINER FEE	MONTHLY FEE	DISCOUNTED ANNUAL FEE
Youth* (0 - 17 years old)	\$21	\$21	\$222
Young Adult (18 - 26 years old, includes access to Virtual site)	\$29	\$29	\$306
Adult (27 - 61 years old, includes access to Virtual site)	\$49	\$49	\$517
Older Adult (62+ years old, includes access to Virtual site)	\$41	\$41	\$433
Couples (Includes access to Virtual site)	\$64	\$64	\$676
Single Parent Household* (Includes access to Virtual site)	\$58	\$58	\$613
Household/Family* (Includes access to Virtual site)	\$73	\$73	\$771

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

SPECIAL DISCOUNTS available for Military (Active Duty), Veterans, First Responders, and Organizations.

We are part of American Specialty Health (ASH) Active and Fit, Renew Active by United Healthcare and Medicare/Medicaid One Pass Networks.

BUILDING HOURS

Monday - Friday, 5:00am - 9:00pm

Saturday - Sunday, 6:30am - 4:00pm

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

HOLIDAY SCHEDULE

Our Y will be closed for the following holidays:

New Year's Day	Labor Day
Martin Luther King Jr. Day	Indigenous Peoples Day
Easter	Thanksgiving & The Day After
Memorial Day	Christmas & The Day After
4 th of July	

MAXIMIZE YOUR MEMBERSHIP

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 (Reservations are required)

Weekday Mornings:
Monday – Friday, 8:00am – 12:00pm

Weekday Afternoons:
Monday – Thursday, 4:00pm – 7:00pm

Weekends:
Saturday & Sunday, 7:30am – 1:30pm

Members with an Adult or Young 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. **For more information**, call our Welcome Center at 207-941-2808.

Child may not attend Child Watch if signs of illness are present (cough, fever, runny nose, etc.)

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

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.

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.**

ON-DEMAND WORKOUT VIDEOS

Our Y Membership includes access to our Virtual site where they can access our On-Demand Workout Videos with Certified Instructors and Personal Trainers. Visit bangorymca.y.org and log in with your Member Barcode or Pin Number.

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!

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)

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

MEMBERSHIP CANCELLATION POLICY

A membership must be cancelled by filling out a cancellation form at the Welcome Center **at least one (1) day before the next draft date** to avoid any additional fees. If member cancels on or after the draft date, they are responsible for the entire month and no refund will be given.

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.

RETURN POLICY FOR PROGRAMS

It is The Bangor Region YMCA's policy to return any fees paid to a program participant if registration is cancelled within a specified time frame for each program, as listed below. Further more, any funds may be used to cover outstanding balances on a participant's account at our Y's discretion before monetary refunds are released.

- **Health and Wellness Programming (ex: Y Wait):** All Health and Wellness program registrations must be cancelled at least 2 weeks before the program's start date to receive a full refund. If the registration is cancelled 1-2 weeks before the start date, the participant can receive a 50% refund. If the registration is cancelled less than 1 week before the start date, the participant forgoes any refund.
- **Youth Sports:** A \$25 nonrefundable deposit is due for all Youth Sports Programming upon registration. Parents/guardians must cancel registration before the programs start date for a full refund, minus the deposit. If the program is a "league", they may cancel within 1 week after the start date to receive a 50% refund, minus the deposit. If the program is a "clinic", they may cancel after the first day to receive a 50% refund, minus the deposit. Any registrations cancelled outside of this time period will have no refund given.
- **Swim and Dive Team:** All swim and dive team registrations may be cancelled within 30 days of the seasons start date to allow for a 100% refund. Any cancellations that take place after 30 days will have no refund. If the registration was set up to be paid in installments, the participant will still be liable for the remainder of the registration, along with any swim meet fees that were incurred.
- **Swim Lessons:** A partial refund will be issued to participants who drop out of class one week before class begins. A \$20 cancellation fee will be incurred.
- **Certification Courses:** If cancellation occurs within 2 weeks of the given course, a 100% refund will be allowed. If cancellation occurs after that, or the course is not passed, no refund will be given
- Additional policies are set for **Camp Jordan, Camp G. Peirce Webber** and **Rentals** and will be provided at the time of registration.

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 ☐ M ☐ F ☐ U Date of Birth _____

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

Household Income Level: ☐ \$0 - \$13,999 ☐ \$14,000 - \$24,999 ☐ \$25,000 - \$39,999 ☐ \$40,000 - \$54,999
☐ \$55,000 - \$74,999 ☐ \$75,000 & Over ☐ Prefer Not to Share

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 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/U)	RELATION TO PRIMARY MEMBER	DATE OF BIRTH	RACE (optional)

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 you fill out a cancellation form at the Welcome Center 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
CARD HOLDER INFORMATION	Card Holder's Name
	Card or Bank Account Billing Address (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** _____

I authorize the Bangor Region 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 by filling out a cancellation form at the Welcome Center at least 1 day before my next draft date. If I cancel my membership on or after the draft date, I will be responsible for the entire month and no refund will be given.
- ☐ 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

Members join the Y in an intentional step toward seeking new opportunities to learn, grow and thrive. Members come together with men, women and children from the community in a commitment to youth development, healthy living, and social responsibility. With the values of caring, honesty, respect, and responsibility, the Y 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 the following:

- Engaging in Healthy Lifestyles
- Respecting Differences and Celebrating Diversity
- Modeling Empathy
- Learning New Skills
- Meeting Other People
- Supporting Relationships
- Volunteering
- Being a Role Model
- Behaving in a Safe Way

The following are not permitted on YMCA premises, in YMCA vehicles or at YMCA sponsored functions:

- Inappropriate sexual, physical, or verbal contact
- Posturing, bullying or intimidation
- Using or possessing alcohol (unless express permission is granted for special events) or illegal chemicals
- Smoking – the YMCA and its property is a smoke-free environment
- 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
- Loitering and soliciting within or on the grounds of the YMCA
- Any other behavior deemed in conflict with the YMCA Mission by the CEO

If members are in violation of the Y's 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 Y 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 YMCA 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 is presently or habitually under the influence of dangerous drugs or chemicals, narcotics or intoxicating beverages. (NOTE: The YMCA conducts an initial and 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 CEO. Members and guests should not hesitate to notify a staff member if aid is needed.

MEMBERSHIP POLICIES

NONDISCRIMINATION

It is the policy of the YMCA to make membership and programs available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, gender identity or expression, national origin, disability, or financial circumstances without discrimination.

MEMBER DRESS CODE

Since we are a family organization, we ask that members are discreet and attempt to cover genitalia in the locker rooms.

We strongly recommend that all 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

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/guardians 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!



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**.

FRAGRANCES

Due to member allergies, please refrain from wearing heavily scented fragrances.

SAUNA

Our saunas are for those ages 18 years and older. When using the sauna in our locker rooms, please keep the following in mind:

- Limit your time to a maximum of 10 minutes.
- Be considerate of other members' allergies. Do not add scented oils to the rocks in the sauna.
- Be conservative when adding water to the rocks in the sauna. Excess water will shut down the sauna as a safety precaution.

LOCKER ROOMS

Cell Phones: To respect the privacy of all our members, the use of cell phones, photos or recording devices are prohibited in locker rooms.

Glass Containers: For the safety of everyone using the locker rooms, glass containers such as water bottles are not allowed in this area. These can easily shatter when dropped, injuring those in the area.

Lockers: When using our lockers, we encourage everyone to bring their own lock. **Please remember to take your lock with you when you leave.** Locks left after the building closes will be removed with bolt cutters. The YMCA is not responsible for lost or stolen items.

Boys/Men's Locker Room: Open to boys under 18 and adult males **ONLY** when accompanying their child. Girls under age 6 are allowed if accompanied by a male parent/guardian OR can use our Private/Family Changing Areas. Men 18 years and older **must** use the Men's Locker Room.

Girls/Women's Locker Room: Open to girls under 18 and adult females **ONLY** when accompanying their child. Boys under age 6 are allowed if accompanied by a female parent/guardian OR can use our Private/Family Changing Areas. Women 18 years and older **must** use the Women's Locker Room.

Women's Locker Room: Open to women ages 18 years and older.

Men's Locker Room: Open to men ages 18 years and older.

Private or Family Changing Areas: Members who prefer more privacy are welcome to use the bathrooms in our lobby and the Family bathroom by the Weight Room.



POOL RULES

GENERAL RULES

1. Only Coast Guard approved PFDs are permitted.
2. Out of the respect for every child and parent/guardian, and due to the fact that many individuals **do not** want their photos or their child's photos on social media, you are **not allowed to take any photos or videos of anyone but your own child**. If you are taking photos or videos of the entire group, our Aquatics Staff will ask you to stop and delete.
3. Walk at all times in the pool area. No walking in the gutter or on the benches.
4. All jumping must be done from the gutter facing the pool. Diving is permitted only at depths 9 feet or greater. Twists, flips, and partner jumps are not permitted.
5. No rough play.
6. Food, gum, or beverages (other than water) are prohibited in the pool area. Glass containers and other breakable materials are prohibited.
7. Prolonged underwater breath-holding is prohibited in this facility. This practice can lead to Shallow Water Blackout.
8. All personal training, coaching, and swim instruction must be scheduled through the YMCA. Outside instruction is prohibited.
9. Patrons with open cuts, blisters, inflamed eyes, contagious skin rashes, or any communicable disease are not permitted in the pool. Anyone who has or had diarrhea in the past two days should refrain from using the pool.
10. Spitting, nose-blowing, urinating, and depositing foreign matter into the pool is prohibited.
11. The pool may be closed as necessary for the health, welfare, and safety of the patrons. The pool will be cleared during thunderstorms and will remain closed for 30 minutes after the last thunder is heard.
12. Animals are not permitted anywhere in the pools.
13. Means Pool Lap Lanes will be taken for open swim should open swim become too crowded for the lanes they are allotted.
14. **The lifeguards have final say. Please respect their decision.**

SWIM ATTIRE

- All patrons must shower before entering the pool.
- Swimsuits, or swim-specific attire required. No denim. T-shirts must be snug fitting.
- Street shoes are not permitted on the deck.
- Any patron who is not toilet-trained, or was recently toilet-trained, must wear a swim diaper.
- Hair longer than earlobe length must be tied back or in a swim cap.
- All swim attire should be YMCA appropriate and family-friendly.

LAP SWIM

- Swimmers must be 14 years of age or older.
- Kickboards, fins, pull buoys, and paddles may be used during this time.
- Lanes will need to be shared. Private lanes are not guaranteed.
- Three or more swimmers in a lane must circle swim (counterclockwise).
- No more than 5 swimmers are allowed per lane.
- Hanging on and crossing over the lane lines is prohibited.
- Kickboards must remain on the surface of the water at all times.
- Starting blocks are for swim team/lessons only.



ADULT OPEN SWIM

- Patrons must be 18 years or older for lap or recreational swimming during this time.
- All equipment may be used during this time.

FAMILY SWIM

- Children under 9 years of age who **do not pass** the swim test must be accompanied in the water at all times by a parent or guardian over 16 years old.
- Children under 9 years of age who **pass** a swim test must have a parent or guardian on the pool deck at all times.
- Pool toys, balls, and noodles may be used during this time.

SWIM TESTS

1. All patrons tested will be assigned a colored safety band to wear at the pool.
2. The Lifeguard can swim test anyone whose swimming ability is in question.
3. The **"Green Band"** deep water test consists of the following:
 - Patron will start in the shallow end of the pool, jumping into water and returning to the surface.
 - Swim one pool length (25 yards) unassisted and without rest. Swimmer must maintain a positive body position (legs should not drop) for the entire distance. Start swimmers at the shallow end and travel to the deep end.
 - Tread water for one minute, turn on their back, float briefly, then swim (either on front or back) to side and exit the pool.
 - **"Green Band"** swimmers are allowed in all pool areas.
4. Those who do not pass the shallow water competency test are considered **"Orange Band"** or "non-swimmers". Those who decline to take the test are also considered "non-swimmers".
"Orange Band" swimmers must stay in water that is armpit deep or less and require active adult supervision. Active supervision means the adult must be in the water within arm's reach at all times (1 adult per 2 children ratio). Swimmers who can not stand in the shallow end will wear a U.S. Coast Guard-Approved typed II Personal Flotation Device.



MEMBERSHIP FOR ALL

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	SINGLE PARENT HOUSEHOLD	HOUSEHOLD/FAMILY
\$55,000+	0%	\$21	\$49	\$58	\$73
\$45,000 - \$54,999	10%	\$18.90	\$44.10	\$52.20	\$65.70
\$35,000 - \$44,999	20%	\$16.80	\$39.20	\$46.40	\$58.40
\$25,000 - \$34,999	30%	\$14.70	\$34.30	\$40.60	\$51.10
Under \$25,000	40%	\$12.60	\$29.40	\$34.80	\$43.80

PROOF OF INCOME:

1. Most recent tax return
2. Child Support/Alimony Income
3. Social Security/Disability Statement
4. Any other income or assistance you receive

- 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, disability, and other assistance, 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. Please allow 2 - 3 weeks for the application to be processed.

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.